

Today's Lunch



Chicken Enchilada Nachos

NutriStudents K-12

Recipe Sizing Report

900097 - NS CHX Enchilada Nacho 1.5 : NutriStudents	Components	Attributes
HACCP Process: #3 Complex Food Preparation Number of Portions: 60 Size of Portion: #10 scoop Alternate Recipe Name: Chicken Enchilada Nachos	Meat/Alt: 1.5 oz Grains: Fruit: Vegetable: 0.25 cup Milk:	

Ingredients	Measures	Instructions
904053 Chicken Diced TY 3481-928 15-16 NA.....	5 lbs + 10 ozs	1. Open, drain and rinse the black beans. 2. Place a pan liner into a 4 inch deep full hotel pan. Add the diced chicken, black beans, green chilis, tomato sauce and the seasonings to the pan and mix well. Wrap the pan with pastic wrap and tin foil. *keep cooled below 41 degrees until ready to cook*
904316 Salt Kosher 15-16.....	2 Tbsp	
902934 Cumin Ground ULF 4625 15-16.....	1 Tbsp	
902942 Coriander Ground McCormick 932304 15-16.....	1 Tbsp	
903770 Chili Powder 15-16.....	1 Tbsp	
903550 Bean Black Allens 15-16.....	1 qt + 3 1/2 cups	
903806 Chilis Diced Green DFP 15-16.....	1 cup	
903546 Sauce Tomato Low Sodium 100334 USDA 15-1...	1 qt + 3 1/2 cups	*please use the HACCP process #2 same day service* 4. add the fresh cilantro just before serving for a pop of color and flavor. 5. Serve each student a #10 scoop of chicken black bean casserole. CCP: Hold at 135° F or higher.
903518 Sauce Cheese Queso Blanco JTM 1M5718 15-.....	1 lb + 12 ozs	
902924 Cilantro Fresh 15-16.....	1 cup	CCP: Heat to 165° F or higher for at least 15 seconds 3. Set the oven to 300 degrees, cook for 1 hour and temp. Heat until the internal temp of the chicken reaches 165 degrees. *please use the HACCP process #2 same day service*

*Nutrients are based upon 1 Portion Size (#10 scoop)

Calories	133 kcal	Cholesterol	47 mg	Sugars	*0.2* g	Calcium	67.50 mg	28.95%	Calories from Total Fat
Total Fat	4.28 g	Sodium	304 mg	Protein	16.58 g	Iron	1.04 mg	11.74%	Calories from Saturated Fat
Saturated Fat	1.74 g	Carbohydrates	7.85 g	Vitamin A	301.1 IU	Water ¹	*0.37* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.71 g	Vitamin C	3.5 mg	Ash ¹	*0.01* g	23.58%	Calories from Carbohydrates
								49.81%	Calories from Protein

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Recipe Sizing Report

900098 - NS Beans Refried 1/2 CUP : NutriStudents	Components	Attributes
HACCP Process: #3 Complex Food Preparation Number of Portions: 48 Size of Portion: 1/2 CUP Alternate Recipe Name: Refried Beans	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:	

Ingredients	Measures	Instructions
902943 Bean Refried 100362 USDA 15-16..... 904310 Garlic Granulated 15-16..... 903814 Onion Powder ULF 4680 15-16..... 903518 Sauce Cheese Queso Blanco JTM 1M5718 15-....	2 Can 1 Tbsp 2 tsp 1/2 Bag	1. Place a pan liner into a 4 inch deep full hotel pan. Add the drained refried beans, queso blanco cheese sauce and seasonings to the pan. Mix well. 2. Wrap the pan with plastic wrap and tinfoil. *keep cooled below 41 degrees until ready to cook*
		CCP: Heat to 165° F or higher for at least 15 seconds 3. Set the oven to 300 degrees, cook for 45 mins and temp. Heat until the internal temp of the beans reaches 165 degrees. *please use the HACCP process #2 same day service* 4. Serve each student a 1/2 cup of refried beans. *each serving of beans offered in this recipe counts as 1/2 of a cup legumes* CCP: Hold at 135° F or higher.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	166 kcal	Cholesterol	13 mg	Sugars	*0.6* g	Calcium	*127.46* mg	28.48%	Calories from Total Fat
Total Fat	5.26 g	Sodium	316 mg	Protein	*9.88* g	Iron	*2.14* mg	14.67%	Calories from Saturated Fat
Saturated Fat	2.71 g	Carbohydrates	20.59 g	Vitamin A	*169.6* IU	Water ¹	*N/A* g	*N/A*	Calories from Trans Fat
Trans Fat ²	*N/A* g	Dietary Fiber	6.53 g	Vitamin C	*7.8* mg	Ash ¹	*N/A* g	49.55%	Calories from Carbohydrates
								23.77%	Calories from Protein

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Recipe Sizing Report

003300 - NS CHCR Tortilla Ind 1oz WG : NutriStudents	Components	Attributes
HACCP Process: No HACCP Process Number of Portions: 1 Size of Portion: Bag Alternate Recipe Name: Tortilla Chips	Meat/Alt: Grains: 1 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903143 Chip Tortilla No Salt 1 oz BoF 22804 15-...	1 Bag	1. Serve each student 1 bag of tortilla chips. *each serving in this recipe counts as 1 whole grain equivalent*

*Nutrients are based upon 1 Portion Size (Bag)

Calories	140 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	40.00 mg	45.00%	Calories from Total Fat
Total Fat	7.00 g	Sodium	0 mg	Protein	2.00 g	Iron	0.00 mg	6.43%	Calories from Saturated Fat
Saturated Fat	1.00 g	Carbohydrates	20.00 g	Vitamin A	0.0 IU	Water ¹	*N/A* g	*N/A%*	Calories from Trans Fat
Trans Fat ²	*N/A* g	Dietary Fiber	1.00 g	Vitamin C	0.0 mg	Ash ¹	*N/A* g	57.14%	Calories from Carbohydrates
								5.71%	Calories from Protein

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Recipe Sizing Report

003320 - NS Cilantro Fresh Chopped : NutriStudents	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: tsp. Alternate Recipe Name: Fresh Chopped Cilantro	Meat/Alt: Grains: Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
902924 Cilantro Fresh 15-16...	1 tsp	1. Serve each student 1 oz of cilantro. *do not cook, sprinkle over finished product for color and taste* *please use the HACCP process #1 no cook* CCP: Hold for cold service at 41° F or lower. CCP: Refrigerate until served.

*Nutrients are based upon 1 Portion Size (tsp.)

Calories	1 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	1.42 mg	3.02%	Calories from Total Fat
Total Fat	0.00 g	Sodium	0 mg	Protein	0.05 g	Iron	0.01 mg	0.54%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	0.26 g	Vitamin A	0.1 IU	Water ¹	0.46 g	*N/A%*	Calories from Trans Fat
Trans Fat ²	*N/A* g	Dietary Fiber	0.02 g	Vitamin C	0.2 mg	Ash ¹	0.01 g	88.75%	Calories from Carbohydrates
								17.07%	Calories from Protein

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Recipe Sizing Report

003316 - NS CHZ Shred 1oz 1/4C : NutriStudents	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 80 Size of Portion: 1/4 CUP Alternate Recipe Name: Shredded Cheddar Cheese	Meat/Alt: 1 oz Grains: Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903541 Cheese Shredded Cheddar RFat 100012 USDA...	5 lbs	<p>1. Serve each student a 1/4 of a cup of shredded cheddar cheese.</p> <p>*please use the HACCP process #1 no cook*</p> <p>*each serving in the this recipe counts as 1 MMA*</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>

*Nutrients are based upon 1 Portion Size (1/4 CUP)

Calories	80 kcal	Cholesterol	16 mg	Sugars	0.2 g	Calcium	256.16 mg	58.33%	Calories from Total Fat
Total Fat	5.18 g	Sodium	206 mg	Protein	7.72 g	Iron	0.04 mg	37.48%	Calories from Saturated Fat
Saturated Fat	3.33 g	Carbohydrates	0.57 g	Vitamin A	179.2 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.0 mg	Ash ¹	*N/A* g	2.84%	Calories from Carbohydrates
								38.58%	Calories from Protein

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Recipe Sizing Report

900063 - NS Sauce Taco : NutriStudents	Components	Attributes
HACCP Process: No HACCP Process Number of Portions: 1 Size of Portion: Packet Alternate Recipe Name: Taco Sauce	Meat/Alt: Grains: Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
902935 Sauce Taco El Pasado 8333254 15-16...	1 Packet	1. Serve each student 1 packet of taco sauce.

*Nutrients are based upon 1 Portion Size (Packet)

Calories	4 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	0.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	55 mg	Protein	0.00 g	Iron	0.00 mg	0.00%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	1.00 g	Vitamin A	0.0 IU	Water ¹	*N/A* g	*N/A%*	Calories from Trans Fat
Trans Fat ²	*N/A* g	Dietary Fiber	0.00 g	Vitamin C	0.0 mg	Ash ¹	*N/A* g	100.00%	Calories from Carbohydrates
								0.00%	Calories from Protein

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Recipe Sizing Report

003275 - NS Lettuce Shredded 1/2C : NutriStudents	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 60 Size of Portion: 1/2 CUP Alternate Recipe Name: Shredded Lettuce	Meat/Alt: Grains: Fruit: Vegetable: 0.25 cup Milk:	

Ingredients	Measures	Instructions
904306 Lettuce Shredded 15-16...	5 lbs	<p>*please use the HACCP process #1 no cook*</p> <p>1. Serve each student a 1/2 cup of shredded lettuce.</p> <p>*each serving in this recipe counts as 1/4 of a cup other vegetables*</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	7 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	8.89 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	4 mg	Protein	0.44 g	Iron	0.16 mg	0.00%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	1.33 g	Vitamin A	88.9 IU	Water ¹	*N/A* g	*N/A%*	Calories from Trans Fat
Trans Fat ²	*N/A* g	Dietary Fiber	0.44 g	Vitamin C	1.6 mg	Ash ¹	*N/A* g	79.99%	Calories from Carbohydrates
								26.67%	Calories from Protein

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