

# NutriStudents K-12

## K-5 HOLIDAY - THANKSGIVING DINNER

Nutrients	
*ENTREE:	Avg Nutrients
Turkey & Gravy	Cals... 747
*GRAIN:	Chol... 68 mg
Sliced Pumpkin Bread 1E	Sodium. 1087 mg
*SIDE:	Fiber.. 5.8 g
Whipped Cream	Carb 107.1g
*VEGETABLES:	T.Fat 22.6g
Mashed Potatoes 1/4 CUP	S.Fat 6.0g
Candied Sweet Potato 1/4CUP	
Green Bean 1/4 CUP	
*OR:	
Green Bean 1/4 CUP	
*FRUIT:	
Assorted Fruit	
Assorted Fruit	
*MILK:	
1% Milk Assorted	
Skim Milk Assorted	
<hr/>	
Avg Nutrients	
Cals...	747
Chol...	68 mg
Sodium.	1087 mg
Fiber..	5.8 g
Carb	107.1g
T.Fat	22.6g
S.Fat	6.0g

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup
001299	----- ENTREE -----	-----					
000799	NS TURK SHRED GRAVY 2M	1/2 CUP	2.000				
001467	----- GRAIN -----	-----					
001583	NS GRAIN BREAD PUMPKIN 1SLC 2G	1 EACH		2.000			
001464	----- SIDE -----	-----					
001584	NS CONDIMENT CREAM WHIP 2TBSP	2 TBSP					
001217	----- VEGETABLES -----	-----					
001019	VSSP POTATO MASHED 1/2C = 1/2C	1/2 CUP				0.250	
001585	VSRZ POTATO SWT CDY1/4C = 1/4C	1/4 CUP				0.250	
001114	VSOC BEAN GRN 1/4C = 1/4C	1/4 CUP				0.250	
000497	----- OR -----	-----					
001109	VSOZ BEAN GRN 1/4C = 1/4C	1/4 CUP				0.250	
000878	----- FRUIT -----	-----					
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500		
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500		
000879	----- MILK -----	-----					
001300	NS MILK 1% ASSORTED	1 EACH					1.000
003296	NS MILK SKIM ASSORTED	1 EACH					1.000
<b>Total</b>			2.000	2.000	1.000	0.750	1.000

Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
		0.250		
	0.250			
			0.250	
			0.250	
	0.250	0.250	0.250	

Average	Weekly Target	% of Target*	Average	% of Calories	Weekly Target
Calories 747	550-650		Carbohyd 107.13 g	57.39%	
Cholesterol 68 mg	1230		Tot. Fat 22.56 g	27.19%	
Sodium 1087 mg			Sat. Fat 6.05 g	7.29%	<10.00%
Fiber 5.76 g					

K-5 HOLIDAY - THANKSGIVING DINNER  
 DATE: \_\_\_\_\_

## NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0) \_\_\_\_\_ Adults(0) \_\_\_\_\_ Total(0) \_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	-----								
000799	NS TURK SHRED GRAVY 2	1/2 CUP	2							
001467	----- GRAIN -----	-----								
001583	NS GRAIN BREAD PUMPKIN	1 EACH	2							
001464	----- SIDE -----	-----								
001584	NS CONDIMENT CREAM W	2 TBSP								
001217	----- VEGETABLES -----	-----								
001020	VSSP POTATO MASHED 1/4	1/4 CUP				1/4				
	<b>VEGETABLE SUB</b>									
	STARCHY					1/4				
001585	VSRZ POTATO SWT CDY1/4	1/4 CUP				1/4				
	<b>VEGETABLE SUB</b>									
	RED/ORANG					1/4				
001114	VSOC BEAN GRN 1/4C = 1/4	1/4 CUP				1/4				
	<b>VEGETABLE SUB</b>									
	OTHER					1/4				
000497	----- OR -----	-----								
001109	VSOZ BEAN GRN 1/4C = 1/4	1/4 CUP				1/4				
	<b>VEGETABLE SUB</b>									
	OTHER					1/4				
000878	----- FRUIT -----	-----								
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equival			1/2					
000879	----- MILK -----	-----								
001300	NS MILK 1% ASSORTED	1 EACH					1			
003296	NS MILK SKIM ASSORTED	1 EACH					1			

**Recipe # :**
**799**
**Student Count :**
**100**
**Shredded Turkey & Gravy : NutriStudents K-12**
**Serving Size :**
**1/2 CUP**

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904468	TURKEY & GRAVY - JENNIE O - 284728	25 LB	<b>COOKING METHOD:</b> <b>STOVE TOP:</b> STANDARD OVEN:4" DEEP FULL HOTEL PAN  <b>STEPS:</b> 1.PLACE THAWED TURKEY GRAVY INTO THE PAN. 2.ADD PEPPER & MIX WELL. 3.WRAP PAN WITH PLASTIC WRAP & TINFOIL.  <b>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK.</b>  <b>TEMP:</b> *IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50**  4.PREHEAT OVEN TO 325°  HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.  <b>SERVICE:</b> 5.SERVE EACH STUDENT A ½ OF A CUP EACH.  <b>CREDITABLE PRODUCTS:</b> PRODUCT#:ADVANCE PIERRE 284728 4 OZ EACH, CREDITS AS 2 MEAT/MEAT ALTERNATIVE
904116	BLACK PEPPER GROUND - GENERIC --	1 Tbsp + 1 Tsp	

Nutrients based on 1 Serving Size	
<b>Calories</b>	130 kcal
<b>Total Fat</b>	6 g
<b>Sodium</b>	450 mg
<b>Carbs</b>	2 mg

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

<b>Recipe # :</b>	<b>1583</b>	<b>Student Count :</b>	<b>100</b>
<b>Slice Pumpkin Bread : NutriStudents K-12</b>		<b>Serving Size :</b>	<b>1 EACH</b>

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904681	BREAD WHOLE GRAIN SLICE PUMPKIN - ULTRA BREAD - 6025	100 QTY	<p>COOKING METHOD: NO COOK</p> <p>SERVICE: SERVE EACH STUDENT 1 EACH.</p> <p>PRODUCT#:WHOLE GRAIN BREAD SLICE 1 EACH, CREDITS AS 2 WHOLE GRAIN RICH EQUIVALENTS</p>

Nutrients based on 1 Serving Size	
<b>Calories</b>	270 kcal
<b>Total Fat</b>	10 g
<b>Sodium</b>	220 mg
<b>Carbs</b>	43 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

**Recipe # :** 1020

**Student Count :** 100

**Pouch Mashed Potatoes 1/4 CUP : NutriStudents K-12**

**Serving Size :** 1/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904447 904308	POTATO MASHED - IDAHOAN - 29700003132 WATER	2.25 LB 19 & 3/4 CUP + 1 Tbsp + 2 Tsp	<p><b>COOKING METHOD:</b> STOVE TOP: STANDARD OVEN:4" DEEP FULL HOTEL PAN</p> <p><b>STEPS:</b> 1.ADD POTATOES TO PAN OR POT. 2.WRAP PAN WITH PLASTIC WRAP &amp; TINFOIL.</p> <p><b>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK.</b></p> <p><b>TEMP:</b> *IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50°*</p> <p>4.PREHEAT OVEN TO 325°</p> <p>HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.</p> <p><b>SERVICE:</b> 2.SERVE EACH STUDENT A 1/4 OF A CUP EACH.</p> <p><b>CREDITABLE PRODUCTS:</b> PRODUCT#:IDAHOAN 2970000313 1/4 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF STARCHY VEGETABLE SUBGROUP</p>

Nutrients based on 1 Serving Size	
<b>Calories</b>	32 kcal
<b>Total Fat</b>	0.4 g
<b>Sodium</b>	125.61 mg
<b>Carbs</b>	6.81 mg

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

**Recipe # :** 1585

**Student Count :** 100

**Candied Sweet Potato 1/4 CUP : NutriStudents K-12**

**Serving Size :** 1/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904493	POTATO SWEET FRY - MCCAIN - 1000004309	24 3/4 CUP	<p><b>COOKING METHOD:</b> STANDARD OVEN:4" DEEP FULL HOTEL PAN</p> <p><b>STEPS:</b> 1.PLACE THAWED POTATOES, BUTTER, SUGAR &amp; SPICE INTO THE PAN. SPRINKLE MARSHMELLOWS OVER THE TOP. 2.WRAP PAN WITH PLASTIC WRAP &amp; TINFOIL.</p> <p><b>HACCP:</b>KEEP COOLED BELOW 41° UNTIL READY TO COOK.</p> <p><b>TEMP:</b> *IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50°*</p> <p>3.PREHEAT OVEN TO 325°</p> <p>HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.</p> <p><b>SERVICE:</b> 4.SERVE EACH STUDENT A 1/4 OF A CUP EACH.</p> <p><b>CREDITABLE PRODUCTS:</b> PRODUCT#:MCCAIN 4309 1/4 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF RED VEGETABLE SUBGROUP</p>
S2	SELECT ONE BELOW		
904141	*SUGAR BROWN - CRYSTAL - 13442	2 CUP + 1 Tbsp	
904142	*SUGAR BROWN - UNITED - 810205	2 CUP + 1 Tbsp	
904590	BUTTER BULK - GOLD N SWEET - 18678-GNS	1 CUP + 1 Tsp	
904639	CINNAMON GROUND	2 Tsp	
904686	MARSHMELLOW - HOSPITALITY - 71923-16000	1.25 LB	

Nutrients based on 1 Serving Size	
<b>Calories</b>	109 kcal
<b>Total Fat</b>	3.78 g
<b>Sodium</b>	109.94 mg
<b>Carbs</b>	17.42 mg

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

**Recipe # :** 1114

**Student Count :** 100

**Canned Green Bean 1/4 CUP : NutriStudents K-12**

**Serving Size :** 1/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904186	BEAN GREEN CANNED - USDA - USDA - 100307	24 & 3/4 CUP	<p><b>COOKING METHOD:</b> STANDARD OVEN:4" DEEP FULL HOTEL PAN</p> <p><b>STEPS:</b> 1.OPEN AND DRAIN CANS. 2.ADD BEANS TO PAN. 3.WRAP PAN WITH PLASTIC WRAP &amp; TINFOIL.</p> <p><b>HACCP:</b>KEEP COOLED BELOW 41° UNTIL READY TO COOK.</p> <p><b>TEMP:</b> *IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50°*</p> <p>4.PREHEAT OVEN TO 325°</p> <p>HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.</p> <p><b>SERVICE:</b> 2.SERVE EACH STUDENT A 1/4 OF A CUP EACH.</p> <p><b>CREDITABLE PRODUCTS:</b> PRODUCT#:USDA 100307 1/4 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF OTHER VEGETABLE SUBGROUP</p>

Nutrients based on 1 Serving Size	
<b>Calories</b>	7 kcal
<b>Total Fat</b>	0 g
<b>Sodium</b>	64.43 mg
<b>Carbs</b>	1.38 mg

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

**Recipe # :** 1109

**Student Count :** 100

**Frozen Green Bean 1/4 CUP : NutriStudents K-12**

**Serving Size :** 1/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		
904187	*BEAN GREEN FROZEN - USDA - USDA - 100351	24 &3/4 CUP + 1 Tbsp + 2 Tsp	COOKING METHOD: STANDARD OVEN:4" DEEP FULL HOTEL PAN  STEPS: 1.ADD THAWED BEANS TO PAN. 2.WRAP PAN WITH PLASTIC WRAP & TINFOIL.  HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK.  TEMP: *IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50**  4.PREHEAT OVEN TO 325°  HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.  SERVICE: 2.SERVE EACH STUDENT A 1/4 OF A CUP EACH.  CREDITABLE PRODUCTS: PRODUCT#:SIMPLOT 181620 1/4 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF OTHER VEGETABLE SUBGROUP PRODUCT#:USDA 181620 1/4 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF OTHER VEGETABLE SUBGROUP
904188	*BEAN GREEN FROZEN - SIMPLOT - 18162	24 &3/4 CUP + 1 Tbsp + 2 Tsp	

Nutrients based on 1 Serving Size	
<b>Calories</b>	14 kcal
<b>Total Fat</b>	0.25 g
<b>Sodium</b>	0.25 mg
<b>Carbs</b>	2.25 mg

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