

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
School:	Otsego High School		

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 GCHC	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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
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
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pizza Crust	2 Each		
Sauce pizza	16 Ounce		
Mozzerella Cheese	48 Ounce		105077
SEASONING PIZZA ITAL MIX 12Z TRDE	2 Teaspoon		413461

Preparation Instructions

Spread pizza sauce evenly over crust. Top with cheese and then sprinkle Italian Pizza Seasoning lightly over the top. Bake at 350 degrees for 10 minutes or until crust is browned, cheese is melted AND temperature reaches 135 degrees.

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

Meal Components (SLE)

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	456.56
Fat	30.63g
SaturatedFat	18.00g
Trans Fat	0.00g
Cholesterol	105.00mg
Sodium	1058.75mg
Carbohydrates	9.69g
Fiber	0.50g
Sugar	5.38g
Protein	31.00g
Vitamin A 2750.00IU	Vitamin C 67.80mg
Calcium 1052.50mg	Iron 1.34mg

Hawaiian Pizza

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19306
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BALL PIZZA 20-17Z PG	2 Each		108920
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 Cup		189979
Turkey Ham, Diced, Frozen	32 Ounce	THAW Keep product frozen at 0°F. or below until ready to use. Defrost frozen product slowly and thoroughly in a refrigerator for 24 hours. Never defrost at room temperature. Upon completion of thawing process, product should be used within 5 days. Open packages and use in applications or as salad bar topping	839770
96-2Z SAUCE MARINARA REDNA2Z96	32 Ounce		861690
CHEESE SHRED REG MOZZARELLA 12/8Z	32 Ounce		939815

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.06
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 Piece

Amount Per Serving	
Calories	94.55
Fat	4.31g
SaturatedFat	1.04g
Trans Fat	0.00g
Cholesterol	38.44mg
Sodium	253.81mg
Carbohydrates	5.12g
Fiber	0.20g
Sugar	1.88g

Protein		9.49g	
Vitamin A	0.00IU	Vitamin C	1.13mg
Calcium	14.54mg	Iron	0.63mg

Chef Salad

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

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
TOMATO RANDOM 2 25 MRKN	5 Each		508616
CROUTON HERB SEAS 10-2 GFS	50 Ounce		748490

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

Meal Components (SLE)

Amount Per Serving

Meat	1.58
Grain	1.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.00
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	135.06		
Fat	6.25g		
SaturatedFat	2.49g		
Trans Fat	0.00g		
Cholesterol	100.00mg		
Sodium	186.26mg		
Carbohydrates	11.27g		
Fiber	3.37g		
Sugar	5.50g		
Protein	9.79g		
Vitamin A	7962.44IU	Vitamin C	22.70mg
Calcium	47.00mg	Iron	1.70mg

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
Variety of Fruit	15 1/2 cup	BAKE dish into 4 oz. portion cups	
GRANOLA BAG IW 144-1Z FLDSTN	15 Package		649742

Preparation Instructions

Layer yogurt and fruit in 20 oz. clear plastic cup. Attach 1 bag of granola to the top of cup.

Meal Components (SLE)

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	408.96		
Fat	6.49g		
SaturatedFat	1.49g		
Trans Fat	0.00g		
Cholesterol	14.93mg		
Sodium	226.79mg		
Carbohydrates	77.31g		
Fiber	6.00g		
Sugar	47.87g		
Protein	11.96g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	308.96mg	Iron	0.72mg

Grilled Ham & Cheese Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17463

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Pound		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5/6 Pound		100036
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	11/12 Pound		840860
380 - Aunt Millie's WG Honey White Bread	50 Each		380

Preparation Instructions

Per Sandwich:

1.5 oz (3 slices) Shaved Ham

1 slice (.5 oz) Cheese

Melt margarine in 4-B pan. Line cookie sheets with parchment paper. Put ¼ cup melted margarine on paper lined cookie sheet. Spread margarine with brush. Lay out bread slices, then 1 slice cheese and 3 slices ham on bread. Dip the top of a piece of bread in the melted margarine and put on top of sandwich.

Bake at 475* for 5 minutes until toasted. WATCH CLOSELY!!!!

Meal Components (SLE)

Amount Per Serving

Meat	1.84
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	388.78		
Fat	20.23g		
SaturatedFat	8.20g		
Trans Fat	0.00g		
Cholesterol	31.57mg		
Sodium	913.16mg		
Carbohydrates	37.69g		
Fiber	4.00g		
Sugar	8.37g		
Protein	15.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 5.34mg **Iron** 12.00mg

grilled cheese

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20204
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
American Cheese Sliced RF	4 Slice		666204
BREAD WGRAIN SLCD 1/2 7-32Z GCHC	2 Slice		231053
MARGARINE SLD 30-1 GCHC	1 Tablespoon		733061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	9.20		
Fat	0.44g		
SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	0.60mg		
Sodium	25.80mg		
Carbohydrates	0.88g		
Fiber	0.08g		
Sugar	0.12g		
Protein	0.40g		
Vitamin A	17.40IU	Vitamin C	0.00mg
Calcium	10.96mg	Iron	0.04mg

Caesar Salad

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17497

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT GRLLD 4-2.5 TYS	10 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 20 - 22 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 10 - 12 minutes. GRILL Appliances vary, adjust accordingly. Flat Grill Griddle Preheat grill to 350°F. Grill frozen fajita meat for 10 to 12 minutes. Turn meat over half-way through total heating time. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Place no more than 1 3 bag of frozen fajita meat on a microwave safe plate. Heat on HIGH for 5 to 6 minutes. Rotate plate half-way through total heating time.	655139
TOMATO GRAPE SWT 10 MRKN	2 1/2 Cup		129631
LETTUCE ROMAINE RIBBONS 6-2 RSS	10 Cup		451730
CHEESE PARM SHRD FCY 10-2 PG	5 Ounce		460095

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.83
Grain	0.00

Fruit	0.00
GreenVeg	1.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	226.20	
Fat	9.87g	
SaturatedFat	5.38g	
Trans Fat	0.00g	
Cholesterol	68.33mg	
Sodium	717.83mg	
Carbohydrates	8.50g	
Fiber	4.10g	
Sugar	4.50g	
Protein	27.13g	
Vitamin A	749.70IU	Vitamin C 12.33mg
Calcium	307.00mg	Iron 0.25mg

Tuna Croissant Sandwich

Servings:	4.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19303
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHNK LT POUCH 6-43Z STARK	1/3 Package	OPEN & USE. COMES OUT OF POUCH EASIER IF CHILLED. NO MESSY DRAINING W/LOSS OF PRODUCT,	852554
DRESSING SALAD 4-1GAL MIR WHIP	1 Cup	REFRIGERATE AFTER OPENING.	251066
CROISSANT SLCD 2Z 6-12CT GCHC	1/3 Each	FOR OPTIMAL FLAVOR, WARM CROISSANTS IN CONVENTIONAL OVEN @ 350 DEGREES FOR 3-5 MINUTES. SERVE WARM.	600410
CELERY 10 MI LOCAL	1 1/3 Ounce	diced in small dices	601542
RED ONION	1 1/3 Ounce	diced in small dices	15N63
Black Pepper	1/3 Tablespoon	BAKE	24108

Preparation Instructions

Combine 1 package of Tuna with 3 cups of miracle whip.
6 ounces of tuna spread on a croissant roll

Meal Components (SLE)

Amount Per Serving

Meat	0.67
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: 4.00

Serving Size: 12.00 Each

Amount Per Serving	
Calories	218.06
Fat	20.68g
SaturatedFat	4.29g
Trans Fat	0.00g
Cholesterol	21.11mg
Sodium	446.11mg
Carbohydrates	10.08g
Fiber	0.08g
Sugar	4.25g
Protein	0.86g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 2.33mg **Iron** 0.11mg

Chicken Club Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17514

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	50 Each	Cook chicken breast according to directions. CCP: Hold hot at 135F or higher.	786520
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260
BACON CKD 3-100CT FAST N EASY	50 Ounce	Cook bacon according to directions.	125141
Aunt Millie's 4" Whole Grain Hamburger Bun	50 bun		3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	500.00		
Fat	24.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	117.50mg		
Sodium	1135.00mg		
Carbohydrates	1.50g		
Fiber	0.00g		
Sugar	0.50g		
Protein	30.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	0.72mg

sliced tomato

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

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.

Meal Components (SLE)

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:	15.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19255
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 15.00

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:	15.00	Category:	Vegetable
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19256
School:	Otsego Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO 10 MRKN	15 Ounce	dice onions in small dices	596973

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 15.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	11.30		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.10mg		
Carbohydrates	3.00g		
Fiber	0.50g		
Sugar	1.00g		
Protein	0.30g		
Vitamin A	0.57IU	Vitamin C	2.10mg
Calcium	6.52mg	Iron	0.06mg

Summer Corn Salad

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17470

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL R/SOD 6-10 P/L	10 2/3 Cup	Drain liquid. 1 can = 20 (1/2 c) servings drained	222011
TOMATO GRAPE SWT 10 MRKN	2 1/2 Cup	Halved	129631
PEPPERS COLORED MIXED ASST 12CT P/L	1 Cup	Seeded & Diced	491012
PEPPERS GREEN LRG 5 MRKN	1 1/2 Cup	Seeded & Diced	592315
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/3 Cup		732900
JUICE LIME KEY WEST 4-1GAL NL&JO	3 Fluid Ounce		332381
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037

Preparation Instructions

1. Drain corn. (If using frozen corn, let thaw).
2. Cut grape tomatoes into halves.
3. Dice Bell peppers.
4. Transfer all vegetables to a large bowl.
5. Add in lime juice, olive oil, pepper (and 1/4 tsp salt if using frozen corn).
6. Toss salad until all flavors and colors are combined. CCP: Hold for cold service at 41 F or below.

**Allergens: None

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.13
Legumes	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

Amount Per Serving**Calories** 125.23**Fat** 4.85g**SaturatedFat** 0.28g**Trans Fat** 0.00g**Cholesterol** 0.00mg**Sodium** 140.31mg**Carbohydrates** 16.84g**Fiber** 1.61g**Sugar** 8.69g**Protein** 2.49g**Vitamin A** 428.76IU **Vitamin C** 23.70mg**Calcium** 3.98mg **Iron** 0.45mg

Assorted Fresh Fruit

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20613
School:	Otsego Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	20 Each		200999
APPLE DELIC GLDN 125-138CT MRKN	20 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	20 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	20 Each		198021
PEAR 95-110CT MRKN	20 Ounce		198056

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.90
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	94.56		
Fat	0.22g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.90mg		
Carbohydrates	24.40g		
Fiber	3.54g		
Sugar	13.60g		
Protein	1.10g		
Vitamin A	111.73IU	Vitamin C	20.69mg
Calcium	24.12mg	Iron	0.40mg

Pico de Gallo

Servings:	25.00	Category:	Condiments or Other
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	3/10 Pound		219550
ONION RED JUMBO 25 MRKN	7/12 Each		198722
LEMON JUICE 100 12-32FLZ GCHC	7 2/3 Ounce		311227
TOMATO 6X6 LRG 25 MRKN	11 3/4 Each		199036
CHILIES GREEN DCD 12-26Z ORTG	3/10 #1 CAN		131460

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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	3.62g
Fiber	1.05g
Sugar	2.50g
Protein	0.76g
Vitamin A 705.63IU	Vitamin C 12.02mg
Calcium 11.21mg	Iron 0.28mg