

Recipe # :	81216	Student Count :	100
<u>Greek Chicken Wrap : NutriStudents K-12</u>		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
1693 373	DELI GREEK CHICKEN WHOLE WHEAT TORTILLA	49 & 3/4 CUP + 1 Tbsp + 2 Tsp 100 QTY	<p>SUB RECIPES: 1693- DELI GREEK CHICKEN 373 - WHOLE WHEAT TORTILLA</p> <p>1.MIX CHICKEN AS SHOWN IN RECIPE 1693, SCOOP CHICKEN ONTO THE TORTILLA AND CREATE THE WRAP.</p> <p>2.SERVE EACH 1 GREEK CHICKEN WRAP.</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 # : 1693

Student Count : 100

Greek Chicken : NutriStudents K-12

Serving Size : 1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD: NO COOK
904241	*CHICKEN DICED - TYSON - 46012-928	14.5 LB	
904242	*CHICKEN DICED - USDA - USDA - 100101	12.5 LB	STEPS:
S2	SELECT ONE BELOW		
904481	*LETTUCE SHREDDED - GENERIC --	12 & 1/4 CUP + 1 Tbsp + 2 Tsp	1. IN A LARGE BOWL MIX THE THAWED CHICKEN, SOUR CREAM, YOGURT, SPICES & VEGETABLES UNTIL WELL BLENDED.
904416	*LETTUCE SHREDDED - GENERIC --	12 & 1/4 CUP + 1 Tbsp + 2 Tsp	
904438	TOMATO ROMA FRESH - GENERIC --	5 & 3/4 CUP + 1 Tbsp + 2 Tsp	HACCP: KEEP COOLED BELOW 41° UNTIL READY TO SERVE.
903947	-----SAUCE-----		
904561	SOUR CREAM - DAISY - ILI5	1 & 3/4 CUP + 1 Tbsp + 2 Tsp	SERVICE: 1. SERVE EACH STUDENT 1/2 OF A CUP OF CHICKEN.
904653	YOGURT PLAIN	3 & 3/4 CUP + 1 Tbsp + 2 Tsp	
904308	WATER	3/4 CUP + 1 Tbsp + 2 Tsp	CREDITABLE PRODUCTS: PRODUCT# TYSON 46012-928 2.3 OZ, CREDITS AS 2 MEAT/MEAT ALTERNATIVE PRODUCT# USDA 100101 2 OZ, CREDITS AS 2 MEAT/MEAT ALTERNATIVE
904131	SALT KOSHER --	1/4 CUP + 1 Tbsp + 2 Tsp	
904129	DILL WEED - GENERIC --	1/4 CUP + 1 Tbsp + 2 Tsp	
904115	GARLIC GRANULATED --	1 Tbsp + 2 Tsp	

Nutrients based on 1 Serving Size	
Calories	105 kcal
Total Fat	3.36 g
Sodium	407.23 mg
Carbs	3.3 mg

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

Recipe # :	373	Student Count :	100
<u>Whole Wheat Tortilla : NutriStudents K-12</u>		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
903999	TORTILLA 9" WHOLE WHEAT - CATALIA - 40029	100 QTY	<p>COOKING METHOD: NO COOK</p> <p>SERVICE: 1.SERVE EACH STUDENT 1 EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:CATALLIA 40029 1 EACH, CREDITS AS 2 WHOLE GRAIN RICH EQUIVALENTS</p>

Nutrients based on 1 Serving Size	
Calories	150 kcal
Total Fat	3.5 g
Sodium	210 mg
Carbs	25 mg

Components	
Meat/Alt:	0
Grains:	2 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 # :	909	Student Count :	100
Fresh Broccoli 3/4 CUP : NutriStudents K-12		Serving Size :	3/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD:
904196	*BROCCOLI FLORETTE FRESH - GENERIC --	75 CUP	NO COOK
904195	*BROCCOLI FLORETTE FRESH - GENERIC --	75 CUP	NO COOK
			STEPS:
			1.CHOP VEGETABLES INTO SMALLER UNITS.
			HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.
			SERVICE:
			2.SERVE EACH STUDENT 3/4 OF A CUP EACH.
			CREDITABLE PRODUCTS:
			PRODUCT#:TAYLOR 1010006
			3/4 OF A CUP EACH, CREDITS AS 1/2 OF A CUP OF DARK GREEN VEGETABLE SUBGROUP 1/4 OF A CUP OF OTHER VEGETABLE SUBGROUP
			PRODUCT#:TAYLOR 73007
			3/4 OF A CUP EACH, CREDITS AS 1/2 OF A CUP OF DARK GREEN VEGETABLE SUBGROUP 1/4 OF A CUP OF OTHER VEGETABLE SUBGROUP

Nutrients based on 1 Serving Size	
Calories	32 kcal
Total Fat	0 g
Sodium	32.42 mg
Carbs	5.19 mg

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

Recipe # :	923	Student Count :	100
Frozen Broccoli 3/4 CUP : NutriStudents K-12		Serving Size :	3/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904197	BROCCOLI FROZEN - USDA - USDA - 110473	75 CUP	<p>COOKING METHOD: NO COOK</p> <p>STEPS:</p> <p>1.THAW & CHOP VEGETABLES INTO SMALLER UNITS.</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE:</p> <p>2.SERVE EACH STUDENT 3/4 OF A CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:USDA 110473 3/4 OF A CUP EACH, CREDITS AS 1/2 OF A CUP OF DARK GREEN VEGETABLE SUBGROUP 1/4 OF A CUP OF OTHER VEGETABLE SUBGROUP</p>

Nutrients based on 1 Serving Size	
Calories	39 kcal
Total Fat	0 g
Sodium	33 mg
Carbs	7.5 mg

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