

K-3 STEAMED BROCCOLI

NO IMAGE

Servings:	8.00	Category:	Entree
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK GRND 4# BADIA	1 Teaspoon		431035
SALT IODIZED 25 CARG	1 Teaspoon		108286
BROCCOLI FLORETS 12-2# FINE LINE	2 Pound		231381
MARGARINE SLD 30-1 GFS	1 Tablespoon		733061

Preparation Instructions

WASH HANDS.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

Conventional oven: 400°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

3. Serve with ketchup packet (optional).

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 4.00 Serving

Amount Per Serving

Calories	13.40		
Fat	1.38g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	308.40mg		
Carbohydrates	0.00g		
Fiber	0.05g		
Sugar	0.00g		
Protein	0.05g		
Vitamin A	96.40IU	Vitamin C	0.01mg
Calcium	1.62mg	Iron	0.02mg