

School District 112

001402 - BARS, GRANOLA, HOMEMADE

Recipe HACCP Process: #2 Same Day Service

Source:
 Number of Portions: 54
 Size of Portion: 1 PIECE

Meat/Alt: 0 oz.
 Grain/Bread: 0 SRV.
 F/V/J: 0 Cup
 Milk: 0 FLOZ

Alternate Menu Name: HOMEMADE GRANOLA BARS

020038 OATS.....	4 CUP	
019334 SUGARS,BROWN.....	1 1/2 CUP, packed	
020078 WHEAT GERM,CRUDE.....	1 CUP	
002010 CINNAMON,GROUND.....	1 1/2 TSP	
050393 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED...	2 CUP	
009298 RAISINS,SEEDLESS.....	1 1/2 CUP (not packed)	
002047 SALT, TABLE.....	1 1/2 TSP	
901334 HONEY,RAW.....	1 CUP	
990149 EGGS,WHOLE,FRESH & FROZEN.....	2 large	
050385 OIL, VEGETABLE.....	1 CUP	
002050 VANILLA EXTRACT.....	1 TBSP	

*Nutrients are based upon 1 Portion Size (1 PIECE)

Calories	163 kcal	Cholesterol	7.83 mg	Protein	3.31 g	Calcium	17.01 mg	29.19%	Calories from Total Fat
Total Fat	5.29 g	Sodium	71.08 mg	Vitamin A	3.60 RE	Iron	1.08 mg	4.74%	Calories from Sat Fat
Saturated Fa	0.86 g	Carbohydrat	26.75 g	Vitamin A	9.23 IU	Water ¹	*4.50* g	*0.15%*	Calories from Trans Fat
Trans Fat ¹	*0.03* g	Dietary Fiber	1.83 g	Vitamin C	0.13 mg	Ash ¹	*0.59* g	65.61%	Calories from Carbohydrates
								8.11%	Calories from Protein

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School District 112

900003 - BLACK BEAN SALSA

Recipe HACCP Process: #2 Same Day Service

Source: ONAMIA
 Number of Portions: 200
 Size of Portion: 1/4 CUP

Meat/Alt: 0 oz.
 Grain/Bread: 0 SRV.
 F/V/J: 0.25 Cup
 Milk: 0 FLOZ

050502 BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUI...	110 OZ	Drain beans and corn.
902996 Corn, Whole Kernel CN Low Sodium.....	106 OZ	
011282 ONIONS,RAW.....	1 LB, chopped	Put all ingredients in a 4" pan and stir to combine.
011333 PEPPERS,SWEET,GREEN,RAW.....	2 LB, chopped	
902997 TOMATOES,FRESH,RED RIPE.....	8 LB	
009152 LEMON JUICE,RAW.....	6 lemon yields	
002053 VINEGAR,DISTILLED.....	4 TBSP	
002020 GARLIC POWDER.....	2 TBSP	
903077 PEPPER, BLACK, GROUND.....	1 1/2 TSP	
Serve with tacos, chips. May also add: fresh cilantro, garbanzo beans, colored peppers.		

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

Calories	27 kcal	Cholesterol	0.00 mg	Protein	1.43 g	Calcium	8.43 mg	9.15%	Calories from Total Fat
Total Fat	0.28 g	Sodium	77.94 mg	Vitamin A	14.26 RE	Iron	0.42 mg	0.74%	Calories from Sat Fat
Saturated Fa	0.02 g	Carbohydrat	4.97 g	Vitamin A	168.70 IU	Water ¹	*25.02* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.67 g	Vitamin C	7.51 mg	Ash ¹	*0.12* g	73.18%	Calories from Carbohydrates
								21.01%	Calories from Protein

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School District 112

900007 - CHICKEN & CHEESE QUESADILLA

Recipe HACCP Process:

Source: OSSEO
 Number of Portions: 175
 Size of Portion: EACH

Meat/Alt: 2 oz.
 Grain/Bread: 2 SRV.
 F/V/J: 0 Cup
 Milk: 0 FLOZ

050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY..... 16 LB 002009 CHILI POWDER..... 1 CUP + 2 TBSP 050497 TOMATO SAUCE, CANNED, LIGHTLY SEASONED WITH S... 53 OZ 799902 CUMIN,GROUND..... 1/3 CUP 011284 ONIONS,DEHYDRATED FLAKES..... 3/4 CUP 990627 GARLIC POWDER..... 1/3 CUP 002028 PAPRIKA..... 1/2 CUP	16 LB 1 CUP + 2 TBSP 53 OZ 1/3 CUP 3/4 CUP 1/3 CUP 1/2 CUP	Use the VCM to blend the chicken, tomato sauce and spices together.
118491 Yellow American Process Cheese..... 10 LB 050346 CHEESE, CHEDDAR, YELLOW, SHREDDED..... 5 LB	10 LB 5 LB	Blend the grated cheese together.
903126 TORTILLA,FLOUR,8"..... 175 EACH	175 EACH	Assemble: brush 1 side of tortilla with vegetable oil using a pastry brush. Turn tortilla over on work surface and scoop a #24 scoop of blended cheeses. Fold in half. Place on sheet liner on 18 x 24 pan. Place 7 tortillas one direction and 7 going the other direction. Bake 375 degree over for 8 minutes. Use a pizza cutter to cut each tortilla into 3 wedges for serving. Offer salsa and sour cream with each quesadilla.

*Nutrients are based upon 1 Portion Size (EACH)

Calories	359 kcal	Cholesterol	74.61 mg	Protein	24.40 g	Calcium	647.42 mg	46.79%	Calories from Total Fat
Total Fat	18.64 g	Sodium	851.61 mg	Vitamin A	282.26 RE	Iron	3.63 mg	21.81%	Calories from Sat Fat
Saturated Fa	8.69 g	Carbohydrat	26.74 g	Vitamin A	1577.37 IU	Water ¹	*0.12* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.97 g	Vitamin C	1.33 mg	Ash ¹	*0.11* g	29.83%	Calories from Carbohydrates
								27.22%	Calories from Protein

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School District 112

900008 - CHICKEN PARM SPAGHETTI

Source: MARY BETH MARAS
 Number of Portions: 1
 Size of Portion: EACH

Recipe HACCP Process: #3 Complex Food Preparation

Meat/Alt: 2 oz.
 Grain/Bread: 1 SRV.
 F/V/J: 0.5 Cup
 Milk: 0 FLOZ

903122 CHICKEN BREAST,GRILLED,PLYMOUTH.....	1 EACH	Pan chicken and sprinkle with grated parmesan cheese. Bake for 15 minutes at 400 degrees.
050468 SPAGHETTI, ENRICHED, COOKED, NO SALT ADDED....	1/2 CUP	Boil pasta according to pasta directions.
903121 SAUCE,SPAGHETTI,PLYMOUTH.....	1/2 CUP	Simmer sauce.
		Layer spaghetti noodles on tray. Add chicken breasts and top with spaghetti sauce. Finish with sprinkle of parmesan cheese.

*Nutrients are based upon 1 Portion Size (EACH)

Calories	271 kcal	Cholesterol	40.00 mg	Protein	23.06 g	Calcium	45.00 mg	12.12%	Calories from Total Fat
Total Fat	3.65 g	Sodium	961.00 mg	Vitamin A	60.00 RE	Iron	2.37 mg	0.40%	Calories from Sat Fat
Saturated Fa	0.12 g	Carbohydrat	32.60 g	Vitamin A	300.00 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	3.30 g	Vitamin C	9.00 mg	Ash ¹	*0.00* g	48.12%	Calories from Carbohydrates
								34.04%	Calories from Protein

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School District 112

900012 - MEDITERRANEAN SANDWICH WRAP

Source: ANOKA-HENNEPIN
 Number of Portions: 72
 Size of Portion: EACH

Recipe HACCP Process:

Meat/Alt: 3 oz.
 Grain/Bread: 2 SRV.
 F/V/J: 0.75 Cup
 Milk: 0 FLOZ

016158 HUMMUS,COMMERCIAL.....	12 CUP	Lay tortilla on a clean, sanitized surface. Using a #24 portion scoop, measure hummon on to tortilla and spread.
903125 TORTILLA,FLOUR,12".....	72 EACH	
012537 SUNFLOWER SD KRNLs,DRY RSTD,W/SALT...	9 CUP	Spread 1/8 cup (#30 portion scoop) of sunflower nuts over hummus.
903049 SPINACH,FRESH.....	18 CUP, chopped	Add 1/4 cup (#16 scoop) of each of the remaining ingredients. Fold, tuck, and roll.
011821 PEPPERS,SWEET,RED,RAW.....	18 CUP, chopped	
011333 PEPPERS,SWEET,GREEN,RAW.....	18 CUP, chopped	
799908 ONIONS,RED,RAW.....	18 CUP, chopped	
903050 CHEESE,MOZZARELLA,LOWFAT.....	18 CUP, shredded	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	641	kcal	Cholesterol	15.26	mg	Protein	24.64	g	Calcium	409.68	mg	37.47%	Calories from Total Fat
Total Fat	26.67	g	Sodium	1110.42	mg	Vitamin A	385.06	RE	Iron	6.24	mg	10.13%	Calories from Sat Fat
Saturated Fa	7.21	g	Carbohydrat	77.55	g	Vitamin A	2777.47	IU	Water ¹	158.38	g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00*	g	Dietary Fiber	9.80	g	Vitamin C	84.64	mg	Ash ¹	3.34	g	48.42%	Calories from Carbohydrates
												15.39%	Calories from Protein

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School District 112

900013 - MINESTRONE SOUP

Source: COLD SPRING
 Number of Portions: 144
 Size of Portion: CUP

Recipe HACCP Process:

Meat/Alt: 0 oz.
 Grain/Bread: 0 SRV.
 F/V/J: 0 Cup
 Milk: 0 FLOZ

014429 WATER,MUNICIPAL.....	9 GAL	
903216 Beef Base Le Gout.....	1 1/2 LB	
011284 ONIONS,DEHYDRATED FLAKES.....	2 CUP	
903077 PEPPER, BLACK, GROUND.....	4 TSP	
903051 OREGANO LEAVES,DRIED.....	1 TSP, ground	
002029 PARSLEY,DRIED.....	2 TSP	
903052 SALT, GARLIC.....	3 TBSP	
903127 BEANS,WAX,CANNED.....	1 #10 CAN	
011054 BEANS,SNAP,GRN VAR,CND,REG PK,SOL&LIQUIDS.....	101 OZ	
050477 BEANS, KIDNEY, RED, CANNED, SOLIDS AND LIQUID...	108 OZ	
050473 BEANS, LIMA, BABY, CANNED, SOLIDS AND LIQUIDS....	105 OZ	
050501 TOMATO PASTE, CANNED, WITHOUT SALT ADDED.....	1 #10 Can	
011124 CARROTS,RAW.....	5 LB, e/p	
050461 MACARONI, ELBOW, ENRICHED, DRY.....	6 LB	

*Nutrients are based upon 1 Portion Size (CUP)

Calories	149 kcal	Cholesterol	0.00 mg	Protein	6.71 g	Calcium	42.23 mg	8.27%	Calories from Total Fat
Total Fat	1.37 g	Sodium	1134.03 mg	Vitamin A	522.51 RE	Iron	2.16 mg	0.66%	Calories from Sat Fat
Saturated Fa	0.11 g	Carbohydrat	28.04 g	Vitamin A	3077.01 IU	Water ¹	*269.13* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.60 g	Vitamin C	5.14 mg	Ash ¹	*0.80* g	75.32%	Calories from Carbohydrates
								18.02%	Calories from Protein

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School District 112

900014 - RICE AND BEAN SALAD

Source: ST PAUL
 Number of Portions: 60
 Size of Portion: 1/2 CUP

Recipe HACCP Process:

Meat/Alt: 1 oz.
 Grain/Bread: 0.5 SRV.
 F/V/J: 0 Cup
 Milk: 0 FLOZ

		Preheat oven to 350 degrees.
050452 RICE, LONG GRAIN, BROWN, DRY.....	3 CUP	Combine rice, water and butter in a sprayed 4" steam table pan.
001145 BUTTER, WITHOUT SALT.....	1 1/2 TBSP	
014429 WATER, MUNICIPAL.....	4 1/2 CUP	
		Cover and bake for approximately 45-60 minutes or until water is absorbed.
		Cool rice to 70 degrees within 2 hours and from 70 to 41 degrees or lower in an additional four hours.
050472 BEANS, PINTO, CANNED, SOLIDS AND LIQUIDS, WIT...	108 OZ	Empty beans into colander, rinse and drain.
011143 CELERY, RAW.....	4 CUP, diced	Combine celery, onions, garlic and parsley with cooked, cooled rice and mix until combined.
011282 ONIONS, RAW.....	3 CUP, chopped	
903119 GARLIC, MINCED.....	3 TBSP	
903120 PARSLEY, RAW, CHOPPED.....	1/2 CUP	
903053 DRESSING ITALIAN FF WISHBONE.....	2 CUP	Add dressing and mix until combined.
		Label and date and then store in cooler, covered, several hours or overnight.

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

Calories	90 kcal	Cholesterol	0.76 mg	Protein	3.38 g	Calcium	32.16 mg	9.97%	Calories from Total Fat
Total Fat	1.00 g	Sodium	248.95 mg	Vitamin A	12.17 RE	Iron	0.95 mg	3.30%	Calories from Sat Fat
Saturated Fa	0.33 g	Carbohydrat	17.16 g	Vitamin A	87.06 IU	Water ¹	*32.55* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.94 g	Vitamin C	2.15 mg	Ash ¹	*0.11* g	76.30%	Calories from Carbohydrates
								15.01%	Calories from Protein

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School District 112

Recipe Master List

Oct 31, 2011

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900015 - ROASTED VEG MIX W/ ASPARAGUS

Recipe HACCP Process: #2 Same Day Service

Source: ANOKA-HENNEPIN
 Number of Portions: 120
 Size of Portion: 1/2 CUP

Meat/Alt: 0 oz.
 Grain/Bread: 0 SRV.
 F/V/J: 0.5 Cup
 Milk: 0 FLOZ

011353 POTATOES,RUSSET,FLESH & SKN,RAW....	5 LB	Steam diced potatoes for 4 minutes
011130 CARROTS,FROZEN,UNPREPARED.....	5 LB	Combine all vegetables and coat with oil and seasonings.
903123 ASPARAGUS,FRZ,UNPREPARED.....	5 LB	
799908 ONIONS,RED,RAW.....	5 LB, chopped	
011821 PEPPERS,SWEET,RED,RAW.....	2 LB	
011260 MUSHROOMS,RAW.....	5 LB, sliced	
004582 VEGETABLE OIL,CANOLA.....	1 CUP	
903099 PEPPER, BLACK, GROUND.....	2 TBSP	
002020 GARLIC POWDER.....	2 TSP	
903054 THYME LEAF,DRIED.....	2 TSP, ground	
Spread on 5 greased sheet pans. Roast in oven at 350 degrees for 20 minutes. Serve immediately.		

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

Calories	57 kcal	Cholesterol	0.00 mg	Protein	2.04 g	Calcium	19.91 mg	33.43%	Calories from Total Fat
Total Fat	2.12 g	Sodium	17.36 mg	Vitamin A	547.16 RE	Iron	0.58 mg	2.69%	Calories from Sat Fat
Saturated Fa	0.17 g	Carbohydrat	8.22 g	Vitamin A	3102.97 IU	Water ¹	*90.51* g	*0.12%*	Calories from Trans Fat
Trans Fat ¹	*0.01* g	Dietary Fiber	1.91 g	Vitamin C	19.02 mg	Ash ¹	*0.64* g	57.64%	Calories from Carbohydrates
								14.30%	Calories from Protein

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School District 112

Recipe Master List

900016 - VEGGIE PASTA SALAD

Source: EASTERN CARVER
 Number of Portions: 40
 Size of Portion: 1/2 CUP

Recipe HACCP Process:

Meat/Alt: 0 oz.
 Grain/Bread: 0.25 SRV.
 F/V/J: 0.25 Cup
 Milk: 0 FLOZ

903128 PASTA,WG,ROTINI,ECC.....	3 LB	Prepare pasta according to package directions and chill.
903055 CUCUMBER,RAW,PEELED.....	4 CUP, chopped	Add vegetables to chilled pasta.
902997 TOMATOES,FRESH,RED RIPE...	4 CUP, chopped or sliced	
011124 CARROTS,RAW.....	2 CUP, grated	
011312 PEAS,GRN,FRZ,UNPREP.....	2 CUP	
903131 DRESSING,RED FRENCH.....	1 CUP	In bowl, mix salad dressing, mayo and onion powder. Pour over veggie/pasta mixture and stir to combine.
903129 MAYONNAISE,HELLMANS.....	1 CUP	
002026 ONION POWDER.....	1 TSP	
		Chill and serve.

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

Calories	129 kcal	Cholesterol	2.00 mg	Protein	2.34 g	Calcium	12.03 mg	47.86%	Calories from Total Fat
Total Fat	6.86 g	Sodium	92.24 mg	Vitamin A	178.42 RE	Iron	0.64 mg	7.07%	Calories from Sat Fat
Saturated Fa	1.01 g	Carbohydrat	15.57 g	Vitamin A	1255.61 IU	Water ¹	40.09 g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.47 g	Vitamin C	4.26 mg	Ash ¹	0.25 g	48.26%	Calories from Carbohydrates
								7.27%	Calories from Protein

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Northfield Public Schools

Recipe: 000956 Cece's Spicy Chicken

Recipe Source: Cece Green
 Recipe Group: ENTREES

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: cup

900037 Chicken Fajita Strips,FC, FRZN,IQF.....	10 LB	Combine chicken strips, drained black beans (1/10# can), diced tomatoes (1/10# can), green chiles, corn, shredded cheddar cheese and cook to 165F. Prepare cous cous according to instructions. Serving size is 1/2 c. of chicken mixture and 1/2 c. cous cous. They can be served separately or layed as a combined dish.
112683 BLACK BEANS.....	6 5/8 LB	
050498 TOMATOES, CANNED, DICED.....	6 5/8 LB	
799935 PEPPERS,MILD GRN CHILI,CND,DRND.....	1 LB	
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE...	5 LB	
011178 CORN,SWEET YELLOW,FROZEN,KERNELS.....	10 CUP	
902104 Cous cous, tri-colored.....	5 1/2 LB	

*Nutrients are based upon 1 Portion Size (cup)

Calories	465 kcal	Cholesterol	106.60 mg	Protein	38.17 g	Calcium	465.18 mg	25.88%	Calories from Total Fat
Total Fat	13.37 g	Sodium	1374.83 mg	Vitamin A	148.86 RE	Iron	2.08 mg	12.76%	Calories from Saturated Fat
Saturated Fat	6.59 g	Carbohydrates	46.81 g	Vitamin A	779.66 IU	Water ¹	*74.56* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	6.18 g	Vitamin C	11.43 mg	Ash ¹	*1.39* g	40.26%	Calories from Carbohydrates
								32.83%	Calories from Protein

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<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
<u>Moisture & Fat Change</u>					
Moisture Change.	0%				? - Fish
Fat Change.....	0%				? - Shellfish
Type of Fat.....					? - Soy
					? - Wheat

Production Specification

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Northfield Public Schools

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900037	Chicken Fajita Strips,FC, FRZN,IQF			
I	112683	BLACK BEANS			
I	050498	TOMATOES, CANNED, DICED			
I	799935	PEPPERS,MILD GRN CHILI,CND,DRND			
I	050343	CHEESE, CHEDDAR, YELLOW, REDUCED FAT			
I	011178	CORN,SWEET YELLOW,FROZEN,KERNELS			
I	902104	Cous cous, tri-colored			

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Recipe Master List

900010 - CHIPOTLE CILANTRO LIME RICE

Source: WBL
 Number of Portions: 8
 Size of Portion: 1/2 CUP

Recipe HACCP Process:

Meat/Alt: 0 oz.
 Grain/Bread: 0 SRV.
 F/V/J: 0 Cup
 Milk: 0 FLOZ

050384 OIL, VEGETABLE.....	1 TBSP	Saute the rice in oil until almost translucent (as if you are making a risotto).
020044 RICE,WHITE,LONG-GRAIN,REG,RAW,ENR....	1 CUP	
014429 WATER,MUNICIPAL.....	2 CUP	Add water, bring to a boil. As soon as the water begins to boil, turn the heat down low. Simmer, covered for 15-20 minutes or until all water is absorbed.
Turn off heat. Don't peek - leave it covered for 30 minutes.		
009160 LIME JUICE,RAW.....	1/2 lime yields	Mix salt and lime juice together until salt is dissolved. Pour over rice, fluff with a fork.
002047 SALT, TABLE.....	1/2 TSP	
902998 CILANTRO LEAVES, RAW.....	2 TSP	Sprinkle in cilantro, and toss well to evenly coat with cilantro and lime mixture.

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

Calories	100 kcal	Cholesterol	0.00 mg	Protein	1.66 g	Calcium	8.78 mg	16.70%	Calories from Total Fat
Total Fat	1.86 g	Sodium	150.39 mg	Vitamin A	1.15 RE	Iron	1.00 mg	2.71%	Calories from Sat Fat
Saturated Fa	0.30 g	Carbohydrat	18.72 g	Vitamin A	7.00 IU	Water ¹	*64.35* g	*0.10%*	Calories from Trans Fat
Trans Fat ¹	*0.01* g	Dietary Fiber	0.31 g	Vitamin C	0.85 mg	Ash ¹	*0.60* g	74.77%	Calories from Carbohydrates
								6.64%	Calories from Protein

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Robbinsdale Child Nutrition

Recipe: 000816 SALSA, SUMMER

Recipe Source: LAKEVIEW KITCHEN
 Recipe Group: SIDE

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name: SUMMER SALSA

Number of Portions: 100
 Size of Portion: serving

002048 VINEGAR,CIDER..... 019335 SUGARS,GRANULATED..... 050384 OIL, VEGETABLE..... 799926 BEANS,BLACK,CND,DRND..... 050479 BEANS, GREAT NORTHERN, CANNED, SOLIDS AND LIQ..... 050477 BEANS, KIDNEY, RED, CANNED, SOLIDS AND LIQUID..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE... 011333 PEPPERS,SWEET,GREEN,RAW..... 011821 PEPPERS,SWEET,RED,RAW..... 799908 ONIONS,RED,RAW..... 011143 CELERY,RAW..... 900128 CHIPS, TORTILLA RND, WHITE CORN, BRLFUN.....	5 CUP 3 CUP 3 CUP 1 #10 Can DRAINED 1 #10 CAN DRAINED 1 #10 CAN DRAINED 6 CUP 3 CUP, chopped 3 CUP, chopped 1 CUP, chopped 2 CUP,chopped 100 SERVING	1. Combine vinegar, sugar, and oil in pan. Bring to boil while stirring. After boils remove from stove and transfer to cool. (See HACCP Note 1.) 2. Rinse and drain all cans of beans and corn. Combine in large bowl and mix with cooled sauce. Let cool overnight in refrigerator.(See HACCP Note 1.) 3. Next day add chopped vegetables including green pepper, red pepper, onion, and celery. Stir all ingredients together. 4. Let sit in cooler for 2 hours. (HACCP Note 1). 5. Drain off most of liquid with colander before serving. Makes 100 1/2 cup serving. 6. Serve with chips. CCP: Cool to 41° F or lower within 4 hours.
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*Nutrients are based upon 1 Portion Size (serving)

Calories	323 kcal	Cholesterol	0.00 mg	Protein	6.68 g	Calcium	*28.85* mg	35.87%	Calories from Total Fat
Total Fat	12.88 g	Sodium	207.91 mg	Vitamin A	*32.73* RE	Iron	1.52 mg	8.56%	Calories from Saturated Fat
Saturated Fat	3.07 g	Carbohydrates	40.04 g	Vitamin A	*186.45* IU	Water ¹	*36.40* g	*0.12%*	Calories from Trans Fat
Trans Fat ¹	*0.04* g	Dietary Fiber	3.94 g	Vitamin C	*10.83* mg	Ash ¹	*0.32* g	49.56%	Calories from Carbohydrates
								8.26%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Robbinsdale Child Nutrition

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
					? - Shellfish
					? - Soy
					? - Wheat
Moisture & Fat Change					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	002048	VINEGAR,CIDER			
I	019335	SUGARS,GRANULATED			
I	050384	OIL, VEGETABLE			
I	799926	BEANS,BLACK,CND,DRND			
I	050479	BEANS, GREAT NORTHERN, CANNED, SOLID			
I	050477	BEANS, KIDNEY, RED, CANNED, SOLIDS AND			
I	050486	CORN, YELLOW, WHOLE KERNEL, COOKED F			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	011821	PEPPERS,SWEET,RED,RAW			
I	799908	ONIONS,RED,RAW			
I	011143	CELERY,RAW			
I	900128	CHIPS, TORTILLA RND, WHITE CORN, BRLFU			

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