

Cookbook for Kankakee High School 4

Created by HPS Menu Planner

Table of Contents

Mesquite Glazed Drumstick

KHS-Stir Fry Beef w/Asian Fried Rice

KHS-Stir Fry Chicken w/Asian Fried Rice

KHS-Stir Fry Pork w/Asian Fried Rice

KHS-Stir Fry Beef w/Yakisoba noodles

KHS-Stir Fry Chicken w/Yakisoba noodles

KHS-Stir Fry Pork w/Yakisoba noodles

Baby Carrots

Mesquite Glazed Drumstick

NO IMAGE

Servings:	105.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4640

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	105 Piece	PREPARATION: Appliances vary, adjust accordingly. BAKE: Convection Oven 28 - 30 minutes at 375°F from Frozen. 22 - 27 minutes at 375°F from Thawed. or until internal temperature reaches 165 degrees F for 15 seconds or longer. Place pan of water in bottom of oven during cooking.	591160
CORN COB EARS LITTLE 2.75 96CT GFS	105 Each	Do not thaw prior to cooking. Place frozen cobbett in steam table pan. add small amount of boiling water to pan w/corn cobbett. palce in steam table and cook/steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1 case = 96 count	119385

Preparation Instructions

1 drumstick per portion

1 corn cobbett

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.25

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.00		
Fat	11.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	320.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	9.00mg	Iron	1.00mg

KHS-Stir Fry Beef w/Asian Fried Rice



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10367

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	125 Ounce	GRILL Flat Grill: From thawed state, preheat flat grill to 350 degrees F. Place portioned amount on top of flat grill and spread out to ensure even cooking. Cook for 1-2 minutes on each side or until internal temperature reaches 145 degrees F.	598762
GARLIC MINCED IN WTR 6-32Z ITALR	3/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	33/100 Cup	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	3/4 Cup	6/5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3/4 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830

Description	Measurement	Prep Instructions	DistPart #
Vegetable Fried Rice	50 Serving	HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle	Wilkens Food Service

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Grill meat according from instructions above.
- 2) Asian Fried rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm asian fried rice and 2.5oz use #12 scoop warm beef with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everything together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	1.80
Grain	1.00
Fruit	0.00
GreenVeg	0.40
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	419.26
Fat	18.37g
SaturatedFat	3.89g
Trans Fat	0.45g
Cholesterol	40.47mg
Sodium	779.71mg
Carbohydrates	45.11g
Fiber	6.73g
Sugar	7.66g
Protein	20.94g
Vitamin A 6228.55IU	Vitamin C 57.75mg
Calcium 61.07mg	Iron 30.37mg

KHS-Stir Fry Chicken w/Asian Fried Rice



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10380

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	3 Teaspoon	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	6/.5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen until ready to serve. Thaw under refrigeration for 24-48 hours. 2.2oz per servings use #16 scoop	467802

Description	Measurement	Prep Instructions	DistPart #
Vegetable Fried Rice	50 Serving	HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle	Wilkens Food Service

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Asian Fried Rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm Asian Fried Rice and 3oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everything together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.40
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	417.07		
Fat	14.38g		
SaturatedFat	2.24g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	893.91mg		
Carbohydrates	42.65g		
Fiber	6.73g		
Sugar	5.86g		
Protein	29.65g		
Vitamin A	6228.55IU	Vitamin C	57.75mg
Calcium	46.05mg	Iron	29.83mg

KHS-Stir Fry Pork w/Asian Fried Rice



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkins Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	3/4 Cup	6/.5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3/4 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830

Description	Measurement	Prep Instructions	DistPart #
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F. 2.5oz per serving use #12 scoop 4/5# per case 80oz per bag/320oz per case=128 servings per case	549412
Vegetable Fried Rice	50 Serving	HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle	Wilkens Food Service

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Asian Fried Rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm Asian Fried Rice and 2.5oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.40
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	421.37
Fat	16.26g
SaturatedFat	3.66g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	593.91mg
Carbohydrates	42.03g
Fiber	6.73g
Sugar	6.86g
Protein	25.25g
Vitamin A 6228.55IU	Vitamin C 59.55mg

Calcium 56.05mg **Iron** 29.65mg

KHS-Stir Fry Beef w/Yakisoba noodles



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10362

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
Yakisoba noodles-Whole Grain	50 Serving	Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F.	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	125 Ounce	GRILL Flat Grill: From thawed state, preheat flat grill to 350 degrees F. Place portioned amount on top of flat grill and spread out to ensure even cooking. Cook for 1-2 minutes on each side or until internal temperature reaches 145 degrees F.	598762
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	10 Tablespoon	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	33/100 Cup	16oz	513695

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY LITE 6-.5GAL KIKK	2 1/4 Cup	6/.5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 1/4 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Grill meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 2.5oz use #12 scoop warm beef with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	1.80
Grain	1.00
Fruit	0.00
GreenVeg	0.40
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	319.26
Fat	13.31g
SaturatedFat	3.35g
Trans Fat	0.45g
Cholesterol	40.47mg
Sodium	755.11mg
Carbohydrates	33.59g
Fiber	4.73g
Sugar	5.66g
Protein	17.42g
Vitamin A 6228.55IU	Vitamin C 57.75mg
Calcium 61.07mg	Iron 30.37mg

KHS-Stir Fry Chicken w/Yakisoba noodles



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10363

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
Yakisoba noodles-Whole Grain	50 Serving	Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F.	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	3/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	6/5 gal per case	466425

Description	Measurement	Prep Instructions	DistPart #
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen until ready to serve. Thaw under refrigeration for 24-48 hours. 2.2oz per servings use #16 scoop	467802

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 3oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.40
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

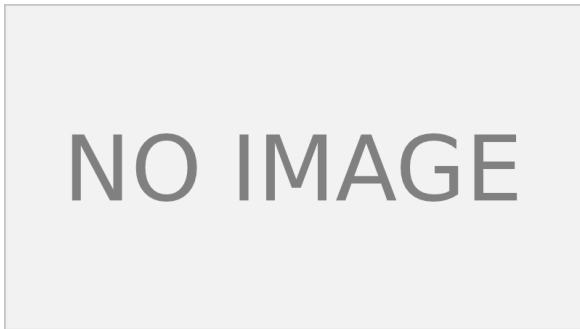
Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	320.37
Fat	9.88g
SaturatedFat	1.74g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	578.91mg
Carbohydrates	31.31g
Fiber	4.73g
Sugar	3.86g
Protein	25.65g
Vitamin A 6228.55IU	Vitamin C 57.75mg
Calcium 46.05mg	Iron 29.83mg

KHS-Stir Fry Pork w/Yakisoba noodles



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10364

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
Yakisoba noodles-Whole Grain	50 Serving	Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F.	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	6/.5 gal per case	466425

Description	Measurement	Prep Instructions	DistPart #
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F. 2.5oz per serving use #12 scoop 4/5# per case 80oz per bag/320oz per case=128 servings per case	549412

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 2.5oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.40
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

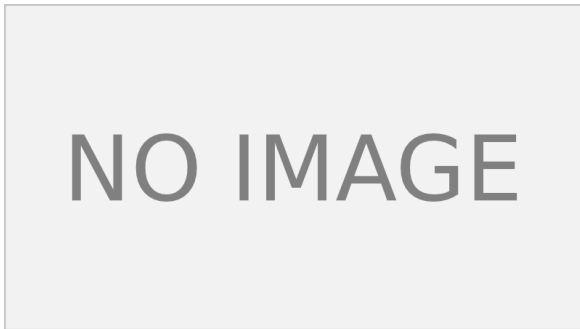
Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	336.97
Fat	12.88g
SaturatedFat	3.24g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	520.91mg
Carbohydrates	30.83g
Fiber	4.73g
Sugar	4.86g
Protein	21.65g
Vitamin A 6228.55IU	Vitamin C 59.55mg
Calcium 56.05mg	Iron 29.65mg

Baby Carrots



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2625

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	5 Ounce		510637

Preparation Instructions

- 1/2 Cup (6 pieces) Baby Carrots in a plastic bag and seal
- 3/4 Cup (8 pieces) Baby Carrots in a plastic bag and seal

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.67
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	49.67		
Fat	0.17g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	110.50mg		
Carbohydrates	11.67g		
Fiber	4.17g		
Sugar	6.67g		
Protein	0.83g		
Vitamin A	19546.98IU	Vitamin C	3.68mg
Calcium	45.37mg	Iron	1.27mg