

Recipe Prep Sheet

DUNLAP CUSD #323

839 - CHEF SALAD K-8

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Portion Size: CHEF SALAD

| Ingredient # | Ingredient Description | Measurements |
|--------------|---|---------------------|
| 011251 | LETTUCE,COS OR ROMAINE,RAW | 1 1/2 CUP, shredded |
| 011124 | CARROTS,RAW | 1/8 CUP, shredded |
| 011529 | TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE | 3 cherry |
| 990953 | BEANS, CANNED, RED, SMALL, LOW-SODIUM | 1/8 CUP |
| 990980 | CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE | 1 OZ |
| 990989 | CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED | 1 OZ |
| 902878 | TORTILLA CHIPS, CORN,12/16z, 1.25G,BAR OF FUN | 1 1/2 oz |

*Nutrients are based upon 1 Portion Size (CHEF SALAD)

| | | | | | | | | |
|----------------------------|--------------|------------------------|-----------|---------------------|-------------|-----------|-------------|-------------------------------------|
| Calories ¹ | 406.489 kcal | Total Fat | 20.528 g | Total Dietary Fiber | 7.566 g | Vitamin C | 10.967 mg | 45.450% Calories from Total Fat |
| Saturated Fat ¹ | 7.868 g | Trans Fat ² | 0.000 g | Protein | 20.371 g | Iron | 2.578 mg | 17.421% Calories from Sat Fat |
| Sodium ¹ | 473.237 mg | Cholesterol | 31.000 mg | Vitamin A | 9241.432 IU | Water | *127.045* g | 0.000% Calories from Trans Fat |
| Sugars | *2.832* g | Carbohydrate | 39.017 g | Calcium | 528.030 mg | Ash | *N/A* g | 38.395% Calories from Carbohydrates |
| Moisture Change | 0.000 % | Fat Change | 0.000 % | Portion Cost | \$0.000 | | | 20.046% Calories from Protein |
| Type of Fat | - | | | | | | | |

| Components | | | | | |
|---------------|---------|-------|------------|-----------|----------|
| Meat/Meat ALT | 2 oz eq | Grain | 1.75 oz eq | Fruit | cup |
| | | | | Vegetable | 1.25 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.