

NutriStudents K-12

Recipe Sizing Report

000386 - NS CHX Italian Pasta1&1/2C : NutriStudents	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 20 Size of Portion: 1.5 Cup Alternate Recipe Name: Italian Chicken Pasta	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:	

Ingredients	Measures	Instructions
904149 Chicken Fajita Strip USDA 100117..... 904164 Pasta Spaghetti Whole Wheat USDA 100427.... 903546 Sauce Tomato Low Sodium USDA 100334..... 903684 Oil Soybean Low Sat Fat 1Gal USDA 100442.... 903720 SPICE - Pepper Black Ground..... 903719 SPICE - Garlic Granulated..... 904316 SPICE - Salt Kosher.....	8 lbs + 8 ozs 2 1/2 LB (UNCOOKED) 1 qt + 1 cup 1 cup 1 Tbsp 2 Tbsp 1 Tbsp + 2 tsp	1. Bring 2 gallons of water to a rolling boil in a large pot. Boil the macaroni noodles for 6 mins or until the noodles are al dente. Drain the noodles and run them under cold water to cool quickly. 2. Place a pan liner into a 4 inch deep full hotel pan. Add the noodles, sauce oil and seasonings and mix well. Wrap the pan with plastic wrap and tin foil. *keep cooled below 41 degrees until ready to cook* CCP: Hold for cold service at 41° F or lower. CCP: Refrigerate until served. CCP: Cool to 41° F or lower within 4 hours. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours 3. Set the oven to 300°, cook for 45 mins and temp. heat until the internal temp of the chicken reaches 165 degrees. *please use the HACCP process #2 same day service, or #3 complex food production if not serving the same day* 4, Serve each student 1 & 1/2 of a cup of italian chicken pasta. CCP: Heat to 165° F or higher for at least 15 seconds CCP: Hold at 135° F or higher.

*Nutrients are based upon 1 Portion Size (1.5 Cup)

Calories	543 kcal	Cholesterol	148 mg	Sugars	*4.0* g	Calcium	*31.00* mg	32.83%	Calories from Total Fat
Total Fat	19.81 g	Sodium	1567 mg	Protein	45.15 g	Iron	*2.69* mg	9.61%	Calories from Saturated Fat
Saturated Fat	5.80 g	Carbohydrates	50.85 g	Vitamin A	285.0 IU	Water ¹	*0.00* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.50 g	Vitamin C	*4.3* mg	Ash ¹	*0.00* g	37.45%	Calories from Carbohydrates
								33.25%	Calories from Protein

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Recipe Sizing Report

003255 - NS CHZ Shred Mozz .5ozwt 1/8C : NutriStudents	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 160 Size of Portion: 1/8 CUP Alternate Recipe Name: Shredded Mozzarella	Meat/Alt: 0.5 oz Grains: Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
904057 Cheese Shredded Mozzarella USDA 100021...	5 lbs	1. Serve each student an 1/8 of a cup of shredded cheddar cheese. CCP: Hold for cold service at 41° F or lower. CCP: Refrigerate until served.
		904057: Each serving in this recipe counts as 0.50 M/MA oz. equivalent.

*Nutrients are based upon 1 Portion Size (1/8 CUP)

Calories	46 kcal	Cholesterol	13 mg	Sugars	0.5 g	Calcium	101.25 mg	70.00%	Calories from Total Fat
Total Fat	3.54 g	Sodium	86 mg	Protein	3.04 g	Iron	1.37 mg	50.00%	Calories from Saturated Fat
Saturated Fat	2.53 g	Carbohydrates	0.51 g	Vitamin A	101.2 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	4.44%	Calories from Carbohydrates
								26.67%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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