

MJSH CHEESY HAM AND POTATO SOUP



Servings:	16.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45179
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	1 Quart		000001WTR
POTATO DCD	1/3 #10 CAN		118583
CARROT DCD 1/4IN	1 Cup	Carrots purchased fresh already diced. May purchase local carrots and dice them yourself.	200972
CELERY DCD 1/4IN	1 Cup	Celery purchased fresh already diced. May purchase in bulk and dice it yourself.	198196
SALT IODIZED	1 1/2 Teaspoon	READY_TO_EAT used to salt food	108286
FLOUR A/P PASTRY	1/2 Cup		260231
BUTTER PRINT SLTD GRD AA	1/2 Cup		191205
MILK WHT 2	1 Quart		504602
SPICE PEPR BLK REG FINE GRIND	1/4 Teaspoon		225037
Ham, CKD, Frozen, 97% FF Commodity 100184	1 1/2 Pound		100184
CHEESE AMER SHRD R/F	1 Pound	READY_TO_EAT Preshredded. Use cold or melted	861950

Preparation Instructions

COOK VEGETABLES UNTIL TENDER. DON'T DRAIN. ADD HAM. MAKE WHITE SAUCE WITH BUTTER, FLOUR, AND MILK. ADD CHEESE TO THE SAUCE. STIR UNTIL MELTED. ADD SAUCE TO VEGETABLES. DON'T BOIL AFTER PUTTING TOGETHER. (IT WILL CURDLE).

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.125

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		237.98	
Fat		13.69g	
SaturatedFat		7.97g	
Trans Fat*		0.00g	
Cholesterol		57.13mg	
Sodium		1121.01mg	
Carbohydrates		17.12g	
Fiber		1.31g	
Sugar		2.73g	
Protein		15.80g	
Vitamin A	1820.47IU	Vitamin C	1.20mg
Calcium	294.88mg	Iron	0.32mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available