

Cookbook for Otsego High School

Created by HPS Menu Planner

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Pepperoni Pizza

| | | | |
|----------------------|------------|-----------------------|------------------|
| Servings: | 48.00 | Category: | Entree |
| Serving Size: | 1.00 Slice | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-17444 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|------------------------------|------------|
| DOUGH PIZZA SHTD 16 20-26Z RICH | 6 Each | Cut pizza into 8 even slices | 570818 |
| SAUCE PIZZA W/BASL 6-10 REDPK | 6 Cup | | 256013 |
| CHEESE MOZZ SHRD 4-5 LOL | 24 Cup | | 645170 |
| PEPPERONI SLCD 14-16/Z 2-5 GFS | 96 Serving | | 729981 |

Preparation Instructions

1. Thaw dough over night & proof.
 2. Preheat oven to 325 F
 3. Place 1 cup sauce and 4 cups cheese over proofed dough
 4. Place 16 pepperoni evenly over pizza
 5. Cook for 10 minutes. Check to see if cheese is melted and dough is lightly browned. If not, continue cooking.
- CCP: 165F

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.22 |
| Grain | 3.41 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Slice

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 214.69 | | |
| Fat | 12.39g | | |
| SaturatedFat | 7.06g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 30.47mg | | |
| Sodium | 448.44mg | | |
| Carbohydrates | 8.38g | | |
| Fiber | 1.13g | | |
| Sugar | 4.25g | | |
| Protein | 15.22g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 412.50mg | Iron | 0.77mg |

Cheese Pizza

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 16.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-18401 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------|--------------|-------------------|------------|
| Pizza Crust | 16 Each | | |
| Sauce pizza | 8 Ounce | | |
| Mozzerella Cheese | 25 3/5 Ounce | | 105077 |

Preparation Instructions

Prepare as directed during smart mouth training.

CCP: Hold at 135 degrees or higher for hot service.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.60 |
| Grain | 3.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------------|--------------------------|
| Calories | 439.00 |
| Fat | 21.00g |
| SaturatedFat | 9.60g |
| Trans Fat | 0.00g |
| Cholesterol | 56.00mg |
| Sodium | 745.00mg |
| Carbohydrates | 39.60g |
| Fiber | 4.00g |
| Sugar | 5.60g |
| Protein | 24.00g |
| Vitamin A 1790.00IU | Vitamin C 36.00mg |
| Calcium 580.00mg | Iron 2.38mg |

Chef Salad

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 5.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-17447 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Lettuce FR Romaine US #1, 24 CT 35 LB CS-Graves County Schools | 7 1/2 Cup | | 16P33 |
| CARROT SHRD MED 2-5 RSS | 1 1/4 Ounce | | 313408 |
| CUCUMBER 6CT P/L | 10 Slice | | 100435 |
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO | 10 Ounce | | 244190 |
| EGG HARD CKD PLD DRY PK 12-12CT PAP | 2 1/2 Each | | 853800 |
| CHEESE CHED SHRD 6-5 COMM | 1 1/4 Ounce | | 199720 |
| CRACKER GLDFSH CHED WGRAIN 300-.75Z | 5 Package | | 736280 |

Preparation Instructions

Rinse Romaine Lettuce, Cucumber, and Tomato well.

Chop Romaine and Place 1.5 cups into plastic container. Slice cucumbers and place 2 slices on top of lettuce. Wedge Tomatoes into 6 wedges and place one in container.

Chop Turkey into 1/2 in pieces and place on top of Romaine. Place Cheddar Cheese on top of Turkey . Slice Egg in half and put one half in container. Sprinkle carrots over all. Place 1 pkg. Goldfish and 1 pkg Croutons on lid of container and close container. Store at 41 degrees F or lower until service.

Serving size: 1 salad

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.58 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.75 |
| RedVeg | 0.07 |
| OtherVeg | 0.15 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 199.06 |
| Fat | 9.00g |
| SaturatedFat | 3.42g |
| Trans Fat | 0.00g |
| Cholesterol | 100.00mg |
| Sodium | 295.42mg |
| Carbohydrates | 18.02g |
| Fiber | 2.42g |

| | |
|----------------------------|-------------------------|
| Sugar | 1.88g |
| Protein | 10.84g |
| Vitamin A 7335.49IU | Vitamin C 4.09mg |
| Calcium 143.03mg | Iron 2.17mg |

Yogurt Parfait

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 15.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-17685 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| YOGURT VAN L/F 4-5 GCHC | 15 Cup | | 881161 |
| GRANOLA OAT&HNY BULK 4-50Z NATVLLY | 7 1/2 Cup | | 226671 |
| Variety of Fruit | 15 1/2 cup | | |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| Fruit | 0.50 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 460.60 | | |
| Fat | 5.22g | | |
| SaturatedFat | 2.24g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 14.93mg | | |
| Sodium | 375.67mg | | |
| Carbohydrates | 94.63g | | |
| Fiber | 6.24g | | |
| Sugar | 57.54g | | |
| Protein | 12.69g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 323.88mg | Iron | 1.07mg |

Meatball Sub

| | | | |
|----------------------|-------------|-----------------------|-------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 1 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-17700 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|--------------|---|------------|
| BUN HOT DOG WHLWHE 12-12CT ANTMILL | 50 Each | Thaw out enough hot dog buns for one service the day before. | 564053 |
| MEATBALL CKD .65Z 6-5 COMM | 200 Each | Pull meatballs from the freezer the day before. Place under refrigeration at 40 degrees or below. | 785860 |
| SAUCE MARINARA A/P 6-10 REDPK | 12 1/2 Cup | READY_TO_EAT None | 592714 |
| CHEESE MOZZ SHRD 4-5 LOL | 3 3/25 Pound | Pull mozzarella the day before and place under refrigeration 40 degrees or below to thaw. | 645170 |

Preparation Instructions

Spray 4" deep hotel half pan with pan spray and pour marinara in the pan. (1 #10 can will give you approximately 48 1/4 cup servings). Place the hotel pan in a 350 degree oven and cook until it reaches 135 degrees.

Do not discard the marinara sauce cans! Take a cup or two of water and put it in the can and "swirl" around to get the rest of the marinara off of the can.

Spray a 4" deep hotel half pan with pan spray and pour meatballs into the pan. Pour the "water" from the marinara cans over the meatballs to keep them moist. Bake in a 350 degree oven until they reach 165 degrees.

Hold the marinara and meatballs separately in a warmer/steam table at 140 degrees or above (do not exceed 170 degrees or the quality of the meatballs will be compromised).

At the serving line, place the hot dog buns in a container and use gloved hands to take out of the container.

Place the meatballs in the steam well with the marinara next to it or in front of it.

Place mozzarella in a 4" deep hotel half pan and place on the serving line, but make sure the well is NOT on. Place ice in the well to keep the cheese cold. If you cannot place ice in the well, use small batches of mozzarella so as not to create time/temperature abuse of the mozzarella cheese.

During service, with gloved hand, reach in and get the hot dog bun and open.

Place 4 meatballs in the hot dog bun and place 1/4 cup of marinara on top of the meatballs.

Top with 1/2 ounce of shredded cheese.

This can be served in a 2# boat. If you are serving french fries or tater tots with this item, you can also serve them in the boat alongside the meatball sub.

SLE Components

Amount Per Serving

| | |
|--------------|------|
| Meat | 3.00 |
| Grain | 2.00 |

| | |
|-----------------|------|
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.36 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 1 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 399.43 | | |
| Fat | 18.42g | | |
| SaturatedFat | 6.99g | | |
| Trans Fat | 0.60g | | |
| Cholesterol | 50.98mg | | |
| Sodium | 749.28mg | | |
| Carbohydrates | 35.28g | | |
| Fiber | 7.43g | | |
| Sugar | 8.86g | | |
| Protein | 25.42g | | |
| Vitamin A | 282.14IU | Vitamin C | 5.29mg |
| Calcium | 320.10mg | Iron | 3.08mg |

3 Meat Pizza

| | | | |
|----------------------|-----------|-----------------------|-------------------|
| Servings: | 16.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-19263 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|---|------------|
| DOUGH BALL PIZZA 18-20Z PG | 2 Each | | 108930 |
| PEPPERONI SLCD 14-16/Z 2-12.5 GFS | 48 Slice | | 729973 |
| SAUSAGE ITAL CRMBL CKD 4-5# FONT | 8 Ounce | | 673540 |
| BACON CRUMBLES CKD 12-1 GCHC | 8 Ounce | THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE | 357220 |
| SAUCE PIZZA W/BASL 6-10 REDPK | 8 Cup | READY_TO_EAT None | 256013 |
| Cheese, Mozzarella light, Shred FRZ | 2 Pound | | 100034 |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 1.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|-----------|------------------|--------|
| Calories | 418.84 | | |
| Fat | 26.43g | | |
| SaturatedFat | 9.65g | | |
| Trans Fat | 0.10g | | |
| Cholesterol | 68.50mg | | |
| Sodium | 1323.40mg | | |
| Carbohydrates | 18.76g | | |
| Fiber | 4.08g | | |
| Sugar | 8.00g | | |
| Protein | 13.01g | | |
| Vitamin A | 100.00IU | Vitamin C | 3.00mg |

Calcium 20.46mg **Iron** 3.03mg

RO - Turkey Julienne Salad

| | | | |
|----------------------|------------|-----------------------|---------|
| Servings: | 5.00 | Category: | Entree |
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-18107 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|---------------------|-------------------|------------|
| LETTUCE ROMAINE HRTS 2-7.5 MRKN | 5 Cup | | 182570 |
| SPINACH BABY CLND 2-2 RSS | 5 Cup | | 560545 |
| TURKEY BRST DCD 2-5 | 15 Ounce | | 451300 |
| EGG HRD CKD DCD IQF 4-5 GFS | 13/20 Cup | | 192198 |
| Grape Tomatoes | 5 Serving | | 749041 |
| ONION RED JUMBO 10 MRKN | 5 Ounce | | 596973 |
| CHEESE CHED MLD SHRD 4-5 LOL | 16 13/20 Tablespoon | #20 scoop | 150250 |

Preparation Instructions

Wash all produce

1. Chop romaine and red onion
2. Thaw turkey & egg
3. Place all ingredients together in salad container except for dinner roll
4. Offer with dinner roll & choice of dressing

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 3.75 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 1.00 |
| RedVeg | 0.50 |
| OtherVeg | 0.07 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 salad

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 242.23 |
| Fat | 11.75g |
| SaturatedFat | 6.42g |
| Trans Fat | 0.00g |
| Cholesterol | 183.85mg |
| Sodium | 677.45mg |
| Carbohydrates | 9.39g |
| Fiber | 2.49g |
| Sugar | 2.84g |
| Protein | 26.08g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 250.32IU | Vitamin C | 2.09mg |
| Calcium | 235.51mg | Iron | 2.39mg |

PBJ Sandwich

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 4.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-17709 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|-------------------|------------|
| USDA Commodity Smooth Peanut Butter | 8 TBSP. | | 100396 |
| JELLY APPLE-GRAPE 6-10 GCHC | 4 Tablespoon | | 100927 |
| Aunt Millie's Homestyle 100% Whole Wheat Bread | 8 Slice | BAKE | 336 |

Preparation Instructions

Offer with string cheese to count as 2 M/MA.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 430.00 | | |
| Fat | 16.00g | | |
| SaturatedFat | 3.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 165.00mg | | |
| Carbohydrates | 21.00g | | |
| Fiber | 2.00g | | |
| Sugar | 14.00g | | |
| Protein | 7.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

sliced tomato

| | | | |
|----------------------|------------|-----------------------|-----------|
| Servings: | 20.00 | Category: | Vegetable |
| Serving Size: | 2.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-19252 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|-------------------------------|------------|
| TOMATO RANDOM 2 25 MRKN | 20 Cup | Slice in uniform thin slices. | 508616 |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 1.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 2.00 Ounce

Amount Per Serving

| | | | |
|----------------------|-----------|------------------|---------|
| Calories | 32.40 | | |
| Fat | 0.40g | | |
| SaturatedFat | 0.10g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 9.00mg | | |
| Carbohydrates | 7.00g | | |
| Fiber | 2.20g | | |
| Sugar | 5.00g | | |
| Protein | 1.60g | | |
| Vitamin A | 1499.40IU | Vitamin C | 24.66mg |
| Calcium | 18.00mg | Iron | 0.49mg |

Sliced Cucumber

| | | | |
|----------------------|------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 2.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-19255 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

diced onion

| | | | |
|----------------------|------------|-----------------------|-----------|
| Servings: | 5.00 | Category: | Vegetable |
| Serving Size: | 1.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-19256 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|----------------------------|------------|
| ONION RED JUMBO 10 MRKN | 5 Ounce | dice onions in small dices | 596973 |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.07 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Ounce

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 11.31 | | |
| Fat | 0.03g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1.14mg | | |
| Carbohydrates | 2.57g | | |
| Fiber | 0.49g | | |
| Sugar | 1.14g | | |
| Protein | 0.31g | | |
| Vitamin A | 0.57IU | Vitamin C | 2.09mg |
| Calcium | 6.51mg | Iron | 0.06mg |

Dark Green Side Salad

| | | | |
|----------------------|----------|-----------------------|-----------|
| Servings: | 36.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-18399 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|--|------------|
| LETTUCE ROMAINE CLND 2-5 RSS | 1 Cup | Wash, Drain, and chop 4 pounds of romaine lettuce and place 1 cup in an 8 oz tray | 702609 |
| TOMATO 5X6 XL 25 MRKN | 1/4 Cup | Wash and dice 2 pounds of tomatoes adding 1/4 of a cup to lettuce | 206032 |
| CARROT BABY WHL MED 12-2 GFS | 13/100 Cup | Wash, drain, and chop 1.1 pounds of carrots and add 1/8 of a cup to lettuce and tomato | 273902 |

Preparation Instructions

Measures/Weights/Servings were calculated according to the Food Buying Guide. Critical temperature: 40*

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.50 |
| RedVeg | 0.25 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 0.65 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.33mg | | |
| Carbohydrates | 0.14g | | |
| Fiber | 0.05g | | |
| Sugar | 0.08g | | |
| Protein | 0.04g | | |
| Vitamin A | 10.41IU | Vitamin C | 0.17mg |
| Calcium | 0.57mg | Iron | 0.01mg |

Pico de Gallo

| | | | |
|----------------------|------------|-----------------------|------------------|
| Servings: | 25.00 | Category: | Vegetable |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-17471 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|---------------|-------------------|------------|
| CILANTRO CLEANED 4-1 RSS | 5/17 Pound | | 219550 |
| ONION RED JUMBO 25 MRKN | 10/17 Each | | 198722 |
| LEMON JUICE 100 12-32FLZ GCHC | 7 11/17 Ounce | | 311227 |
| TOMATO 6X6 LRG 25 MRKN | 11 13/17 Each | | 199036 |
| CHILIES GREEN DCD 12-26Z ORTG | 5/17 #1 CAN | | 131460 |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.47 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Ounce

Amount Per Serving

| | | | |
|----------------------|----------|------------------|---------|
| Calories | 17.09 | | |
| Fat | 0.19g | | |
| SaturatedFat | 0.05g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 19.54mg | | |
| Carbohydrates | 3.61g | | |
| Fiber | 1.05g | | |
| Sugar | 2.51g | | |
| Protein | 0.76g | | |
| Vitamin A | 705.63IU | Vitamin C | 12.02mg |
| Calcium | 11.21mg | Iron | 0.28mg |