

Recipe # :	91211	Student Count :	100
Ham Sandwich : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
1682 1418	DELI HAM SLICED BREAD 2 EACH	1100 QTY 200 QTY	SUB RECIPES: 1682 – DELI HAM 1418 – SLICED BREAD 2 SLICE 1.PLACE THE HAM ONTO TWO SLICES OF BREAD. 2.SERVE EACH 1 HAM SANDWICH.

Nutrients based on 1 Serving Size	
Calories	0 kcal
Total Fat	0 g
Sodium	0 mg
Carbs	0 mg

Components	
Meat/Alt:	2 oz. eq.
Grains:	2 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	1682	Student Count :	100
Deli Ham : NutriStudents K-12		Serving Size :	11 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904534	DELI HAM - HORMEL - 39493	1100 QTY	<p>COOKING METHOD: NO COOK</p> <p>STEPS: HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE: 1.SERVE EACH STUDENT 11 EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT# HORMEL 39493 11 EACH, CREDITS AS 2 MEAT/MEAT ALTERNATIVE</p>

Nutrients based on 1 Serving Size	
Calories	167 kcal
Total Fat	5.57 g
Sodium	1949.03 mg
Carbs	8.35 mg

Components	
Meat/Alt:	2 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	1418	Student Count :	100
Sliced Bread 2 Each : NutriStudents K-12		Serving Size :	2 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904587	BREAD WHOLE GRAIN SLICE	200 QTY	COOKING METHOD: NO COOK SERVICE: SERVE EACH STUDENT 2 EACH. PRODUCT#:WHOLE GRAIN BREAD SLICE 2 EACH, CREDITS AS 2 WHOLE GRAIN RICH EQUIVALENTS

Nutrients based on 1 Serving Size	
Calories	167 kcal
Total Fat	3.33 g
Sodium	116.67 mg
Carbs	28.33 mg

Components	
Meat/Alt:	0
Grains:	2 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	1255	Student Count :	100
Dinner Roll : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
903996	DINNER ROLL - BAKER BOY - 31142	100 QTY	COOKING METHOD: NO COOK SERVICE: 1.SERVE EACH STUDENT 1 EACH. CREDITABLE PRODUCTS: PRODUCT# BAKER BOY 31142 1 OZ, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS

Nutrients based on 1 Serving Size	
Calories	100 kcal
Total Fat	2 g
Sodium	70 mg
Carbs	17 mg

Components	
Meat/Alt:	0
Grains:	1 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	3345	Student Count :	100
Mayo PC : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
903889	MAYONNAISE PC - HEINZ - 5317	100 QTY	COOKING METHOD: NO COOK SERVICE: 1.SERVE EACH STUDENT 1 EACH.

Nutrients based on 1 Serving Size	
Calories	80 kcal
Total Fat	9 g
Sodium	65 mg
Carbs	0 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	900263	Student Count :	100
Ranch Dressing : NutriStudents K-12		Serving Size :	1 TBSP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD:
903940	*DRESSING RANCH FAT FREE - HIDDEN VALLEY - 85645-HVR	6 & 1/8 CUP + 1 Tbsp + 2 Tsp	
903943	*DRESSING RANCH LITE - HIDDEN VALLEY - 13449-HVR	6 & 1/8 CUP + 1 Tbsp + 2 Tsp	HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK.
			SERVICE:
			1.SERVE EACH STUDENT A TBSP EACH.

Nutrients based on 1 Serving Size	
Calories	19 kcal
Total Fat	0.88 g
Sodium	162.58 mg
Carbs	2.75 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	945	Student Count :	100
Fresh Carrots 3/4 CUP : NutriStudents K-12		Serving Size :	3/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904213	CARROTS BABY PEELED - GENERIC - -	75 CUP	<p>COOKING METHOD: NO COOK</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE: 1.SERVE EACH STUDENT 3/4 OF A CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:GRIMM 15376 3/4 OF A CUP EACH, CREDITS AS 3/4 OF A CUP OF RED VEGETABLE SUBGROUP</p>

Nutrients based on 1 Serving Size	
Calories	58 kcal
Total Fat	0 g
Sodium	70.44 mg
Carbs	12.81 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.75 cup eq.
Fruit:	0
Milk:	0

Recipe # :	952	Student Count :	100
Fresh Red Pepper 1/4 CUP : NutriStudents K-12		Serving Size :	1/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904437	PEPPER RED BELL - GENERIC - -	24 &3/4 CUP + 1 Tbsp + 2 Tsp	COOKING METHOD: NO COOK HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE. SERVICE: 1.SERVE EACH STUDENT A 1/4 OF A CUP EACH. CREDITABLE PRODUCTS: PRODUCT#:FRESH BELL PEPPER 1/4 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF RED VEGETABLE SUBGROUP

Nutrients based on 1 Serving Size	
Calories	8 kcal
Total Fat	0.5 g
Sodium	1.37 mg
Carbs	1.92 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.25 cup eq.
Fruit:	0
Milk:	0