

Humboldt Unified School District

001173 - BBQ RIB w BS

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Size of Portion: SERVINGS

Alternate Menu Name: BONELESS BBQ RIBS

with a bread stick

- 902869s RIB BBQ BEEF PATTY WITH SAUCE..... 100 BBQ PATTY
- 902692s BREAD STICK WHOLE GRAIN 7" BAKE CRAFTERS.... 100 (1 BREAD STICK)
- 900135s BBQ SAUCE, KATY'S KITCHEN..... 6 1/4 CUP(S)

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	304	kcal	Cholesterol	43.00	mg	Sugars	*N/A*	g	Calcium	*22.98*	mg	31.09%	Calories from Total Fat
Total Fat	10.50	g	Sodium	722.00	mg	Protein	18.00	g	Iron	*1.92*	mg	11.01%	Calories from Sat Fat
Saturated Fat	3.72	g	Carbohydrate	35.00	g	Vitamin A	*104.00*	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	2.00	g	Vitamin C	*1.36*	mg	Ash ¹	*N/A*	g	46.05%	Calories from Carbohydrates
												23.68%	Calories from Protein

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Humboldt Unified School District

001396 - BACON CHEESEBURGER ON A BUN

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 1

Size of Portion: SERVING

- 902790s BEEF PATTY 100% Beef Burger - Integrated..... 1 (1 PATTY)
- 900022s CHEESE AMERICAN SLICED COBBLESTREET MARKET 1 (1 slice (0.5 oz))
- 902689s HAMBURGER BUN 4" K-12 Spec..... 1 (1 BUN)
- 903443s BACON ROUND HORMEL..... 1 BACON ROUND

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	373 kcal	Cholesterol	66.50 mg	Sugars	4.14 g	Calcium	99.12 mg	41.86%	Calories from Total Fat
Total Fat	17.36 g	Sodium	803.18 mg	Protein	27.36 g	Iron	3.58 mg	17.48%	Calories from Sat Fat
Saturated Fat	7.25 g	Carbohydrate	28.27 g	Vitamin A	*136.02* IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.82 g	Vitamin C	*0.03* mg	Ash ¹	*0.00* g	30.29%	Calories from Carbohydrates
								29.32%	Calories from Protein

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Humboldt Unified School District

001059 - BBQ CHICKEN ON BUN, HS

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 50

Size of Portion: EACH

- 900135s BBQ SAUCE, KATY'S KITCHEN..... 50 (2 TABLESPOONS)
- 902689s HAMBURGER BUN 4" K-12 Spec..... 50 (1 BUN)
- 900899s CHICK,DICED,CKD,FRZ-COMMOD.... 50 SERVING (2 OZ)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	278 kcal	Cholesterol	50.75 mg	Sugars	*N/A* g	Calcium	108.50 mg	20.52%	Calories from Total Fat
Total Fat	6.33 g	Sodium	789.10 mg	Protein	23.32 g	Iron	2.13 mg	3.86%	Calories from Sat Fat
Saturated Fat	1.19 g	Carbohydrate	32.00 g	Vitamin A	*231.07* IU	Water ¹	*35.47* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*0.00* mg	Ash ¹	*0.58* g	46.09%	Calories from Carbohydrates
								33.58%	Calories from Protein

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Humboldt Unified School District

000390 - BBQ Chicken with a Breadstick

Recipe HACCP Process: #3 Complex Food Preparation

Source: HUSD

Number of Portions: 100

Size of Portion: B/T/LEG & WING

902724s CHICKEN OVEN ROASTED 8 PIECE COOKED..... 33 ONE BREAST
 902724s CHICKEN OVEN ROASTED 8 PIECE COOKED..... 33 ONE DRMSTK & ONE WING
 902724s CHICKEN OVEN ROASTED 8 PIECE COOKED..... 34 ONE THIGH
 902692s BREAD STICK WHOLE GRAIN 7" BAKE CRAFTERS.... 50 (1 BREAD STICK)

*Nutrients are based upon 1 Portion Size (B/T/LEG & WING)

Calories	318	kcal	Cholesterol	156.20	mg	Sugars	*1.00*	g	Calcium	*32.88*	mg	42.58%	Calories from Total Fat
Total Fat	15.05	g	Sodium	336.63	mg	Protein	31.60	g	Iron	*1.18*	mg	13.96%	Calories from Sat Fat
Saturated Fat	4.93	g	Carbohydrate	11.50	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	1.00	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g	14.46%	Calories from Carbohydrates
												39.73%	Calories from Protein

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Humboldt Unified School District

000403 - BEAN BURRITO BAR HS

Recipe HACCP Process: #3 Complex Food Preparation

Source: HUSD

Number of Portions: 140

Size of Portion: EACH

Alternate Menu Name: BURRITO BAR

- 902873s BEANS REFRIED SANTIAGO..... 7 pouch
- 902711s CHEESE CHEDDAR FEATHER FANCY..... 8 LB + 12 OZ
- R-000337 MEXICAN RICE-BMHS A LA CARTE..... 140 (1/2 CUP)
- R-000607 MEXICAN TOPPING BAR A LA CARTE..... 140 SERVINGS
- 901390s Garlic, granulated..... 4 TBSP
- 900153s ENCHILADA SAUCE, RED,ROSARITA..... 1/2 #10 CAN
- 902971s TORTILLA 10" WHITE_WHEAT LA CANASTA.... 140 TORTILLA (S)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	480 kcal	Cholesterol	30.37 mg	Sugars	*0.00* g	Calcium	*283.89* mg	30.56%	Calories from Total Fat
Total Fat	16.30 g	Sodium	1249.08 mg	Protein	21.21 g	Iron	*1.70* mg	10.79%	Calories from Sat Fat
Saturated Fat	5.75 g	Carbohydrate	64.81 g	Vitamin A	*1481.43* IU	Water ¹	*98.58* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	12.75 g	Vitamin C	*22.95* mg	Ash ¹	*0.60* g	54.00%	Calories from Carbohydrates
								17.68%	Calories from Protein

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Humboldt Unified School District

000806 - BEAN SALAD

Recipe HACCP Process: #1 No Cook

Source: HUSD

Number of Portions: 10

Size of Portion: SERVINGS

Alternate Menu Name: COLD BEAN SALAD

- 050548c BEANS, CANNED, KIDNEY, LOW-SODIUM..... 2 CUP
- 902626s BEANS BLACK TURTLE CANNED SOLIDS AND LIQUI..... 2 CUP
- 050552c BEANS, CANNED, GARBANZO (CHICKPEAS), LOW-SODI... 2 CUP
- 902863s ONIONS FRESH_CHOPPED..... 1 CUP, chopped
- 902824s OIL OLIVE..... 1/4 CUP
- 002053 VINEGAR,DISTILLED..... 2/3 CUP
- 902878s SUGAR,GRANULATED..... 2/3 CUP
- 902879s TARRAGON,GROUND..... 1/4 TSP, ground
- 902826s PEPPER BLACK..... 1 TSP, ground

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	254 kcal	Cholesterol	0.00 mg	Sugars	*0.01* g	Calcium	50.71 mg	22.26%	Calories from Total Fat
Total Fat	6.29 g	Sodium	297.04 mg	Protein	8.17 g	Iron	2.32 mg	3.11%	Calories from Sat Fat
Saturated Fat	0.88 g	Carbohydrate	41.90 g	Vitamin A	16.86 IU	Water ¹	*29.46* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	9.06 g	Vitamin C	4.88 mg	Ash ¹	*0.08* g	65.95%	Calories from Carbohydrates
								12.85%	Calories from Protein

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Humboldt Unified School District

000955 - Beef Taco, Soft w/rice

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 2011

Number of Portions: 50

Size of Portion: EACH

- 902755s BEEF CRUMBLES USDA..... 8 LB
- 903041s TACO SEASONING MIX,MILD..... 1 POUCH (60 servings)
- 902971s TORTILLA 10" WHITE_WHEAT LA CANASTA..... 50 TORTILLA (S)
- 902853s LETTUCE ICEBERG FRESH..... 12 1/2 CUP,chop(1/2"pcs,lose pkd
- 050343c CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE.... 50 OZ
- R-000337 MEXICAN RICE-BMHS A LA CARTE..... 50 (1/2 CUP)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	454 kcal	Cholesterol	66.80 mg	Sugars	*0.73* g	Calcium	353.19 mg	38.66%	Calories from Total Fat
Total Fat	19.52 g	Sodium	983.65 mg	Protein	30.15 g	Iron	4.53 mg	14.02%	Calories from Sat Fat
Saturated Fat	7.08 g	Carbohydrate	42.48 g	Vitamin A	*3278.47* IU	Water ¹	*23.74* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	6.63 g	Vitamin C	*9.68* mg	Ash ¹	*0.10* g	37.39%	Calories from Carbohydrates
								26.54%	Calories from Protein

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Humboldt Unified School District

001195 - BONELESS BBQ RIB sandwich

Recipe HACCP Process: #2 Same Day Service

Source:
 Number of Portions: 100
 Size of Portion: SERVINGS

902869s RIB BBQ BEEF PATTY WITH SAUCE..... 100 BBQ PATTY
 900126s HOAGIE ROLL, 100% WHOLE WHEAT, HOLSUM.... 100 ROLL(S)
 900135s BBQ SAUCE, KATY'S KITCHEN..... 50 (2 TABLESPOONS)

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	394	kcal	Cholesterol	43.00	mg	Sugars	*N/A*	g	Calcium	122.98	mg	29.70%	Calories from Total Fat
Total Fat	13.00	g	Sodium	1032.00	mg	Protein	23.00	g	Iron	3.72	mg	8.50%	Calories from Sat Fat
Saturated Fat	3.72	g	Carbohydrate	48.00	g	Vitamin A	104.00	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	5.00	g	Vitamin C	1.36	mg	Ash ¹	*N/A*	g	48.73%	Calories from Carbohydrates
												23.35%	Calories from Protein

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Humboldt Unified School District

000954 - BREAKFAST FOR LUNCH BMHS

Recipe HACCP Process: #2 Same Day Service

Source: HUSD
 Number of Portions: 50
 Size of Portion: SERVING

- 903505s FRENCH TOAST STICKS MAPLE MICHAEL FOODS 50 (6 STICKS)
- 902706s OMELET WITH CHEESE CARGILL KITCHEN SOULUTINS.... 50 (1 OMELET)
- 902748s SYRUP PANCAKE AMERICAN 1.5OZ CUPS..... 50 (1 SERVING)
- 902730s TATOR TOTS OREIDA..... 50 (1/2 CUP SERVING(S))

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	799	kcal	Cholesterol	415.00	mg	Sugars	*42.79*	g	Calcium	*160.00*	mg	36.06%	Calories from Total Fat
Total Fat	32.00	g	Sodium	1080.00	mg	Protein	26.00	g	Iron	*2.88*	mg	9.02%	Calories from Sat Fat
Saturated Fat	8.00	g	Carbohydrate	101.66	g	Vitamin A	*400.00*	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	6.00	g	Vitamin C	*3.60*	mg	Ash ¹	*N/A*	g	50.91%	Calories from Carbohydrates
												13.02%	Calories from Protein

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Humboldt Unified School District

005035 - BROCCOLI SALAD

Recipe HACCP Process: #3 Complex Food Preparation

Source: HUSD

Number of Portions: 50

Size of Portion: 1 CUP

- 902844s BROCCOLI FRESH RAW..... 13 LB + 8 OZ
- 075003s MAYONNAISE, LIGHT, KRAFT..... 4 LB
- 902878s SUGAR, GRANULATED..... 1 CUP
- 002048 VINEGAR, CIDER..... 1/2 CUP
- 902982s MILK FAT FREE..... 1/2 CARTON
- 902837s RAISINS SEEDLESS REGULAR MOISTURE..... 4 LB
- 903442s SUNFLOWER SD KRNL, DRY RSTD, WO/SALT.... 2 CUP, hulled
- 901783s Onions, red, raw..... 1 CUP, chopped

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	306 kcal	Cholesterol	12.14 mg	Sugars	*0.15* g	Calcium	83.23 mg	44.83%	Calories from Total Fat
Total Fat	15.27 g	Sodium	247.43 mg	Protein	5.67 g	Iron	*1.78* mg	4.60%	Calories from Sat Fat
Saturated Fat	1.57 g	Carbohydrate	44.88 g	Vitamin A	768.51 IU	Water ¹	*114.52* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.14 g	Vitamin C	110.41 mg	Ash ¹	*1.37* g	58.58%	Calories from Carbohydrates
								7.39%	Calories from Protein

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Humboldt Unified School District

001394 - BRUNCH FOR LUNCH

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SERVING

- 903480s PRETZEL ROLL WG..... 1 ROLL
- 902780s SAUSAGE JIMMY DEAN 1oz PATTY..... 1 (1 PATTY)
- 900079s EGG PATTIES, GRILLED, SUNNYFRESH..... 1 PATTY
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE.... 1 slice (1/2 oz)
- 902730s TATOR TOTS OREIDA..... 1 (1/2 CUP SERVING)

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	508 kcal	Cholesterol	125.00 mg	Sugars	2.00 g	Calcium	125.00 mg	46.54%	Calories from Total Fat
Total Fat	26.29 g	Sodium	716.92 mg	Protein	16.01 g	Iron	3.15 mg	14.62%	Calories from Sat Fat
Saturated Fat	8.26 g	Carbohydrate	47.60 g	Vitamin A	*145.00* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.01 g	Vitamin C	*3.62* mg	Ash ¹	*N/A* g	37.46%	Calories from Carbohydrates
								12.60%	Calories from Protein

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Humboldt Unified School District

000490 - BURRITO-ENCHILADA STYLE

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 50

Size of Portion: SERVINGS

- 902840s BURRITO BEAN & CHEESE AZ GOLD 50 (1 BURRITO)
- 902907s SAUCE ENCHILADA RED ROSARITA..... 6 CUP(S)
- 900199s SAUCE, ENCHILADA, GREEN..... 6 CUPS
- 902711s CHEESE CHEDDAR FEATHER FANCY.... 1 3/4 LB

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	463 kcal	Cholesterol	27.01 mg	Sugars	*3.96* g	Calcium	*413.42* mg	43.25%	Calories from Total Fat
Total Fat	22.26 g	Sodium	1213.93 mg	Protein	19.97 g	Iron	*3.00* mg	17.16%	Calories from Sat Fat
Saturated Fat	8.84 g	Carbohydrate	49.09 g	Vitamin A	730.11 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.00 g	Vitamin C	*5.81* mg	Ash ¹	*N/A* g	42.38%	Calories from Carbohydrates
								17.24%	Calories from Protein

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Humboldt Unified School District

001366 - CARNITAS BURRITO

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 120

Size of Portion: SERVINGS

- 903523s PORK PULLED COOKED USDA..... 1 (30 POUNDS)
- 902971s TORTILLA 10" WHITE_WHEAT LA CANASTA.... 120 TORTILLA (S)
- 902711s CHEESE CHEDDAR FEATHER FANCY..... 2 LB
- 903478s LIMES RAW..... 60 fruit (2" dia) quartered
- R-001367 PICO DE GALLO 120 SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	345 kcal	Cholesterol	78.97 mg	Sugars	*0.09* g	Calcium	133.50 mg	37.10%	Calories from Total Fat
Total Fat	14.23 g	Sodium	686.16 mg	Protein	28.02 g	Iron	*2.40* mg	7.29%	Calories from Sat Fat
Saturated Fat	2.80 g	Carbohydrate	30.63 g	Vitamin A	*719.65* IU	Water ¹	*100.41* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.84 g	Vitamin C	*21.46* mg	Ash ¹	*0.46* g	35.50%	Calories from Carbohydrates
								32.48%	Calories from Protein

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Humboldt Unified School District

001331 - CEREAL MEAL AT LUNCH

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 2

Size of Portion: SERVING

- 902726s GRAHAM CRACHERS KEEBLER HONEY W/FIBER..... 2 (1 PACKAGE)
- 902898s CHEESE COTTAGE 1% FAT..... 1 (4 OZ)
- 903449s CHEESE STICK COMMODITY..... 1/2 STICK
- 902809s YOGURT STWB OR STWB BANANA 4oz CONTAINER.... 1/2 (1 SERVING)
- 902945s CEREAL CHEERIOS TALL BOWL WG..... 1 BOWL
- 903503s CEREAL CHEX RICE 1 BOWL

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	276 kcal	Cholesterol	7.26 mg	Sugars	*2.00* g	Calcium	349.47 mg	21.47%	Calories from Total Fat
Total Fat	6.58 g	Sodium	568.14 mg	Protein	13.00 g	Iron	*8.45* mg	6.09%	Calories from Sat Fat
Saturated Fat	1.86 g	Carbohydrate	45.29 g	Vitamin A	*1023.17* IU	Water ¹	*46.60* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.00 g	Vitamin C	*5.70* mg	Ash ¹	*0.79* g	65.71%	Calories from Carbohydrates
								18.86%	Calories from Protein

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Humboldt Unified School District

001333 - CHEESE RAVIOLI High School

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SERVING

- 903456s RAVIOLI WHOLE GRAIN JUMBO..... 1 SERVING (4 RAVIOLI)
- 902722s SPAGHETTI SAUCE RED GOLD..... 1 (1 SERVING (1/2 CUP))
- 902750s CHEESE,PARMESAN,GRATED..... 1 TBSP
- 902692s BREAD STICK WHOLE GRAIN 7" BAKE CRAFTERS.... 1 (1 BREAD STICK)

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	444 kcal	Cholesterol	68.23 mg	Sugars	*2.67* g	Calcium	*307.60* mg	17.59%	Calories from Total Fat
Total Fat	8.67 g	Sodium	952.08 mg	Protein	25.23 g	Iron	*2.58* mg	8.88%	Calories from Sat Fat
Saturated Fat	4.38 g	Carbohydrate	68.33 g	Vitamin A	*5421.88* IU	Water ¹	*1.30* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	6.67 g	Vitamin C	*60.00* mg	Ash ¹	*0.50* g	61.62%	Calories from Carbohydrates
								22.75%	Calories from Protein

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Humboldt Unified School District

000149 - CHEESEBURGER ON A BUN

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 1.0000

Size of Portion: SERVING

Alternate Menu Name: CHEESEBURGER

- 902790s BEEF PATTY 100% Beef Burger - Integrated..... 1 (1 PATTY)
- 900022s CHEESE AMERICAN SLICED COBBLESTREET MARKET 1 (1 slice (0.5 oz))
- 902689s HAMBURGER BUN 4" K-12 Spec..... 1 (1 BUN)

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	315	kcal	Cholesterol	46.50	mg	Sugars	*0.00*	g	Calcium	188.67	mg	38.63%	Calories from Total Fat
Total Fat	13.50	g	Sodium	685.00	mg	Protein	26.00	g	Iron	3.38	mg	13.59%	Calories from Sat Fat
Saturated Fat	4.75	g	Carbohydrate	24.00	g	Vitamin A	*136.02*	IU	Water ¹	*0.00*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.00	g	Vitamin C	*0.03*	mg	Ash ¹	*0.00*	g	30.52%	Calories from Carbohydrates
												33.07%	Calories from Protein

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Humboldt Unified School District

000865 - Cheeseburger Pizza

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 8

Size of Portion: SLICES / 1PIZZA

Alternate Menu Name: CHEESEBURGER PIZZA

- 903494s PIZZA CRUST 16" 51% WG RICHS..... 1 CRUST
- 900791s Cheese, Mozzarella, lowfat..... 9 OZ
- 902711s CHEESE CHEDDAR FEATHER FANCY..... 3 OZ
- R-000770 PIZZA SAUCE..... 8 (8 oz Serving)
- 902863s ONIONS FRESH_CHOPPED..... 1/4 CUP, chopped
- 902852s PEPPERS SWT GREEN RAW..... 1/4 CUP, sliced
- 902854s MUSHROOMS CANNED DRAINED..... 1/4 CUP
- 902848s TOMATOES FRESH RED RIPE..... 1/4 CUP, chopped or sliced
- 000711s BEEF GROUND ,80/20 Raw-to Cook & Drain.... 4 OZ,cooked wgt

*Nutrients are based upon 1 Portion Size (SLICES / 1PIZZA)

Calories	429 kcal	Cholesterol	42.79 mg	Sugars	*4.35* g	Calcium	*307.99* mg	33.95%	Calories from Total Fat
Total Fat	16.18 g	Sodium	765.16 mg	Protein	20.19 g	Iron	*0.42* mg	14.43%	Calories from Sat Fat
Saturated Fat	6.87 g	Carbohydrate	44.12 g	Vitamin A	*399.31* IU	Water ¹	*77.33* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.78 g	Vitamin C	*3.45* mg	Ash ¹	*4.56* g	41.15%	Calories from Carbohydrates
								18.83%	Calories from Protein

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Humboldt Unified School District

001183 - CHEESEBURGER SLIDERS

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SLIDERS (2)

- 902916s BEEF PATTY SLIDER INTEGRATED 1.2 oz.... 2 PATTY
- 902917s SLIDER BUNS..... 2 BUN
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE.... 2 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (SLIDERS (2))

Calories	351 kcal	Cholesterol	48.20 mg	Sugars	*4.00* g	Calcium	248.46 mg	35.53%	Calories from Total Fat
Total Fat	13.84 g	Sodium	805.46 mg	Protein	25.40 g	Iron	5.06 mg	13.76%	Calories from Sat Fat
Saturated Fat	5.36 g	Carbohydrate	31.26 g	Vitamin A	110.82 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.44 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	35.66%	Calories from Carbohydrates
								28.98%	Calories from Protein

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Humboldt Unified School District

001186 - CHICKEN ALFREDO W D/R H.S.

Recipe HACCP Process: #2 Same Day Service

Source: ON LINE

Number of Portions: 80

Size of Portion: SERVING

Alternate Menu Name: CHICKEN ALFREDO WITH
A DINNER ROLL

- 900187s CHICKEN FAJITA STRIPS, FULLY COOKED, FROZEN.... 18 LB + 12 OZ
- 902803s ROTINI WHOLE GRAIN DRY BARILLA..... 10 LB
- 902897s ALFREDO SAUCE TUF DRY MIX..... 2 BAG
- 902614s Dinner Roll K-12..... 80 ROLL(S) (1.2 oz)

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	445 kcal	Cholesterol	84.31 mg	Sugars	*1.13* g	Calcium	139.61 mg	16.92%	Calories from Total Fat
Total Fat	8.36 g	Sodium	1113.81 mg	Protein	31.64 g	Iron	*2.67* mg	6.34%	Calories from Sat Fat
Saturated Fat	3.13 g	Carbohydrate	59.77 g	Vitamin A	*20.17* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.79 g	Vitamin C	*0.23* mg	Ash ¹	*N/A* g	53.78%	Calories from Carbohydrates
								28.47%	Calories from Protein

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Humboldt Unified School District

001213 - CHICKEN FAJITA TACO HS

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Size of Portion: SERVINGS

902971s TORTILLA 10" WHITE_WHEAT LA CANASTA..... 100 TORTILLA (S)
 900187s CHICKEN FAJITA STRIPS, FULLY COOKED, FROZEN.... 19 LB
 902868s CHEESE CHEDDAR FEATHER SHREDDED..... 50 OZ
 R-000607 MEXICAN TOPPING BAR A LA CARTE..... 60 SERVINGS
 R-000337 MEXICAN RICE-BMHS A LA CARTE..... 100 (1/2 CUP)

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	382 kcal	Cholesterol	78.32 mg	Sugars	*0.92* g	Calcium	*180.17* mg	31.16%	Calories from Total Fat
Total Fat	13.21 g	Sodium	974.72 mg	Protein	25.44 g	Iron	*1.88* mg	9.11%	Calories from Sat Fat
Saturated Fat	3.86 g	Carbohydrate	39.07 g	Vitamin A	*1040.23* IU	Water ¹	*68.57* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.11 g	Vitamin C	*17.29* mg	Ash ¹	*1.16* g	40.96%	Calories from Carbohydrates
								26.67%	Calories from Protein

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Humboldt Unified School District

000630 - CHICKEN MASHED POT BOWL, DR

Recipe HACCP Process: #2 Same Day Service

Source: 2010 March HUSD

Number of Portions: 100

Size of Portion: SERVING

Alternate Menu Name: CHICKEN & MASHED POTATO

PLATE

- R-001067 POTATOES,MASHED (Pearls)..... 100 (1/2 cup)
- 902682s CORN WHOLE KERNAL..... 1 CAN(S)
- 900196s GRAVY MIX Chicken, KATY'S KITCHEN..... 100 (2 oz LADLE)
- 902868s CHEESE CHEDDAR FEATHER SHREDDED.... 3 LB + 2 OZ
- 902614s Dinner Roll K-12..... 100 ROLL(S) (1.2 oz)
- 902717s CHICKEN POPCORN LARGE..... 100 SERVING (15 Pieces)

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	647 kcal	Cholesterol	39.71 mg	Sugars	*1.57* g	Calcium	189.80 mg	34.58%	Calories from Total Fat
Total Fat	24.85 g	Sodium	1647.73 mg	Protein	30.83 g	Iron	2.17 mg	8.34%	Calories from Sat Fat
Saturated Fat	5.99 g	Carbohydrate	78.93 g	Vitamin A	*253.43* IU	Water ¹	*185.86* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	9.88 g	Vitamin C	*11.12* mg	Ash ¹	*0.99* g	48.82%	Calories from Carbohydrates
								19.07%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

000727 - CHICKEN NUGGETS W A ROLL HS

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 2011

Number of Portions: 50

Size of Portion: 5 NUGGETS 1ROLL

902998s CHICKEN NUGGETS TYSON.... 50 SERVING (5 NUGGETS)

902614s Dinner Roll K-12..... 50 ROLL(S) (1.2 oz)

*Nutrients are based upon 1 Portion Size (5 NUGGETS 1ROLL)

Calories	333 kcal	Cholesterol	25.00 mg	Sugars	*1.25* g	Calcium	85.00 mg	43.31%	Calories from Total Fat
Total Fat	16.00 g	Sodium	590.00 mg	Protein	20.25 g	Iron	2.97 mg	6.77%	Calories from Sat Fat
Saturated Fat	2.50 g	Carbohydrate	29.25 g	Vitamin A	*125.00* IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.50 g	Vitamin C	*0.00* mg	Ash ¹	*0.00* g	35.19%	Calories from Carbohydrates
								24.36%	Calories from Protein

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Humboldt Unified School District

000701 - CHICKEN PARMESAN w BS

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 2010-11c

Number of Portions: 100

Size of Portion: SERVINGS

Alternate Menu Name: CHICKEN PARMESAN

- 900212s PASTA, SPAGHETTI, WHOLE GRAIN,..... 9 LB + 8 OZ
- 050543c SPAGHETTI SAUCE, MEATLESS, LOW-SODIUM, CANNED.... 112 OZ
- 900188s CHICKEN PATTIES, ORIG/SPICY TYSON WG..... 100 PATTY
- 900791s Cheese, Mozzarella, lowfat..... 4 LB + 10 OZ
- 902692s BREAD STICK WHOLE GRAIN 7" BAKE CRAFTERS..... 100 (1 BREAD STICK)

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	542 kcal	Cholesterol	66.33 mg	Sugars	*N/A* g	Calcium	*179.71* mg	27.80%	Calories from Total Fat
Total Fat	16.76 g	Sodium	786.33 mg	Protein	30.21 g	Iron	*3.52* mg	8.64%	Calories from Sat Fat
Saturated Fat	5.21 g	Carbohydrate	70.88 g	Vitamin A	*714.89* IU	Water ¹	*9.75* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.54 g	Vitamin C	*1.24* mg	Ash ¹	*0.78* g	52.27%	Calories from Carbohydrates
								22.28%	Calories from Protein

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Humboldt Unified School District

000448 - CHICKEN WRAP

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 50

Size of Portion: SERVINGS

902971s TORTILLA 10" WHITE_WHEAT LA CANASTA..... 50 TORTILLA (S)
 902998s CHICKEN NUGGETS TYSON..... 50 Serving (6 Nuggets)
 902621s CHEESE CHEDDAR REDUCED FAT YELLOW SHREDDEd... 1 LB + 9 OZ
 902859s LETTUCE COS OR ROMAINE RAW..... 12 1/2 CUP, shredded

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	507 kcal	Cholesterol	33.04 mg	Sugars	*1.50* g	Calcium	*93.88* mg	45.33%	Calories from Total Fat
Total Fat	25.54 g	Sodium	822.77 mg	Protein	27.19 g	Iron	3.60 mg	8.70%	Calories from Sat Fat
Saturated Fat	4.90 g	Carbohydrate	44.14 g	Vitamin A	*1202.79* IU	Water ¹	*11.12* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.25 g	Vitamin C	*0.47* mg	Ash ¹	*0.07* g	34.83%	Calories from Carbohydrates
								21.45%	Calories from Protein

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Humboldt Unified School District

001363 - Chili & CORNBREAD

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 10.09
 Number of Portions: 160
 Size of Portion: 1 CUP

- 903488s CORNBREAD MIX_PIONEER..... 160 PIECE
- 900098s BEEF CRUMBLES INTEGRATED..... 25 LB
- 902863s ONIONS FRESH_CHOPPED..... 2 small
- 900152s CHILIES, GREEN, SHAMROCK..... 2 CAN
- 902872s ONION POWDER..... 1 TBSP
- 902875s GARLIC POWDER..... 1 TBSP
- 903041s TACO SEASONING MIX,MILD..... 1 POUCH
- 903276s BEANS,PINTO,MATURE,CND,DRND..... 2 #10 can-drained
- 050548c BEANS, CANNED, KIDNEY, LOW-SODIUM..... 2 #10 CAN
- 902685s TOMATO PASTE NO SALT ADDED USDA..... 1 (1 # 10 CAN)
- 050541c TOMATO SAUCE, LOW-SODIUM, CANNED..... 2 # 10 can
- 050542c TOMATOES, DICED, LOW-SODIUM, CANNED..... 1 #10 CAN
- 902865s CHILI POWDER..... 1/4 CUP
- 902866s water..... 2 QT
- 902621s CHEESE CHEDDAR REDUCED FAT YELLOW SHREDDED.... 8 LB

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	565	kcal	Cholesterol	39.42	mg	Sugars	*11.83*	g	Calcium	*261.63*	mg	32.34%	Calories from Total Fat
Total Fat	20.31	g	Sodium	1411.94	mg	Protein	29.68	g	Iron	6.48	mg	14.37%	Calories from Sat Fat
Saturated Fat	9.03	g	Carbohydrate	67.69	g	Vitamin A	*934.16*	IU	Water ¹	*37.55*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	8.64	g	Vitamin C	*8.26*	mg	Ash ¹	*0.61*	g	47.90%	Calories from Carbohydrates
												21.00%	Calories from Protein

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Humboldt Unified School District

001286 - COLESLAW CABBAGE KIT

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 64

Size of Portion: 1/2 CUP

903438s COLESLAW CABBAGE KIT.... 1 (7 POUND BAG)

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	69	kcal	Cholesterol	2.48	mg	Sugars	5.46	g	Calcium	19.84	mg	57.86%	Calories from Total Fat
Total Fat	4.47	g	Sodium	74.42	mg	Protein	0.50	g	Iron	0.18	mg	6.43%	Calories from Sat Fat
Saturated Fat	0.50	g	Carbohydrate	6.95	g	Vitamin A	620.15	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	0.99	g	Vitamin C	3.87	mg	Ash ¹	*N/A*	g	40.00%	Calories from Carbohydrates
												2.86%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

000970 - COOKIE BONZER VANILLA SUGAR

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: COOKIE

902771s COOKIE BONZERS VANILLA SUGAR.... 1 (1 COOKIE)

*Nutrients are based upon 1 Portion Size (COOKIE)

Calories	165	kcal	Cholesterol	7.00	mg	Sugars	*N/A*	g	Calcium	*N/A*	mg	25.64%	Calories from Total Fat
Total Fat	4.70	g	Sodium	165.00	mg	Protein	3.00	g	Iron	0.36	mg	8.18%	Calories from Sat Fat
Saturated Fat	1.50	g	Carbohydrate	28.00	g	Vitamin A	100.00	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	1.50	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g	67.88%	Calories from Carbohydrates
												7.27%	Calories from Protein

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Humboldt Unified School District

000971 - Cookie Variety_ excluding van

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 4

Size of Portion: COOKIES

Alternate Menu Name: carnival, oatmeal raisin
 choc chip, white choc ch

- 902772s COOKIE BONZERS CARNIVAL..... 1 (1 COOKIE)
- 902773s COOKIE BONZERS OATMELA RAISIN..... 1 (1 COOKIE)
- 902774s COOKIE BONZERS CHOCOLATE CHIP..... 1 (1 COOKIE)
- 902775s COOKIE BONZERS WHITE CHOCOLATE CHIP.... 1 (1 COOKIE)

*Nutrients are based upon 1 Portion Size (COOKIES)

Calories	170 kcal	Cholesterol	7.00 mg	Sugars	*N/A* g	Calcium	*N/A* mg	28.54%	Calories from Total Fat
Total Fat	5.38 g	Sodium	165.00 mg	Protein	3.00 g	Iron	0.36 mg	9.16%	Calories from Sat Fat
Saturated Fat	1.72 g	Carbohydrate	27.25 g	Vitamin A	100.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.87 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g	64.31%	Calories from Carbohydrates
								7.08%	Calories from Protein

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Humboldt Unified School District

001238 - CORN DOG CHX WG FOSTER FARMS

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: CORNDOG(S)

902970s CORN DOG CHICKEN WHOLE GRAIN FOSTER FARMS.... 1 CORNDOG

*Nutrients are based upon 1 Portion Size (CORNDOG(S))

Calories	240	kcal	Cholesterol	40.00	mg	Sugars	1.00	g	Calcium	80.00	mg	30.00%	Calories from Total Fat
Total Fat	8.00	g	Sodium	390.00	mg	Protein	9.00	g	Iron	1.80	mg	9.37%	Calories from Sat Fat
Saturated Fat	2.50	g	Carbohydrate	30.00	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	5.00	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g	50.00%	Calories from Carbohydrates
												15.00%	Calories from Protein

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Humboldt Unified School District

001535 - CRANBERRIES, DRIED

Recipe HACCP Process:

Source:

Number of Portions: 1

Size of Portion: PACKAGE

903569s CRANBERRIES, DRIED.... 1 PACKAGE (1.16oz)

*Nutrients are based upon 1 Portion Size (PACKAGE)

Calories	110 kcal	Cholesterol	0.00 mg	Sugars	24.00 g	Calcium	0.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	0.00 mg	Protein	0.00 g	Iron	0.00 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	28.00 g	Vitamin A	0.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	101.82%	Calories from Carbohydrates
								0.00%	Calories from Protein

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Humboldt Unified School District

000866 - DILL PEA SALAD

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 28

Size of Portion: SERVINGS

- 902740s PEAS FROZEN USDA OR SHAMROCK..... 4 LB
- 902876s DILL WEED,DRIED..... 1 TSP
- 900070s RANCH DRESSING, NATURALLY FRESH.... 2 CUP

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	94 kcal	Cholesterol	2.70 mg	Sugars	*N/A* g	Calcium	*16.05* mg	41.59%	Calories from Total Fat
Total Fat	4.32 g	Sodium	140.47 mg	Protein	3.79 g	Iron	*1.01* mg	7.80%	Calories from Sat Fat
Saturated Fat	0.81 g	Carbohydrate	10.01 g	Vitamin A	*1362.94* IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.24 g	Vitamin C	*6.42* mg	Ash ¹	*0.00* g	42.82%	Calories from Carbohydrates
								16.20%	Calories from Protein

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Humboldt Unified School District

001247 - F&V BLACK BAR H.S.

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 120

Size of Portion: SERVINGS

- R-001152 DARK GREEN VEGETABLES..... 5 SERVING
- R-001153 RED AND ORANGE VEGETABLES..... 5 SERVINGS
- R-001154 BEANS & PEAS 5 SERVINGS
- R-001155 STARCHY VEGETABLES..... 15 SERVINGS
- R-001156 OTHER VEGETABLES..... 40 SERVINGS
- R-001159 FRUIT FRESH ASSORTED..... 30 SERVING
- R-001157 FRUIT DRIED..... 10 SERVINGS
- R-001158 FRUIT CANNED ASSORTED..... 30 SERVINGS
- R-000588 LETTUCE MIX..... 20 (1 C. SERVINGS)
- R-000628 Crouton Homemade..... 10 SERVINGS
- R-001286 COLESLAW CABBAGE KIT..... 5 (1/2 CUP)
- R-005035 BROCCOLI SALAD..... 5 (1 CUP)
- 903444s PEPPERONCINI SLICED..... 10 SERVING (1/4 CUP)
- R-001306 COLD MEXICAN CORN SALAD..... 5 SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	121 kcal	Cholesterol	0.73 mg	Sugars	*0.23* g	Calcium	*35.78* mg	11.92%	Calories from Total Fat
Total Fat	1.60 g	Sodium	93.52 mg	Protein	2.67 g	Iron	*0.91* mg	1.25%	Calories from Sat Fat
Saturated Fat	0.17 g	Carbohydrate	26.39 g	Vitamin A	*1099.29* IU	Water ¹	*84.93* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	12.32 g	Vitamin C	*32.56* mg	Ash ¹	*0.56* g	87.33%	Calories from Carbohydrates
								8.85%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

001294 - FRENCH FRIES / TATER TOTS Recipe HACCP Process: #2 Same Day Service

Source:
 Number of Portions: 2
 Size of Portion: SERVING

902730s TATOR TOTS OREIDA.... 1 (1/2 CUP SERVING)
 900162s FRENCH FRIES 1 SERVING (1/2 CUP)

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	110 kcal	Cholesterol	0.00 mg	Sugars	0.00 g	Calcium	3.50 mg	38.87%	Calories from Total Fat
Total Fat	4.77 g	Sodium	250.96 mg	Protein	1.51 g	Iron	0.00 mg	8.18%	Calories from Sat Fat
Saturated Fat	1.00 g	Carbohydrate	14.55 g	Vitamin A	*2.50* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.51 g	Vitamin C	4.81 mg	Ash ¹	*N/A* g	52.71%	Calories from Carbohydrates
								5.46%	Calories from Protein

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Humboldt Unified School District

001246 - GRILLED CHICKEN SALAD WITH BS

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 25

Size of Portion: EACH

- 900187s CHICKEN FAJITA STRIPS, FULLY COOKED, FROZEN.... 4 7/8 LB
- 902676s LETTUCE, ICEBERG ROMAINE 80/20..... 50 (1 serving (1 cup))
- 902692s BREAD STICK WHOLE GRAIN 7" BAKE CRAFTERS..... 25 (1 BREAD STICK)
- 902848s TOMATOES FRESH RED RIPE..... 12 1/2 CUP, chopped or sliced
- 902851s CUCUMBER RAW PEELED..... 12 1/2 CUP, sliced
- 902906s CHEESE CHEDDAR AMERICAN..... 25 OZ

*Nutrients are based upon 1 Portion Size (EACH)

Calories	399 kcal	Cholesterol	94.73 mg	Sugars	*0.93* g	Calcium	*264.52* mg	32.53%	Calories from Total Fat
Total Fat	14.42 g	Sodium	801.54 mg	Protein	*28.91* g	Iron	*1.57* mg	15.66%	Calories from Sat Fat
Saturated Fat	6.94 g	Carbohydrate	36.00 g	Vitamin A	*3093.13* IU	Water ¹	*153.04* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.50 g	Vitamin C	*19.22* mg	Ash ¹	*1.78* g	36.10%	Calories from Carbohydrates
								28.98%	Calories from Protein

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Humboldt Unified School District

001258 - Ham & Cheese on Variety Breads

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 3

Size of Portion: SERVINGS

- R-000977 HAM AND CHEESE HOAGIE..... 1 SANDWICH
- R-001239 HAM AND CHEESE on Flat Bread..... 1 SANDWICH
- R-000976 HAM AND CHEESE SNDW 1 SANDWICH
- R-001403 HAM AND CHEESE on Croissant..... 1 SANDWICH

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	436 kcal	Cholesterol	77.45 mg	Sugars	*1.67* g	Calcium	278.16 mg	27.15%	Calories from Total Fat
Total Fat	13.16 g	Sodium	1637.41 mg	Protein	33.53 g	Iron	7.11 mg	10.96%	Calories from Sat Fat
Saturated Fat	5.31 g	Carbohydrate	46.63 g	Vitamin A	*183.13* IU	Water ¹	*3.98* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.33 g	Vitamin C	*0.00* mg	Ash ¹	*0.28* g	42.78%	Calories from Carbohydrates
								30.76%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

001041 - HAMBURGER ON A BUN

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 15

Size of Portion: EACH

Alternate Menu Name: HAMBURGER

902790s BEEF PATTY 100% Beef Burger - Integrated.... 15 (1 PATTY)

902689s HAMBURGER BUN 4" K-12 Spec..... 15 (1 BUN)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	283 kcal	Cholesterol	39.00 mg	Sugars	3.64 g	Calcium	59.12 mg	31.33%	Calories from Total Fat
Total Fat	9.86 g	Sodium	418.18 mg	Protein	22.36 g	Iron	3.49 mg	11.12%	Calories from Sat Fat
Saturated Fat	3.50 g	Carbohydrate	27.27 g	Vitamin A	*0.02* IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.82 g	Vitamin C	*0.03* mg	Ash ¹	*0.00* g	38.50%	Calories from Carbohydrates
								31.57%	Calories from Protein

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Humboldt Unified School District

001220 - ITALIAN BREAD BOWL

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SERVING

- 902959s BREAD BOWL ULTRA..... 1 BOWL
- 902766s Meatballs CKD Integrated Commodity.... 4 (1 meatball)
- 900802s CHEESE MOZZARELLA 1/2 OZ
- 902722s SPAGHETTI SAUCE RED GOLD..... 1 (1/4 CUP)

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	333	kcal	Cholesterol	50.50	mg	Sugars	*N/A*	g	Calcium	166.28	mg	34.12%	Calories from Total Fat
Total Fat	12.64	g	Sodium	427.60	mg	Protein	16.70	g	Iron	4.91	mg	12.11%	Calories from Sat Fat
Saturated Fat	4.48	g	Carbohydrate	38.05	g	Vitamin A	*2786.00*	IU	Water ¹	*27.45*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	4.07	g	Vitamin C	*30.00*	mg	Ash ¹	*1.85*	g	45.66%	Calories from Carbohydrates
												20.04%	Calories from Protein

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Humboldt Unified School District

001227 - LASAGNA with Bread Stick

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 100

Size of Portion: EACH

Alternate Menu Name: LASAGNA

- 000711s BEEF GROUND ,80/20 Raw-to Cook & Drain..... 12 LB,raw weight + 11 OZ,raw weight
- 902722s SPAGHETTI SAUCE RED GOLD..... 3 (1 # 10 CAN)
- 902750s CHEESE,PARMESAN,GRATED..... 2 1/4 CUP
- 900791s Cheese, Mozzarella, lowfat..... 12 1/2 LB
- 902898s CHEESE COTTAGE 1% FAT..... 8 CUP
- 902983s PASTA LASAGNA WHOLE GRAIN..... 7 LB + 8 OZ
- 902692s BREAD STICK WHOLE GRAIN 7" BAKE CRAFTERS... 100 (1 BREAD STICK)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	556 kcal	Cholesterol	65.61 mg	Sugars	*N/A* g	Calcium	*451.47* mg	31.59%	Calories from Total Fat
Total Fat	19.51 g	Sodium	690.20 mg	Protein	36.10 g	Iron	*3.01* mg	15.78%	Calories from Sat Fat
Saturated Fat	9.75 g	Carbohydrate	59.49 g	Vitamin A	*3914.48* IU	Water ¹	*59.36* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.48 g	Vitamin C	*43.27* mg	Ash ¹	*2.98* g	42.81%	Calories from Carbohydrates
								25.97%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

000966 - LITTLE CLUCKERS

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: 2 SLIDERS

900318s Chicken Breakfast Patty..... 1 SERVING (2 PATTIES)

903454s BUN BURGER SLIDER 2.6".... 1 SERVING (2 ROLLS)

*Nutrients are based upon 1 Portion Size (2 SLIDERS)

Calories	310 kcal	Cholesterol	25.00 mg	Sugars	5.00 g	Calcium	*40.00* mg	27.58%	Calories from Total Fat
Total Fat	9.50 g	Sodium	640.00 mg	Protein	18.00 g	Iron	149.40 mg	4.36%	Calories from Sat Fat
Saturated Fat	1.50 g	Carbohydrate	37.00 g	Vitamin A	25.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	47.74%	Calories from Carbohydrates
								23.23%	Calories from Protein

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Humboldt Unified School District

000768 - MEATBALL SUB SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source: HUSD
 Number of Portions: 100
 Size of Portion: EACH

- 902701s MEATBALLS BEEF TYSON .5oz COOKED..... 500 (1 MEATBALL)
- 900791s Cheese, Mozzarella, lowfat..... 3 LB + 2 OZ
- 902722s SPAGHETTI SAUCE RED GOLD..... 4 (1 # 10 CAN)
- 900126s HOAGIE ROLL, 100% WHOLE WHEAT, HOLSUM.... 100 ROLL(S)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	442 kcal	Cholesterol	36.82 mg	Sugars	*N/A* g	Calcium	272.85 mg	29.11%	Calories from Total Fat
Total Fat	14.30 g	Sodium	1074.47 mg	Protein	27.94 g	Iron	5.12 mg	8.74%	Calories from Sat Fat
Saturated Fat	4.30 g	Carbohydrate	51.42 g	Vitamin A	*4881.36* IU	Water ¹	*6.59* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	6.92 g	Vitamin C	*57.70* mg	Ash ¹	*0.53* g	46.51%	Calories from Carbohydrates
								25.27%	Calories from Protein

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Humboldt Unified School District

000607 - MEXICAN TOPPING BAR A LA CARTE

Recipe HACCP Process: #1 No Cook

Source: HUSD 9.09

Number of Portions: 50

Size of Portion: SERVINGS

- 902860s LETTUCE ICEBERG FRESH..... 18 CUP, shredded
- 902848s TOMATOES FRESH RED RIPE..... 18 CUP, chopped or sliced
- 902896s PEPPERS JALAPENO CNDSOL & LIQUIDS.... 1 CUP, chopped
- 903444s PEPPERONCINI SLICED..... 5 SERVING (1/4 CUP)
- 900134s Salsa-USDA (HUSD)..... 25 (2 TBSP)

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	19 kcal	Cholesterol	0.00 mg	Sugars	*0.00* g	Calcium	*11.77* mg	7.34%	Calories from Total Fat
Total Fat	0.16 g	Sodium	205.45 mg	Protein	0.83 g	Iron	*0.33* mg	1.04%	Calories from Sat Fat
Saturated Fat	0.02 g	Carbohydrate	4.12 g	Vitamin A	*816.14* IU	Water ¹	*88.46* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.16 g	Vitamin C	14.50 mg	Ash ¹	*0.54* g	86.60%	Calories from Carbohydrates
								17.42%	Calories from Protein

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Humboldt Unified School District

001506 - MINI CORN DOGS

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SERVING

903551s MINI CORNDOGS.... 1 (6) MINI CORNDOGS

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	267	kcal	Cholesterol	34.00	mg	Sugars	12.00	g	Calcium	66.00	mg	37.08%	Calories from Total Fat
Total Fat	11.00	g	Sodium	365.00	mg	Protein	9.00	g	Iron	1.00	mg	6.40%	Calories from Sat Fat
Saturated Fat	1.90	g	Carbohydrate	33.00	g	Vitamin A	114.00	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.00	g	Vitamin C	51.00	mg	Ash ¹	*N/A*	g	49.44%	Calories from Carbohydrates
												13.48%	Calories from Protein

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Humboldt Unified School District

000769 - ORANGE CHICKEN BROWN RICE

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 10.09

Number of Portions: 100

Size of Portion: SERVINGS

Alternate Menu Name: ORANGE CHICKEN

- 902966s CHICKEN POPCORN TYSON WG..... 100 (12 PIECE)
- 900096s ORANGE SAUCE, ZESTY, MINOR'S 1/2 GALLON... 1 1/2 (1/2 GALLON CONTAINER)
- R-001364 RICE, BROWN, A LA CARTE..... 100 (1/2 CUP)

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	438 kcal	Cholesterol	21.61 mg	Sugars	*0.00* g	Calcium	53.00 mg	30.77%	Calories from Total Fat
Total Fat	14.97 g	Sodium	492.99 mg	Protein	17.86 g	Iron	2.41 mg	5.55%	Calories from Sat Fat
Saturated Fat	2.70 g	Carbohydrate	56.65 g	Vitamin A	108.06 IU	Water ¹	*75.76* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.52 g	Vitamin C	*0.00* mg	Ash ¹	*0.08* g	51.75%	Calories from Carbohydrates
								16.31%	Calories from Protein

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Humboldt Unified School District

001259 - PASTRAMI & CHEESE ON VARITEY B

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 3

Size of Portion: SERVINGS

- R-000979 PASTRAMI AND CHEESE HOAGIE..... 1 SANDWICH
- R-001240 PASTRAMI & CHEESE onFlat Bread..... 1 SANDWICH
- R-000978 PASTRAMI AND CHEESE SANDWICH..... 1 SANDWICH
- R-001406 PASTRAMI & CHEESE on Croissant..... 1 SANDWICH

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	421 kcal	Cholesterol	102.46 mg	Sugars	*1.67* g	Calcium	298.18 mg	33.47%	Calories from Total Fat
Total Fat	15.66 g	Sodium	1548.55 mg	Protein	31.86 g	Iron	3.78 mg	12.26%	Calories from Sat Fat
Saturated Fat	5.74 g	Carbohydrate	39.11 g	Vitamin A	*123.14* IU	Water ¹	*3.98* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.33 g	Vitamin C	*1.60* mg	Ash ¹	*0.28* g	37.16%	Calories from Carbohydrates
								30.27%	Calories from Protein

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Humboldt Unified School District

001165 - PIZZA BBQ

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 8

Size of Portion: SLICES / 1PIZZA

Alternate Menu Name: BBQ PIZZA

- 903494s PIZZA CRUST 16" 51% WG RICHS.... 1 CRUST
- 900791s Cheese, Mozzarella, lowfat..... 16 OZ
- R-001166 BBQ CHICKEN For Pizza..... 1 (8 oz PORTION)
- R-000770 PIZZA SAUCE..... 1 (8 oz Serving)

*Nutrients are based upon 1 Portion Size (SLICES / 1PIZZA)

Calories	459 kcal	Cholesterol	49.40 mg	Sugars	*3.19* g	Calcium	*408.19* mg	31.91%	Calories from Total Fat
Total Fat	16.28 g	Sodium	926.05 mg	Protein	24.36 g	Iron	*0.26* mg	14.77%	Calories from Sat Fat
Saturated Fat	7.53 g	Carbohydrate	43.45 g	Vitamin A	*458.34* IU	Water ¹	*107.38* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.07 g	Vitamin C	*0.00* mg	Ash ¹	*7.75* g	37.86%	Calories from Carbohydrates
								21.23%	Calories from Protein

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Humboldt Unified School District

000527 - PIZZA CHEESE

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 8

Size of Portion: SLICES /1 PIZZA

Alternate Menu Name: CHEESE PIZZA

- 903494s PIZZA CRUST 16" 51% WG RICHES.... 1 CRUST
- 900791s Cheese, Mozzarella, lowfat..... 16 OZ
- R-000770 PIZZA SAUCE..... 1 (8 oz Serving)

*Nutrients are based upon 1 Portion Size (SLICES /1 PIZZA)

Calories	410 kcal	Cholesterol	30.37 mg	Sugars	3.19 g	Calcium	*405.00* mg	32.14%	Calories from Total Fat
Total Fat	14.65 g	Sodium	824.25 mg	Protein	18.24 g	Iron	*0.00* mg	15.54%	Calories from Sat Fat
Saturated Fat	7.09 g	Carbohydrate	41.58 g	Vitamin A	*405.00* IU	Water ¹	*94.08* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.07 g	Vitamin C	*0.00* mg	Ash ¹	*7.53* g	40.53%	Calories from Carbohydrates
								17.78%	Calories from Protein

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Humboldt Unified School District

000862 - PIZZA CHICKEN FAJITA

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 8

Size of Portion: SLICES / 1PIZZA

Alternate Menu Name: CHICKEN FAJITA PIZZA

- 903494s PIZZA CRUST 16" 51% WG RICHS..... 1 CRUST
- 900791s Cheese, Mozzarella, lowfat..... 16 OZ
- R-000770 PIZZA SAUCE..... 8 (8 oz Serving)
- 900187s CHICKEN FAJITA STRIPS, FULLY COOKED, FROZEN.... 2 OZ
- 902863s ONIONS FRESH CHOPPED..... 1/4 CUP, chopped
- 902852s PEPPERS SWT GREEN RAW..... 1/4 CUP, sliced
- 902854s MUSHROOMS CANNED DRAINED..... 1/4 CUP
- 902848s TOMATOES FRESH RED RIPE..... 1/4 CUP, chopped

*Nutrients are based upon 1 Portion Size (SLICES / 1PIZZA)

Calories	436 kcal	Cholesterol	35.66 mg	Sugars	*4.43* g	Calcium	*407.76* mg	30.85%	Calories from Total Fat
Total Fat	14.95 g	Sodium	906.51 mg	Protein	20.21 g	Iron	*0.10* mg	14.80%	Calories from Sat Fat
Saturated Fat	7.17 g	Carbohydrate	44.96 g	Vitamin A	*463.94* IU	Water ¹	*110.99* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.78 g	Vitamin C	*3.47* mg	Ash ¹	*7.67* g	41.24%	Calories from Carbohydrates
								18.54%	Calories from Protein

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Humboldt Unified School District

000868 - PIZZA HAM & PINEAPPLE

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 8

Size of Portion: SLICES / 1PIZZA

Alternate Menu Name: HAM & PINEAPPLE PIZZA

- 903494s PIZZA CRUST 16" 51% WG RICHS..... 1 CRUST
- 900791s Cheese, Mozzarella, lowfat..... 16 OZ
- R-000770 PIZZA SAUCE..... 8 (8 oz Serving)
- 900171s PINEAPPLE, CHUNKS IN UNSW JUICE, HAW. GOLD.... 2 (1/2 CUP)
- 902605s HAM, FULLY COOKED, DICED, A727..... 2 OZ

*Nutrients are based upon 1 Portion Size (SLICES / 1PIZZA)

Calories	448 kcal	Cholesterol	33.87 mg	Sugars	*4.35* g	Calcium	*405.00* mg	29.85%	Calories from Total Fat
Total Fat	14.87 g	Sodium	954.31 mg	Protein	20.01 g	Iron	*0.09* mg	14.37%	Calories from Sat Fat
Saturated Fat	7.16 g	Carbohydrate	48.42 g	Vitamin A	*405.00* IU	Water ¹	*94.08* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.71 g	Vitamin C	*3.00* mg	Ash ¹	*7.53* g	43.20%	Calories from Carbohydrates
								17.85%	Calories from Protein

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Humboldt Unified School District

000864 - PIZZA HAM & VEGGIE wk1

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 8

Size of Portion: SLICES / 1PIZZA

Alternate Menu Name: HAM & VEGGIE

PIZZA

- 903494s PIZZA CRUST 16" 51% WG RICHS..... 1 CRUST
- 900791s Cheese, Mozzarella, lowfat..... 16 OZ
- R-000770 PIZZA SAUCE..... 8 (8 oz Serving)
- 902605s HAM, FULLY COOKED, DICED, A727.... 2 OZ
- 902863s ONIONS FRESH_CHOPPED..... 1/4 CUP, chopped
- 902852s PEPPERS SWT GREEN RAW..... 1/4 CUP, sliced
- 902854s MUSHROOMS CANNED DRAINED..... 1/4 CUP
- 902848s TOMATOES FRESH RED RIPE..... 1/4 CUP, chopped or sliced

*Nutrients are based upon 1 Portion Size (SLICES / 1PIZZA)

Calories	436 kcal	Cholesterol	33.87 mg	Sugars	*4.35* g	Calcium	*407.54* mg	30.79%	Calories from Total Fat
Total Fat	14.90 g	Sodium	951.81 mg	Protein	19.98 g	Iron	*0.07* mg	14.80%	Calories from Sat Fat
Saturated Fat	7.16 g	Carbohydrate	45.23 g	Vitamin A	*462.59* IU	Water ¹	*110.99* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.78 g	Vitamin C	*3.45* mg	Ash ¹	*7.67* g	41.54%	Calories from Carbohydrates
								18.34%	Calories from Protein

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Humboldt Unified School District

000880 - PIZZA ITALIAN CHICKEN wk2

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 8

Size of Portion: SLICES/1 PIZZA

Alternate Menu Name: ITALIAN CHICKEN PIZZA

- 903494s PIZZA CRUST 16" 51% WG RICHS..... 1 CRUST
- 900791s Cheese, Mozzarella, lowfat..... 16 OZ
- R-000770 PIZZA SAUCE..... 8 (8 oz Serving)
- 902604s ITALIAN DRESSING KATY'S REDUCED CAL..... 6 TBSP
- 900187s CHICKEN FAJITA STRIPS, FULLY COOKED, FROZEN.... 2 OZ
- 902854s MUSHROOMS CANNED DRAINED..... 1 CUP

*Nutrients are based upon 1 Portion Size (SLICES/1 PIZZA)

Calories	444	kcal	Cholesterol	35.66	mg	Sugars	*4.43*	g	Calcium	*407.37*	mg	31.13%	Calories from Total Fat
Total Fat	15.35	g	Sodium	1105.26	mg	Protein	20.36	g	Iron	*0.18*	mg	14.54%	Calories from Sat Fat
Saturated Fat	7.17	g	Carbohydrate	46.01	g	Vitamin A	*406.35*	IU	Water ¹	*111.84*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.93	g	Vitamin C	*0.02*	mg	Ash ¹	*7.86*	g	41.48%	Calories from Carbohydrates
												18.35%	Calories from Protein

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Humboldt Unified School District

000861 - PIZZA PEPPERONI & JALAPENO

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 8

Size of Portion: SLICES/1 PIZZA

- 903494s PIZZA CRUST 16" 51% WG RICHS.... 1 CRUST
- 900791s Cheese, Mozzarella, lowfat..... 16 OZ
- R-000770 PIZZA SAUCE..... 8 (8 oz Serving)
- 900037s PEPPERONI, SLICED, BONICI..... 2 OZ
- 799934 PEPPERS,JALEPENO,CND,DRND..... 4 OZ

*Nutrients are based upon 1 Portion Size (SLICES/1 PIZZA)

Calories	463 kcal	Cholesterol	37.87 mg	Sugars	*4.35* g	Calcium	*414.96* mg	34.62%	Calories from Total Fat
Total Fat	17.79 g	Sodium	1214.75 mg	Protein	20.28 g	Iron	*0.55* mg	16.24%	Calories from Sat Fat
Saturated Fat	8.35 g	Carbohydrate	44.81 g	Vitamin A	*795.37* IU	Water ¹	*106.44* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.88 g	Vitamin C	*1.72* mg	Ash ¹	*8.00* g	38.75%	Calories from Carbohydrates
								17.54%	Calories from Protein

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Humboldt Unified School District

000863 - PIZZA PEPPERONI & VEGGIE wk2

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 8

Size of Portion: SLICES / 1PIZZA

Alternate Menu Name: PEPPERONI &

VEGGIE PIZZA

- 903494s PIZZA CRUST 16" 51% WG RICHS.... 1 CRUST
- 900791s Cheese, Mozzarella, lowfat..... 16 OZ
- R-000770 PIZZA SAUCE..... 8 (8 oz Serving)
- 900037s PEPPERONI, SLICED, BONICI..... 2 OZ
- 902863s ONIONS FRESH_CHOPPED..... 1/4 CUP, chopped
- 902852s PEPPERS SWT GREEN RAW..... 1/4 CUP, chopped
- 902854s MUSHROOMS CANNED DRAINED.... 1/4 CUP
- 902758s TOMATOES,FRESH,RED RIPE..... 1/4 CUP, chopped or sliced

*Nutrients are based upon 1 Portion Size (SLICES / 1PIZZA)

Calories	462 kcal	Cholesterol	37.87 mg	Sugars	*4.35* g	Calcium	*412.72* mg	34.43%	Calories from Total Fat
Total Fat	17.69 g	Sodium	1005.53 mg	Protein	20.37 g	Iron	*0.17* mg	16.24%	Calories from Sat Fat
Saturated Fat	8.35 g	Carbohydrate	44.90 g	Vitamin A	*469.19* IU	Water ¹	*112.67* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.81 g	Vitamin C	*4.88* mg	Ash ¹	*7.68* g	38.83%	Calories from Carbohydrates
								17.62%	Calories from Protein

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Humboldt Unified School District

000867 - PIZZA SPICY CHICKEN

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 8

Size of Portion: SLICES / 1PIZZA

- 903494s PIZZA CRUST 16" 51% WG RICHS..... 1 CRUST
- 900791s Cheese, Mozzarella, lowfat..... 16 OZ
- R-000770 PIZZA SAUCE..... 8 (8 oz Serving)
- 902801s SRIRACHA HOT CHILI SAUCE KETCHUP..... 6 (1 teaspoon)
- 902915s CHICKEN CANNED WO/BROTH..... 2 OZ
- 900187s CHICKEN FAJITA STRIPS, FULLY COOKED, FROZEN.... 2 OZ

*Nutrients are based upon 1 Portion Size (SLICES / 1PIZZA)

Calories	460	kcal	Cholesterol	39.21	mg	Sugars	*6.01*	g	Calcium	*406.22*	mg	30.29%	Calories from Total Fat
Total Fat	15.49	g	Sodium	1122.31	mg	Protein	21.79	g	Iron	*0.11*	mg	14.32%	Calories from Sat Fat
Saturated Fat	7.32	g	Carbohydrate	47.12	g	Vitamin A	*418.89*	IU	Water ¹	*98.68*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.46	g	Vitamin C	*0.02*	mg	Ash ¹	*7.59*	g	40.95%	Calories from Carbohydrates
												18.93%	Calories from Protein

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Humboldt Unified School District

000980 - PIZZA VEGGIE

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 8

Size of Portion: SLICES / 1PIZZA

- 903494s PIZZA CRUST 16" 51% WG RICHES.... 1 CRUST
- 900791s Cheese, Mozzarella, lowfat..... 16 OZ
- R-000770 PIZZA SAUCE..... 8 (8 oz Serving)
- 902863s ONIONS FRESH_CHOPPED..... 1/4 CUP, chopped
- 902852s PEPPERS SWT GREEN RAW..... 1/4 CUP, chopped
- 902854s MUSHROOMS CANNED DRAINED.... 1/4 CUP
- 902848s TOMATOES FRESH RED RIPE..... 1/4 CUP, chopped or sliced

*Nutrients are based upon 1 Portion Size (SLICES / 1PIZZA)

Calories	427 kcal	Cholesterol	30.37 mg	Sugars	*4.35* g	Calcium	*407.72* mg	30.93%	Calories from Total Fat
Total Fat	14.69 g	Sodium	870.25 mg	Protein	18.87 g	Iron	*0.08* mg	14.94%	Calories from Sat Fat
Saturated Fat	7.10 g	Carbohydrate	44.90 g	Vitamin A	*469.19* IU	Water ¹	*112.67* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.81 g	Vitamin C	*4.88* mg	Ash ¹	*7.68* g	42.01%	Calories from Carbohydrates
								17.66%	Calories from Protein

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Humboldt Unified School District

000346 - PIZZA, PEPPERONI

Recipe HACCP Process: #3 Complex Food Preparation

Source: HUSD

Number of Portions: 8

Size of Portion: SLICES/1PIZZA

- 903494s PIZZA CRUST 16" 51% WG RICHS.... 1 CRUST
- 900791s Cheese, Mozzarella, lowfat..... 16 OZ
- R-000770 PIZZA SAUCE..... 8 (8 oz Serving)
- 900037s PEPPERONI, SLICED, BONICI..... 4 OZ

*Nutrients are based upon 1 Portion Size (SLICES/1PIZZA)

Calories	492 kcal	Cholesterol	45.37 mg	Sugars	*4.35* g	Calcium	*415.00* mg	37.76%	Calories from Total Fat
Total Fat	20.65 g	Sodium	1140.25 mg	Protein	21.63 g	Iron	*0.18* mg	17.53%	Calories from Sat Fat
Saturated Fat	9.59 g	Carbohydrate	43.75 g	Vitamin A	*405.00* IU	Water ¹	*94.08* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.46 g	Vitamin C	*0.00* mg	Ash ¹	*7.53* g	35.54%	Calories from Carbohydrates
								17.58%	Calories from Protein

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Humboldt Unified School District

001498 - PULLED PORK BBQ SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 120

Size of Portion: SERVINGS

- 903523s PORK PULLED COOKED USDA..... 1 (30 POUNDS)
- 903546s BBQ SAUCE, VENTURA 1 GALLON
- 902689s HAMBURGER BUN 4" K-12 Spec.... 120 (1 BUN)
- R-000468 COLESLAW..... 50 SERVINGS (1/4C)

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	345 kcal	Cholesterol	72.95 mg	Sugars	*12.60* g	Calcium	111.07 mg	29.04%	Calories from Total Fat
Total Fat	11.13 g	Sodium	1208.41 mg	Protein	28.58 g	Iron	2.85 mg	4.27%	Calories from Sat Fat
Saturated Fat	1.64 g	Carbohydrate	36.00 g	Vitamin A	*206.15* IU	Water ¹	*17.61* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.51 g	Vitamin C	*6.56* mg	Ash ¹	*0.14* g	41.75%	Calories from Carbohydrates
								33.14%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

001354 - PUMPLIN PIE 10"

Recipe HACCP Process: #1 No Cook

Source:
 Number of Portions: 1
 Size of Portion: SERVING

- 903470s PUMPLIN PIE 10"..... 1 SLICE
- 903471s WHIPPED TOPPING,FRZ,LOFAT.... 2 TBSP

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	321 kcal	Cholesterol	45.19 mg	Sugars	22.21 g	Calcium	6.66 mg	34.28%	Calories from Total Fat
Total Fat	12.23 g	Sodium	386.75 mg	Protein	5.28 g	Iron	0.01 mg	16.98%	Calories from Sat Fat
Saturated Fat	6.06 g	Carbohydrate	48.21 g	Vitamin A	6.94 IU	Water ¹	*5.60* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.00 g	Vitamin C	0.00 mg	Ash ¹	*0.06* g	60.08%	Calories from Carbohydrates
								6.58%	Calories from Protein

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Humboldt Unified School District

001536 - RAISINS

Recipe HACCP Process:

Source:
 Number of Portions: 1
 Size of Portion:
 package

903570s RAISINS 1 PACKAGE (1.33oz)

*Nutrients are based upon 1 Portion Size (package)

Calories	120 kcal	Cholesterol	0.00 mg	Sugars	27.00 g	Calcium	0.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	5.00 mg	Protein	1.00 g	Iron	0.00 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	29.00 g	Vitamin A	0.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	96.67%	Calories from Carbohydrates
								3.33%	Calories from Protein

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Humboldt Unified School District

000870 - RICE KRISPIES TREAT MINI

Recipe HACCP Process:

Source: husd

Number of Portions: 1

Size of Portion: serving

900208s RICE CRISPY TREAT MINI, KELLOGGS.... 1 (1 SERVING)

*Nutrients are based upon 1 Portion Size (serving)

Calories	45	kcal	Cholesterol	0.00	mg	Sugars	*N/A*	g	Calcium	0.00	mg	20.00%	Calories from Total Fat
Total Fat	1.00	g	Sodium	53.00	mg	Protein	0.00	g	Iron	0.00	mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00	g	Carbohydrate	9.00	g	Vitamin A	0.00	IU	Water ¹	0.00	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	0.00	g	Vitamin C	0.00	mg	Ash ¹	0.00	g	80.00%	Calories from Carbohydrates
												0.00%	Calories from Protein

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Humboldt Unified School District

000492 - SPAGHETTI AND MEATBALLS-HS

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 150

Size of Portion: SERVINGS

- R-000493 MARINARA SAUCE-HS..... 150 SERVINGS
- 900212s PASTA, SPAGHETTI, WHOLE GRAIN,..... 19 LB
- 902766s Meatballs CKD Integrated Commodity..... 750 (1 meatball)
- 900791s Cheese, Mozzarella, lowfat..... 18 3/4 CUP, shredded
- 902692s BREAD STICK WHOLE GRAIN 7" BAKE CRAFTERS.... 150 (1 BREAD STICK)

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	532 kcal	Cholesterol	42.63 mg	Sugars	*N/A* g	Calcium	*141.84* mg	19.22%	Calories from Total Fat
Total Fat	11.36 g	Sodium	863.15 mg	Protein	27.95 g	Iron	*4.15* mg	7.27%	Calories from Sat Fat
Saturated Fat	4.29 g	Carbohydrate	80.94 g	Vitamin A	*3088.07* IU	Water ¹	*6.90* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	6.38 g	Vitamin C	*34.83* mg	Ash ¹	*0.59* g	60.86%	Calories from Carbohydrates
								21.01%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

001181 - SPICY/REG CHICKEN PATTY SANDW

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 2

Size of Portion: SANDWICH

R-000764 CHICKEN PATTY ON A BUN..... 1 EACH

R-000741 SPICY CHICKEN PATTY ON BUN..... 1 EACH

*Nutrients are based upon 1 Portion Size (SANDWICH)

Calories	330 kcal	Cholesterol	55.00 mg	Sugars	*N/A* g	Calcium	120.00 mg	35.45%	Calories from Total Fat
Total Fat	13.00 g	Sodium	800.00 mg	Protein	22.00 g	Iron	3.24 mg	6.82%	Calories from Sat Fat
Saturated Fat	2.50 g	Carbohydrate	35.00 g	Vitamin A	*500.00* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.00 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	42.42%	Calories from Carbohydrates
								26.67%	Calories from Protein

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Humboldt Unified School District

000510 - SWEDISH MEATBALLS, PASTA, ROLL

Recipe HACCP Process: #2 Same Day Service

Source: HUSD HS

Number of Portions: 165

Size of Portion: SERVINGS

900023s MEATBALLS, CKD, 0.5 OZ MEATBALLS, HS.... 165 SERV./5 MEATBALLS
 R-001122 SWEDISH MEATBALL SAUCE..... 165 SERVINGS
 902973s PASTA LINGUINE WG BARILLA..... 1 (20.625 POUNDS)
 902614s Dinner Roll K-12..... 165 ROLL(S) (1.2 oz)

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	517 kcal	Cholesterol	39.99 mg	Sugars	*N/A* g	Calcium	*233.59* mg	28.84%	Calories from Total Fat
Total Fat	16.58 g	Sodium	576.04 mg	Protein	28.51 g	Iron	5.39 mg	11.04%	Calories from Sat Fat
Saturated Fat	6.34 g	Carbohydrate	64.16 g	Vitamin A	*588.57* IU	Water ¹	*149.21* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	8.22 g	Vitamin C	*1.22* mg	Ash ¹	*1.09* g	49.61%	Calories from Carbohydrates
								22.04%	Calories from Protein

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Humboldt Unified School District

000833 - SWEET & SOUR CHICKEN

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 10.09

Number of Portions: 100

Size of Portion: SERVINGS

- 900097s POPCORN CHICKEN, TYSON,GOLD KIST.... 100 (13-15 pieces)
- 902707s SWEET AND SOUR SAUCE KIKKOMAN..... 100 (1 serving)
- R-001364 RICE, BROWN, A LA CARTE..... 100 (1/2 CUP)

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	393 kcal	Cholesterol	50.00 mg	Sugars	*0.00* g	Calcium	88.66 mg	39.26%	Calories from Total Fat
Total Fat	17.13 g	Sodium	937.75 mg	Protein	23.01 g	Iron	1.01 mg	7.16%	Calories from Sat Fat
Saturated Fat	3.12 g	Carbohydrate	47.10 g	Vitamin A	14.51 IU	Water ¹	*54.64* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.97 g	Vitamin C	0.84 mg	Ash ¹	*0.05* g	47.97%	Calories from Carbohydrates
								23.43%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

001508 - TAQUITOS, CHICKEN K-6

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: 2-TAQUITOS

903553s TAQUITOS, CHICKEN 1 (2) TAQUITOS
 900125s SAUCE NACHO CHEESE.... 2 OZ

*Nutrients are based upon 1 Portion Size (2-TAQUITOS)

Calories	255 kcal	Cholesterol	23.66 mg	Sugars	*1.00* g	Calcium	*54.87* mg	44.70%	Calories from Total Fat
Total Fat	12.66 g	Sodium	708.10 mg	Protein	11.83 g	Iron	*0.16* mg	13.67%	Calories from Sat Fat
Saturated Fat	3.87 g	Carbohydrate	31.49 g	Vitamin A	*45.72* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*1.10* mg	Ash ¹	*N/A* g	49.42%	Calories from Carbohydrates
								18.56%	Calories from Protein

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Humboldt Unified School District

000729 - TOSTADA BAR HS

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 01/09

Number of Portions: 1

Size of Portion: SERVING

Alternate Menu Name: BEAN & CHEESE TOSTADA

- 900078s TORTILLA, CORN YELLOW, 6", SAN PABLO..... 2 TORTILLA
- 902620s BEANS, CANNED, REFRIED, LOW SODIUM..... 2 (1/4 CUP)
- 902621s CHEESE CHEDDAR REDUCED FAT YELLOW SHREDDED... 1 OZ
- 900153s ENCHILADA SAUCE, RED,ROSARITA..... 2 OZ
- R-000607 MEXICAN TOPPING BAR A LA CARTE..... 1 SERVINGS
- R-000337 MEXICAN RICE-BMHS A LA CARTE..... 1 (1/2 CUP)

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	528 kcal	Cholesterol	6.08 mg	Sugars	*0.00* g	Calcium	*63.20* mg	21.57%	Calories from Total Fat
Total Fat	12.64 g	Sodium	984.93 mg	Protein	*15.00* g	Iron	*10.39* mg	7.62%	Calories from Sat Fat
Saturated Fat	4.47 g	Carbohydrate	95.11 g	Vitamin A	*1933.53* IU	Water ¹	*98.57* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	12.96 g	Vitamin C	*22.91* mg	Ash ¹	*0.59* g	72.12%	Calories from Carbohydrates
								11.38%	Calories from Protein

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Humboldt Unified School District

001299 - TOSTADA ON FLATBREAD

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 01/09
 Number of Portions: 50
 Size of Portion: SERVING

902951s GORDITA BREAD 6" ULTRA LOCO..... 50 SERVING
 902620s BEANS, CANNED, REFRIED, LOW SODIUM..... 2 #10 CAN
 902621s CHEESE CHEDDAR REDUCED FAT YELLOW SHREDDED... 1 LB + 9 OZ
 900153s ENCHILADA SAUCE, RED,ROSARITA..... 1/2 CAN
 R-000607 MEXICAN TOPPING BAR A LA CARTE..... 35 SERVINGS

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	319 kcal	Cholesterol	3.04 mg	Sugars	*0.00* g	Calcium	*131.71* mg	18.48%	Calories from Total Fat
Total Fat	6.54 g	Sodium	851.32 mg	Protein	*8.12* g	Iron	*3.55* mg	6.84%	Calories from Sat Fat
Saturated Fat	2.42 g	Carbohydrate	51.62 g	Vitamin A	*1248.98* IU	Water ¹	*61.92* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	10.43 g	Vitamin C	*10.15* mg	Ash ¹	*0.38* g	64.81%	Calories from Carbohydrates
								10.20%	Calories from Protein

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Humboldt Unified School District

001260 - TUNA & CHEESE ON VARITEY BREADS

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 4

Size of Portion: SERVINGS

- R-000973 TUNA SANDWICH ON HOAGIE ROLL..... 1 SANDWICH
- R-001242 TUNA SANDWICH on flat bread..... 1 SANDWICH
- R-000400 Tuna & Cheese sandwich..... 1 SANDWICH
- R-001243 TUNA in Bread Bowl..... 1 SANDWICH
- R-001405 TUNA SANDWICH on Croissant..... 1 SANDWICH

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	425 kcal	Cholesterol	57.39 mg	Sugars	*1.25* g	Calcium	*209.76* mg	38.49%	Calories from Total Fat
Total Fat	18.19 g	Sodium	937.87 mg	Protein	28.60 g	Iron	3.58 mg	8.36%	Calories from Sat Fat
Saturated Fat	3.95 g	Carbohydrate	41.36 g	Vitamin A	*249.29* IU	Water ¹	*24.66* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.19 g	Vitamin C	*1.30* mg	Ash ¹	*0.41* g	38.89%	Calories from Carbohydrates
								26.89%	Calories from Protein

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Humboldt Unified School District

001261 - TURKEY & CHEESE ON VARIETY BRE

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 3

Size of Portion: SERVINGS

- R-000975 TURKEY W/CHEESE HOAGIE..... 1 SANDWICH
- R-001241 TURKEY W/CHEESE on flat bread..... 1 SANDWICH
- R-000974 TURKEY W/CHEESE SNDW 1 SANDWICH
- R-001404 TURKEY W/CHEESE on Croissant..... 1 SANDWICH

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	447 kcal	Cholesterol	79.79 mg	Sugars	*1.67* g	Calcium	272.85 mg	29.51%	Calories from Total Fat
Total Fat	14.66 g	Sodium	1266.55 mg	Protein	32.86 g	Iron	3.01 mg	7.52%	Calories from Sat Fat
Saturated Fat	3.74 g	Carbohydrate	41.11 g	Vitamin A	*163.14* IU	Water ¹	*3.98* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.33 g	Vitamin C	*6.93* mg	Ash ¹	*0.28* g	36.78%	Calories from Carbohydrates
								29.40%	Calories from Protein

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Humboldt Unified School District

000519 - TURKEY GRAVY W/ MASHD POT, BS

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 100

Size of Portion: SERVINGS

Alternate Menu Name: TURKEY GRAVY

- 900223s TURKEY ROAST, BONELS, LT & DK MT RSTD, 8-12 #.... 20 1/2 LB
- 900195s TURKEY GRAVY, MIX..... 1 1/2 PACKAGE
- 901390s Garlic, granulated..... 1 1/2 TSP
- 902875s GARLIC POWDER..... 1 TBSP
- 902872s ONION POWDER..... 1 TSP
- 903401s POTATOES,INSTANT/DRY,PEALRS,EXCEL, HUSD..... 124 (1/2 CUP PREPARED)
- 902692s BREAD STICK WHOLE GRAIN 7" BAKE CRAFTERS..... 50 (1 BREAD STICK)

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	290 kcal	Cholesterol	65.60 mg	Sugars	*N/A* g	Calcium	*0.20* mg	19.85%	Calories from Total Fat
Total Fat	6.40 g	Sodium	1544.39 mg	Protein	29.09 g	Iron	*1.41* mg	5.09%	Calories from Sat Fat
Saturated Fat	1.64 g	Carbohydrate	34.48 g	Vitamin A	*0.00* IU	Water ¹	*0.01* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.25 g	Vitamin C	*6.42* mg	Ash ¹	*0.01* g	47.50%	Calories from Carbohydrates
								40.08%	Calories from Protein

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Humboldt Unified School District

001390 - WALKING TACO

Recipe HACCP Process: #2 Same Day Service

Source:
 Number of Portions: 1
 Size of Portion: SERVING

- 903500s TORTILLA CHIPS, BARREL O'FUN..... 1 BAG
- 900214s TURKEY TACO MEAT, FILLING, CKD, FROZEN..... 3 1/3 OZ
- 050343c CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE.... 1/2 OZ

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	364 kcal	Cholesterol	49.40 mg	Sugars	*1.00* g	Calcium	238.17 mg	45.02%	Calories from Total Fat
Total Fat	18.22 g	Sodium	684.49 mg	Protein	20.93 g	Iron	2.23 mg	12.88%	Calories from Sat Fat
Saturated Fat	5.21 g	Carbohydrate	31.60 g	Vitamin A	1017.41 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.83 g	Vitamin C	0.33 mg	Ash ¹	*N/A* g	34.70%	Calories from Carbohydrates
								22.99%	Calories from Protein

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Humboldt Unified School District

001126 - YOGURT, CHEESE MUFFIN MEDLEY

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 3

Size of Portion: SERVING

- 902809s YOGURT STWB OR STWB BANANA 4oz CONTAINER.... 3 (1 SERVING)
- 902810s MOTZ CHEESE STICK 1oz LITE..... 3 (1 STICK)
- 902859s LETTUCE COS OR ROMAINE RAW..... 3 leaf outer
- 903506s MUFFIN BANANA NUT DAVE'S 3.6 OZ WG..... 1 MUFFIN
- 903507s MUFFIN BLUEBERRY DAVES 3.6 OZ WG..... 1 MUFFIN
- 903508s MUFFIN CHOC CHIP DAVES 3.6 OZ WG..... 1 MUFFIN

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	426 kcal	Cholesterol	32.67 mg	Sugars	*22.00* g	Calcium	516.57 mg	21.12%	Calories from Total Fat
Total Fat	10.00 g	Sodium	425.00 mg	Protein	15.84 g	Iron	*1.61* mg	6.55%	Calories from Sat Fat
Saturated Fat	3.10 g	Carbohydrate	67.25 g	Vitamin A	*2538.80* IU	Water ¹	*26.49* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.39 g	Vitamin C	*2.32* mg	Ash ¹	*0.16* g	63.14%	Calories from Carbohydrates
								14.87%	Calories from Protein

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Humboldt Unified School District

000771 - ZITI, Baked WITH DINNER ROLL

Recipe HACCP Process: #3 Complex Food Preparation

Source: HUSD 2012

Number of Portions: 100

Size of Portion: EACH

902972s PENNE PASTA WHOLE GRAIN.....	1 (12.5 POUNDS)
902866s water.....	3 GAL
050543c SPAGHETTI SAUCE, MEATLESS, LOW-SODIUM, CANNED....	100 .25 CUP
902898s CHEESE COTTAGE 1% FAT.....	7 LB
900791s Cheese, Mozzarella, lowfat.....	6 LB
902716s Cheese Swiss.....	1 1/2 LB
902796s PARSLEY, DRIED.....	4 OZ
902899s CHEESE PROVOLONE RED FAT.....	1 1/2 LB
902614s Dinner Roll K-12.....	100 ROLL(S) (1.2 oz)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	455	kcal	Cholesterol	24.56	mg	Sugars	*N/A*	g	Calcium	*419.18*	mg	22.12%	Calories from Total Fat
Total Fat	11.18	g	Sodium	628.58	mg	Protein	27.59	g	Iron	*1.68*	mg	10.66%	Calories from Sat Fat
Saturated Fat	5.39	g	Carbohydrate	62.74	g	Vitamin A	*468.29*	IU	Water ¹	*155.90*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	5.70	g	Vitamin C	*3.85*	mg	Ash ¹	*1.94*	g	55.17%	Calories from Carbohydrates
												24.26%	Calories from Protein

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