

Recipe # :	81218	Student Count :	100
<u>Chef Salad : NutriStudents K-12</u>		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
1689	CHEF SALAD	100 QTY	<p>SUB RECIPES: 1689- DELI CHEF SALAD</p> <p>1.SLICE EGGS, HAM, TOMATO & CUCUMBERS AS SHOWN IN RECIPE 1689, PLACE SALAD TOPPING INTO A CONTAINER ONTOP OF A BED OF LETTUCE.</p> <p>2.SERVE EACH 1 CHEF SALAD.</p>

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:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # : 1689

Student Count : 100

Chef Salad : NutriStudents K-12

Serving Size : 1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904704	EGG HARDBOILED - MICHAEL FOODS - 85018-00	100 QTY	<p>COOKING METHOD: NO COOK</p> <p>STEPS:</p> <p>1.SLICE EGGS, HAM, & VEGETABLES.</p> <p>2. IN A CONTAINER PLACE, EGG, HAM & VEGETABLES & SPINKLE CHEESE OVER THE TOP OF A BED OF LETTUCE.</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE:</p> <p>3.SERVE EACH STUDENT 1 EGG, 2 SLICES OF HAM & 1/8 CUP OF CHEESE, 1/8 CUP OF CUCUMBERS& 1/8 CUP OF TOMATOES.</p> <p>CREDITABLE PRODUCTS: PRODUCT# MICHAEL FOODS 85018-00 1 EGG, CREDITS AS 1.75 MEAT/MEAT ALTERNATIVE HORMEL 39493 2 SLICES, CREDITS AS .25 MEAT/MEAT ALTERNATIVE</p>
904534	DELI HAM - HORMEL - 39493	200 QTY	
s3	SELECT ONE BELOW		
904096	*CHEESE CHEDDAR SHREDDED - BONGARDS - 75571	12 & 1/4 CUP + 1 Tbsp + 2 Tsp	
904098	*CHEESE CHEDDAR SHREDDED - LAND O' LAKES - 41749	12 & 1/4 CUP + 1 Tbsp + 2 Tsp	
904061	*CHEESE CHEDDAR SHREDDED RED FAT - USDA - USDA - 10001	12 & 1/4 CUP + 1 Tbsp + 2 Tsp	
904439	TOMATO GRAPE FRESH - GENERIC --	12 & 1/4 CUP + 1 Tbsp + 2 Tsp	
904274	CUCUMBERS FRESH - GENERIC --	12 & 1/4 CUP + 1 Tbsp + 2 Tsp	

Nutrients based on 1 Serving Size	
Calories	154 kcal
Total Fat	9.28 g
Sodium	504.44 mg
Carbs	5.11 mg

Components	
Meat/Alt:	2 oz. eq.
Grains:	0
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	<p>COOKING METHOD: NO COOK</p> <p>SERVICE: 1.SERVE EACH STUDENT 1 EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT# BAKER BOY 31142 1 OZ, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS</p>

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 # : 1216

Student Count : 100

Assorted Cracker & Chips 1G : NutriStudents K-12

Serving Size : 1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S16	SELECT ONE BELOW		COOKING METHOD:
904002	*CHIP SUNCHIPS CHEDDAR - SUNCHIPS - 11152	100 QTY	NO COOK
904005	*CHIP TORTILLA NACHO CHEESE - FRITO LAY - 31748	100 QTY	
904007	*CHIP TORTILLA 1.25OZ - SHEARERS - 203630312	100 QTY	
904006	*CHIP TORTILLA BAKED SCOOP - FRITO LAY - 42537	100 QTY	
904008	*CRACKER ANIMAL - KEEBLER - 3010020150	100 QTY	SELECT ONE BELOW:(ALL CREDIT AS 1 WHOLE GRAIN RICH EQUIVALENTS)
904016	*CRACKER GRAHAM COOKIES BUG BITE - KEEBLER - 301005564	100 QTY	
904021	*CRACKER GRAHAM BUNNY FRIENDS - ANNIE'S - 13562-00237	100 QTY	PRODUCT#:SUNCHIPS 11152
904022	*CRACKER GRAHAM BUNNY HONEY - ANNIE'S - 13562-00236	100 QTY	PRODUCT#:DORITOS 31748
904026	*CHIP CHEEZ-IT CHEDDAR - KEEBLER - 24100792634	100 QTY	PRODUCT#:SHEARER 203630312
904027	*CHIP CHEX MIX CHEDDAR - CHEX - 31932000	100 QTY	PRODUCT#:TOSTITOS 42537
904009	*CRACKER CHOCOLATE CHIP CRISPS - 48255000	100 QTY	PRODUCT#:KEEBLER 20150
904011	*CRACKER CINNAMON CRISPS - NATURE VALLEY - 48256000	100 QTY	PRODUCT#:KEEBLER 55644
904030	CRACKER GOLDFISH CHEDDAR - 18105	100 QTY	PRODUCT#:ANNIE 2375
904012	CRACKER GOLDFISH GIANT CINNAMON - 15094	100 QTY	PRODUCT#:ANNIE 2368
904014	CRACKER GRAHAM SCOOPYDOO - 3010050689	100 QTY	PRODUCT#:SUNSHINE 79263
			PRODUCT#:CHEX 31932
			PRODUCT#:CRISPS 48255
			PRODUCT#:CRISPS 48256
			PRODUCT#:GOLDFISH 181054
			PRODUCT#:GOLDFISH 15094
			PRODUCT#:KEEBLER 506898

Nutrients based on 1 Serving Size	
Calories	128 kcal
Total Fat	4.34 g
Sodium	136.88 mg
Carbs	20.56 mg

Components	
Meat/Alt:	0
Grains:	1 oz. eq.
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	HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK. SERVICE: 1.SERVE EACH STUDENT A TBSP EACH.
903943	*DRESSING RANCH LITE - HIDDEN VALLEY - 13449-HVR	6 & 1/8 CUP + 1 Tbsp + 2 Tsp	

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 # :	1133	Student Count :	100
Fresh LCR Salad Mix CUP : NutriStudents K-12		Serving Size :	CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904421	SALAD MIX LCR - GENERIC --	100 CUP	<p>COOKING METHOD: NO COOK</p> <p>STEPS:</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE: 1.SERVE EACH STUDENT 1 CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:TAYLOR 12730 1 CUP EACH, CREDITS AS 1/2 OF A CUP OF OTHER VEGETABLE SUBGROUP</p>

Nutrients based on 1 Serving Size	
Calories	9 kcal
Total Fat	0 g
Sodium	8.89 mg
Carbs	2.67 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.5 cup eq.
Fruit:	0
Milk:	0

Recipe # : 928

Student Count : 100

Fresh Romaine CUP : NutriStudents K-12

Serving Size : CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD: NO COOK STEPS: 1.CHOP VEGETABLES INTO SMALLER UNITS. HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE. SERVICE: 2.SERVE EACH STUDENT 1 CUP EACH. CREDITABLE PRODUCTS: PRODUCT#:TAYLOR 14808 1 CUP EACH, CREDITS AS 1/2 OF A CUP OF DARK GREEN VEGETABLE SUBGROUP PRODUCT#:TAYLOR 1060003 1 CUP EACH, CREDITS AS 1/2 OF A CUP OF DARK GREEN VEGETABLE SUBGROUP
904275	*ROMAINE CHOPPED - GENERIC --	100 CUP	
904276	*ROMAINE CHOPPED - GENERIC --	100 CUP	

Nutrients based on 1 Serving Size	
Calories	7 kcal
Total Fat	0 g
Sodium	3.11 mg
Carbs	1.28 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.5 cup eq.
Fruit:	0
Milk:	0