

DUNLAP CUSD #323

Recipe Prep Sheet

900197 - TURKEY/CHEESE on Pretzel Bun

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
990924	PRETZEL BUN, WG 2.2z, 120CT, 2G	1 BUN	No Instructions Assigned
007079	TURKEY BREAST MEAT	2 oz	2 z SLICED TURKEY BREAST 1 - .5z SLICE OF AMERICAN CHEESE 1 Pretzel Bun CCP: Hold for cold service at 41° F or lower.
900002	CHEESE BLEND, AMERICAN AND SKIM MILK CHEESES	1/2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	253.967 kcal	Total Fat	5.441 g	Total Dietary Fiber	3.283 g	Vitamin C	3.232 mg	19.282% Calories from Total Fat
Saturated Fat ¹	2.689 g	Trans Fat ²	*0.000* g	Protein	18.179 g	Iron	2.616 mg	9.528% Calories from Sat Fat
Sodium ¹	771.167 mg	Cholesterol	31.881 mg	Vitamin A	393.711 IU	Water	*41.997* g	*0.000%* Calories from Trans Fat
Sugars	*3.990* g	Carbohydrate	32.387 g	Calcium	124.536 mg	Ash	*1.695* g	51.010% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.406			28.632% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.