

<b>Recipe # :</b>	<b>81211</b>	<b>Student Count :</b>	<b>100</b>
<b>Ham Sandwich : NutriStudents K-12</b>		<b>Serving Size :</b>	<b>1 EACH</b>

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
1696 1418	SLICED BREAD 2 EACH	800 QTY 200 QTY	<p>SUB RECIPES: 1696 – DELI HAM 1418 – SLICED BREAD 2 SLICE</p> <p>1.PLACE THE HAM ONTO TWO SLICES OF BREAD. 2.SERVE EACH 1 HAM SANDWICH.</p>

Nutrients based on 1 Serving Size	
<b>Calories</b>	0 kcal
<b>Total Fat</b>	0 g
<b>Sodium</b>	0 mg
<b>Carbs</b>	0 mg

Components	
<b>Meat/Alt:</b>	1.5 oz. eq.
<b>Grains:</b>	2 oz. eq.
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Milk:</b>	0

<b>Recipe # :</b>	<b>1696</b>	<b>Student Count :</b>	<b>100</b>
<b><u>Deli Ham : NutriStudents K-12</u></b>		<b>Serving Size :</b>	<b>8 EACH</b>

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904534	DELI HAM - HORMEL - 39493	800 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 8 EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT# HORMEL 39493 8 EACH, CREDITS AS 1.5 MEAT/MEAT ALTERNATIVE</p>

Nutrients based on 1 Serving Size	
<b>Calories</b>	121 kcal
<b>Total Fat</b>	4.05 g
<b>Sodium</b>	1417 mg
<b>Carbs</b>	6.07 mg

Components	
<b>Meat/Alt:</b>	1.5 oz. eq.
<b>Grains:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Milk:</b>	0

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

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

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

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

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

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	
<b>Calories</b>	80 kcal
<b>Total Fat</b>	9 g
<b>Sodium</b>	65 mg
<b>Carbs</b>	0 mg

Components	
<b>Meat/Alt:</b>	0
<b>Grains:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Milk:</b>	0

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

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	
<b>Calories</b>	19 kcal
<b>Total Fat</b>	0.88 g
<b>Sodium</b>	162.58 mg
<b>Carbs</b>	2.75 mg

Components	
<b>Meat/Alt:</b>	0
<b>Grains:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Milk:</b>	0

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

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	
<b>Calories</b>	58 kcal
<b>Total Fat</b>	0 g
<b>Sodium</b>	70.44 mg
<b>Carbs</b>	12.81 mg

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