

Mexicorn



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11562
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	1/2 Cup	Place corn in minimum amount of boiling water, bring to a second boil and cook until tender. Season to taste.	283730
Peppers GRN FR SET BELL MED 20 LB CS- Graves County Schools	1/16 Cup	READY_TO_EAT	15N66
BUTTER SUB	1/5 Teaspoon	Ready To Eat	209810
SALT IODIZED	1/4 Teaspoon	Ready To Eat	125557
SPICE PEPR WHITE GRND	1/8 Teaspoon		513776

Preparation Instructions

Place corn in a minimum amount of boiling water, bring to a second boil, and cook until tender. Season to taste.

CCP: Heat to 135 F or higher.

CCP: Hold for hot service at 135° F or higher.

4 ounce spoodle

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.370

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 0.50 Serving			
Amount Per Serving			
Calories		88.77	
Fat		0.51g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		106.21mg	
Carbohydrates		18.53g	
Fiber		2.14g	
Sugar		2.21g	
Protein		3.07g	
Vitamin A	31.85IU	Vitamin C	6.92mg
Calcium	4.32mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available