

# 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 <sup>1</sup>	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.82 g	Vitamin C	*0.03* mg	Ash <sup>1</sup>	*0.00* g	30.29%	Calories from Carbohydrates
								29.32%	Calories from Protein

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# Humboldt Unified School District

**001402 - BAKED CHICKEN bbq or Teriyaki**

Recipe HACCP Process: #3 Complex Food Preparation

Source: HUSD

Number of Portions: 149

Size of Portion: servings

- 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
- 903501s PINEAPPLE TERIYAKI GLAZE..... 1/2 GAL
- 902692s BREAD STICK WHOLE GRAIN 7" BAKE CRAFTERS.... 75 (1 BREAD STICK)
- 900083s BARBEQUE SAUCE, KATY'S KITCHEN..... 1/2 GALLON

\*Nutrients are based upon 1 Portion Size (servings)

Calories	260	kcal	Cholesterol	104.83	mg	Sugars	*4.80*	g	Calcium	*22.07*	mg	35.24%	Calories from Total Fat
Total Fat	10.18	g	Sodium	472.04	mg	Protein	22.02	g	Iron	*0.79*	mg	11.45%	Calories from Sat Fat
Saturated Fat	3.31	g	Carbohydrate	18.17	g	Vitamin A	*0.00*	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	1.01	g	Vitamin C	*0.00*	mg	Ash <sup>1</sup>	*N/A*	g	27.94%	Calories from Carbohydrates
												33.87%	Calories from Protein

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# Humboldt Unified School District

**000602 - BEAN & CHEESE BURRITO AZ GOLD**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 8.09

Number of Portions: 100

Size of Portion: BURRITO

Alternate Menu Name: BEAN & CHEESE

BURRITO

902840s BURRITO BEAN & CHEESE AZ GOLD ..... 100 (1 BURRITO)

R-000607 MEXICAN TOPPING BAR A LA CARTE..... 10 SERVINGS

\*Nutrients are based upon 1 Portion Size (BURRITO)

Calories	382	kcal	Cholesterol	10.00	mg	Sugars	*3.00*	g	Calcium	*301.19*	mg	37.74%	Calories from Total Fat
Total Fat	16.02	g	Sodium	800.59	mg	Protein	16.08	g	Iron	*3.03*	mg	14.14%	Calories from Sat Fat
Saturated Fat	6.00	g	Carbohydrate	46.41	g	Vitamin A	*281.63*	IU	Water <sup>1</sup>	*8.85*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	4.12	g	Vitamin C	5.05	mg	Ash <sup>1</sup>	*0.05*	g	48.61%	Calories from Carbohydrates
												16.85%	Calories from Protein

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# Humboldt Unified School District

**000368 - BREAKFAST FOR LUNCH k-8**

Recipe HACCP Process: #2 Same Day Service

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

- 903533s FRENCH TOAST BAKE CRAFTERS..... 50 (2) STICKS
- 900209s OMELET, COLBY CHEESE, SKILLET, SUNNYFRESH.... 50 (1 SERVING)
- 900111s Potato Triangle Simplot..... 50 Serving
- 902748s SYRUP PANCAKE AMERICAN 1.5OZ CUPS..... 50 (1 SERVING)

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	569 kcal	Cholesterol	205.00 mg	Sugars	*31.79* g	Calcium	*101.00* mg	30.07%	Calories from Total Fat
Total Fat	19.00 g	Sodium	750.00 mg	Protein	15.00 g	Iron	*1.44* mg	7.12%	Calories from Sat Fat
Saturated Fat	4.50 g	Carbohydrate	83.66 g	Vitamin A	*400.00* IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*N/A* g	58.84%	Calories from Carbohydrates
								10.55%	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 <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.00 g	Vitamin C	*5.81* mg	Ash <sup>1</sup>	*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 <sup>1</sup>	*100.41* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.84 g	Vitamin C	*21.46* mg	Ash <sup>1</sup>	*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	*3.98* 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 <sup>1</sup>	*46.60* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	5.00 g	Vitamin C	*5.70* mg	Ash <sup>1</sup>	*0.79* g	65.71%	Calories from Carbohydrates
								18.86%	Calories from Protein

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# Humboldt Unified School District

**001332 - CHEESE RAVIOLI K-8**

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SERVING

- 903456s RAVIOLI WHOLE GRAIN JUMBO.... 1 SERVING (3 RAVIOLI)
- 902722s SPAGHETTI SAUCE RED GOLD..... 1 (1 SERVING (1/2 CUP))
- 902750s CHEESE,PARMESAN,GRATED..... 1 TBSP

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	267 kcal	Cholesterol	51.56 mg	Sugars	*2.00* g	Calcium	240.94 mg	21.92%	Calories from Total Fat
Total Fat	6.50 g	Sodium	618.75 mg	Protein	16.56 g	Iron	2.22 mg	11.38%	Calories from Sat Fat
Saturated Fat	3.38 g	Carbohydrate	37.00 g	Vitamin A	5321.88 IU	Water <sup>1</sup>	*1.30* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.00 g	Vitamin C	60.00 mg	Ash <sup>1</sup>	*0.50* g	55.46%	Calories from Carbohydrates
								24.82%	Calories from Protein

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# Humboldt Unified School District

**001042 - CHEESEBURGER ON A BUN**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 10

Size of Portion: SERVING

Alternate Menu Name: CHEESEBURGER

- 902790s BEEF PATTY 100% Beef Burger - Integrated..... 10 (1 PATTY)
- 900022s CHEESE AMERICAN SLICED COBBLESTREET MARKET .... 10 (1 slice (0.5 oz))
- 902689s HAMBURGER BUN 4" K-12 Spec..... 10 (1 BUN)

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	328 kcal	Cholesterol	51.50 mg	Sugars	4.14 g	Calcium	99.12 mg	38.00%	Calories from Total Fat
Total Fat	13.86 g	Sodium	643.18 mg	Protein	24.36 g	Iron	3.58 mg	15.76%	Calories from Sat Fat
Saturated Fat	5.75 g	Carbohydrate	28.27 g	Vitamin A	*136.02* IU	Water <sup>1</sup>	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.82 g	Vitamin C	*0.03* mg	Ash <sup>1</sup>	*0.00* g	34.44%	Calories from Carbohydrates
								29.68%	Calories from Protein

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# Humboldt Unified School District

## Recipe Master List

**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 <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.44 g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*N/A* g	35.66%	Calories from Carbohydrates
								28.98%	Calories from Protein

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# Humboldt Unified School District

**000941 - Chicken & Mashed Pot Bowl.DR**

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Size of Portion: SERVING

Alternate Menu Name: CHICKEN & MASHED

POTATO

BOWL

- R-001067 POTATOES,MASHED (Pearls)..... 100 (1/2 cup)
- 902682s CORN WHOLE KERNAL..... 1 CAN(S)
- 900196s GRAVY MIX Chicken, KATY'S KITCHEN.... 1 1/2 BAG(S)
- 902711s CHEESE CHEDDAR FEATHER FANCY.... 3 LB + 2 OZ
- 902966s CHICKEN POPCORN TYSON WG..... 100 (12 PIECE)
- 902614s Dinner Roll K-12..... 25 ROLL(S) (1.2 oz)

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	396 kcal	Cholesterol	36.80 mg	Sugars	*3.75* g	Calcium	152.80 mg	44.21%	Calories from Total Fat
Total Fat	19.45 g	Sodium	1007.21 mg	Protein	20.63 g	Iron	*2.34* mg	11.92%	Calories from Sat Fat
Saturated Fat	5.24 g	Carbohydrate	32.83 g	Vitamin A	*268.39* IU	Water <sup>1</sup>	*180.47* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.39 g	Vitamin C	*1.48* mg	Ash <sup>1</sup>	*0.21* g	33.17%	Calories from Carbohydrates
								20.85%	Calories from Protein

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# Humboldt Unified School District

## Recipe Master List

**001478 - Chicken & Waffle**

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: Serving

- 903532s WAFFLE BAKE CRAFTERS..... 1 WAFFLE
- 900188s CHICKEN PATTIES, ORIG/SPICY TYSON WG.... 1 PATTY
- 902748s SYRUP PANCAKE AMERICAN 1.5OZ CUPS..... 1 (1 SERVING)

\*Nutrients are based upon 1 Portion Size (Serving)

Calories	389	kcal	Cholesterol	59.00	mg	Sugars	*19.79*	g	Calcium	*20.00*	mg	31.26%	Calories from Total Fat
Total Fat	13.50	g	Sodium	555.00	mg	Protein	17.00	g	Iron	*2.16*	mg	5.79%	Calories from Sat Fat
Saturated Fat	2.50	g	Carbohydrate	53.66	g	Vitamin A	*500.00*	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	1.00	g	Vitamin C	*0.00*	mg	Ash <sup>1</sup>	*N/A*	g	55.22%	Calories from Carbohydrates
												17.50%	Calories from Protein

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# Humboldt Unified School District

**001182 - CHICKEN ALFREDO WITH A TWIST**

Recipe HACCP Process: #2 Same Day Service

Source: ON LINE

Number of Portions: 80

Size of Portion: 1 CUP

900187s CHICKEN FAJITA STRIPS, FULLY COOKED, FROZEN.... 18 LB + 12 OZ  
 902803s ROTINI WHOLE GRAIN DRY BARILLA..... 9 LB + 6 OZ  
 902897s ALFREDO SAUCE TUF DRY MIX..... 2 BAG

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

Calories	363 kcal	Cholesterol	84.31 mg	Sugars	*1.13* g	Calcium	77.35 mg	18.09%	Calories from Total Fat
Total Fat	7.30 g	Sodium	923.81 mg	Protein	27.25 g	Iron	*1.85* mg	7.76%	Calories from Sat Fat
Saturated Fat	3.13 g	Carbohydrate	44.42 g	Vitamin A	*20.17* IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.67 g	Vitamin C	*0.23* mg	Ash <sup>1</sup>	*N/A* g	48.90%	Calories from Carbohydrates
								30.00%	Calories from Protein

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# Humboldt Unified School District

**000869 - CHICKEN ENCHILADA GREEN or RED**

Recipe HACCP Process: #3 Complex Food Preparation

Source: HUSD 2010-11c  
 Number of Portions: 133  
 Size of Portion: SERVING

- 900187s CHICKEN FAJITA STRIPS, FULLY COOKED, FROZEN.... 1 CASE/133/3.6 OZ SERVINGS
- 902863s ONIONS FRESH\_CHOPPED..... 5 CUP, chopped
- 900152s CHILIES, GREEN, SHAMROCK..... 2 CAN (27OZ)
- 902980s TORTILLA 8" LA CANASTA WHITE WHEAT..... 133 TORTILLA
- 900089s ENCHILADA SAUCE, GREEN, LAS PALMAS..... 4 CAN(S)
- 900153s ENCHILADA SAUCE, RED,ROSARITA..... 1 #10 CAN
- 902711s CHEESE CHEDDAR FEATHER FANCY..... 4 LB

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	318 kcal	Cholesterol	90.94 mg	Sugars	*1.09* g	Calcium	189.50 mg	34.81%	Calories from Total Fat
Total Fat	12.30 g	Sodium	976.49 mg	Protein	26.10 g	Iron	*1.06* mg	9.98%	Calories from Sat Fat
Saturated Fat	3.53 g	Carbohydrate	23.73 g	Vitamin A	*193.10* IU	Water <sup>1</sup>	*5.36* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.10 g	Vitamin C	*5.38* mg	Ash <sup>1</sup>	*0.02* g	29.83%	Calories from Carbohydrates
								32.82%	Calories from Protein

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# Humboldt Unified School District

**001194 - CHICKEN FAJITA TACO**

Recipe HACCP Process: #2 Same Day Service

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

902980s TORTILLA 8" LA CANASTA WHITE WHEAT..... 100 TORTILLA  
 900187s CHICKEN FAJITA STRIPS, FULLY COOKED, FROZEN.... 19 LB  
 902868s CHEESE CHEDDAR FEATHER SHREDDED..... 3 LB + 2 OZ  
 R-000607 MEXICAN TOPPING BAR A LA CARTE..... 60 SERVINGS

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	296 kcal	Cholesterol	78.32 mg	Sugars	*0.92* g	Calcium	*170.74* mg	34.12%	Calories from Total Fat
Total Fat	11.21 g	Sodium	854.69 mg	Protein	23.35 g	Iron	*1.24* mg	11.27%	Calories from Sat Fat
Saturated Fat	3.70 g	Carbohydrate	23.59 g	Vitamin A	*678.68* IU	Water <sup>1</sup>	*58.46* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.71 g	Vitamin C	*8.88* mg	Ash <sup>1</sup>	*1.11* g	31.92%	Calories from Carbohydrates
								31.60%	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	343 kcal	Cholesterol	25.00 mg	Sugars	3.25 g	Calcium	25.00 mg	42.04%	Calories from Total Fat
Total Fat	16.00 g	Sodium	520.00 mg	Protein	19.25 g	Iron	2.97 mg	6.57%	Calories from Sat Fat
Saturated Fat	2.50 g	Carbohydrate	31.25 g	Vitamin A	*125.00* IU	Water <sup>1</sup>	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.50 g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*0.00* g	36.50%	Calories from Carbohydrates
								22.48%	Calories from Protein

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# Humboldt Unified School District

**001495 - CHICKEN PANINI SANDWICH**

Recipe HACCP Process: #2 Same Day Service

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

- 903544s PANINI BREAD..... 1 (2 SLICES)
- 903545s CHICKEN FILLET UNBREADED..... 1 PATTY
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE.... 1 slice (1/2 oz)

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	317 kcal	Cholesterol	72.50 mg	Sugars	2.00 g	Calcium	*95.00* mg	23.39%	Calories from Total Fat
Total Fat	8.25 g	Sodium	545.00 mg	Protein	29.00 g	Iron	*2.70* mg	4.96%	Calories from Sat Fat
Saturated Fat	1.75 g	Carbohydrate	31.00 g	Vitamin A	*45.00* IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*N/A* g	39.06%	Calories from Carbohydrates
								36.54%	Calories from Protein

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# Humboldt Unified School District

**000670 - CHICKEN PARMESAN, K8**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 2010-11c

Number of Portions: 50

Size of Portion: SERVINGS

Alternate Menu Name: CHICKEN PARMESAN

- 900212s PASTA, SPAGHETTI, WHOLE GRAIN,..... 3 LB + 5 OZ
- 902722s SPAGHETTI SAUCE RED GOLD..... 1 (1 # 10 CAN)
- 900188s CHICKEN PATTIES, ORIG/SPICY TYSON WG.... 50 PATTY
- 900791s Cheese, Mozzarella, lowfat..... 1 LB + 9 OZ

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	382 kcal	Cholesterol	62.59 mg	Sugars	3.90 g	Calcium	130.87 mg	34.30%	Calories from Total Fat
Total Fat	14.55 g	Sodium	633.63 mg	Protein	22.76 g	Iron	3.28 mg	10.07%	Calories from Sat Fat
Saturated Fat	4.27 g	Carbohydrate	40.81 g	Vitamin A	3005.29 IU	Water <sup>1</sup>	*23.52* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.03 g	Vitamin C	28.85 mg	Ash <sup>1</sup>	*1.88* g	42.77%	Calories from Carbohydrates
								23.84%	Calories from Protein

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# Humboldt Unified School District

**001245 - Chili & CORNBREAD**

Recipe HACCP Process: #3 Complex Food Preparation

Source: HUSD 10.09  
 Number of Portions: 140  
 Size of Portion: 3/4 CUP

- R-001382 CORNBREAD MIX\_PIONEER..... 140 PIECES
- 000711s BEEF GROUND ,80/20 Raw-to Cook & Drain..... 24 LB,raw weight
- 902863s ONIONS FRESH\_CHOPPED..... 2 small
- 900152s CHILIES, GREEN, SHAMROCK..... 2 CAN
- 903041s TACO SEASONING MIX,MILD..... 1 POUCH
- 903276s BEANS,PINTO,MATURE,CND,DRND..... 1 #10 can-drained
- 050548c BEANS, CANNED, KIDNEY, LOW-SODIUM..... 1 #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.... 4 LB + 6 OZ

\*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	516 kcal	Cholesterol	48.57 mg	Sugars	*12.33* g	Calcium	*221.05* mg	33.14%	Calories from Total Fat
Total Fat	19.00 g	Sodium	1135.68 mg	Protein	22.79 g	Iron	5.34 mg	14.24%	Calories from Sat Fat
Saturated Fat	8.16 g	Carbohydrate	64.59 g	Vitamin A	*916.01* IU	Water <sup>1</sup>	*52.51* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	7.00 g	Vitamin C	*9.08* mg	Ash <sup>1</sup>	*0.96* g	50.08%	Calories from Carbohydrates
								17.66%	Calories from Protein

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# Humboldt Unified School District

**000957 - CHILI DOG 7-8TH GRADE**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 10.09

Number of Portions: 1

Size of Portion: SERVING

Alternate Menu Name: CHILI DOG

900146s TURKEY HOT DOG..... 1 HOT DOG  
 000701s HOTDOG ROLLS/BUNS, 12 CT, HOLSUM.... 1 (1 ROLL)  
 R-001262 CHILI RECIPE K-8..... 1 (1/2 CUP)

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	571	kcal	Cholesterol	98.57	mg	Sugars	*N/A*	g	Calcium	*218.99*	mg	33.76%	Calories from Total Fat
Total Fat	21.42	g	Sodium	1418.56	mg	Protein	35.82	g	Iron	*5.43*	mg	11.98%	Calories from Sat Fat
Saturated Fat	7.60	g	Carbohydrate	59.72	g	Vitamin A	*1170.15*	IU	Water <sup>1</sup>	*52.60*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	9.22	g	Vitamin C	*9.09*	mg	Ash <sup>1</sup>	*1.06*	g	41.83%	Calories from Carbohydrates
												25.09%	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 <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	1.50	g	Vitamin C	*N/A*	mg	Ash <sup>1</sup>	*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 <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.87 g	Vitamin C	*N/A* mg	Ash <sup>1</sup>	*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 <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	5.00 g	Vitamin C	*N/A* mg	Ash <sup>1</sup>	*N/A* g	50.00%	Calories from Carbohydrates
								15.00%	Calories from Protein

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# Humboldt Unified School District

**001376 - COWBOY NACHOS**

Recipe HACCP Process: #2 Same Day Service

Source:  
 Number of Portions: 120  
 Size of Portion: SERVINGS

- 903523s PORK PULLED COOKED USDA..... 1 (30 POUNDS)
- 902743s TORTILLA CHIPS YELLOW OR WHITE ..... 120 SERVING (2 OZ)
- 902711s CHEESE CHEDDAR FEATHER FANCY..... 2 LB
- R-000607 MEXICAN TOPPING BAR A LA CARTE..... 30 SERVINGS

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	429 kcal	Cholesterol	78.97 mg	Sugars	*0.00* g	Calcium	*93.07* mg	46.56%	Calories from Total Fat
Total Fat	22.20 g	Sodium	605.24 mg	Protein	26.97 g	Iron	*1.36* mg	9.60%	Calories from Sat Fat
Saturated Fat	4.58 g	Carbohydrate	33.68 g	Vitamin A	*285.03* IU	Water <sup>1</sup>	*22.11* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.90 g	Vitamin C	*3.62* mg	Ash <sup>1</sup>	*0.13* g	31.40%	Calories from Carbohydrates
								25.14%	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 <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	3.00	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	*N/A*	g	101.82%	Calories from Carbohydrates
												0.00%	Calories from Protein

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# Humboldt Unified School District

**001411 - Deli Tray**

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 2

Size of Portion: SERVINGS

- 900090s HAM, WATER ADDED, FLY CKD, SLICED, 5 LB..... 2 1/2 OZ
- 902622s TURKEY BREAST COOKED DELI COMMODITY.... 3 1/4 OZ
- R-001412 CHEESE\_VARIETY..... 2 (1 oz SERVING)
- 903487s SALTINE WG ..... 4 PACKAGE(S)
- 903522s GOLDFISH CHEDDAR CRACKERS..... 2 BAG(S)

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	380 kcal	Cholesterol	64.66 mg	Sugars	*0.00* g	Calcium	*237.42* mg	35.26%	Calories from Total Fat
Total Fat	14.88 g	Sodium	1055.49 mg	Protein	25.06 g	Iron	*2.38* mg	10.94%	Calories from Sat Fat
Saturated Fat	4.62 g	Carbohydrate	30.93 g	Vitamin A	*178.33* IU	Water <sup>1</sup>	*6.88* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*2.64* mg	Ash <sup>1</sup>	*0.52* g	32.57%	Calories from Carbohydrates
								26.39%	Calories from Protein

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# Humboldt Unified School District

**001266 - FIESTA SCOOPS (BEEF)**

Recipe HACCP Process: #2 Same Day Service

Source: PEPSICO

Number of Portions: 100

Size of Portion: SERVINGS

Alternate Menu Name: FIESTA SCOOPS

- 902752s TOSTITOS SCOOPS BAKED (16 OZ BAG..... 7 7/8 BAG
- 902755s BEEF CRUMBLES USDA..... 7 LB
- 050548c BEANS, CANNED, KIDNEY, LOW-SODIUM..... 1 #10 CAN
- 050554c BEANS, CANNED, BLACK-EYED PEA, LOW-SODIUM..... 1 #10 CAN
- 902671s TOMATOES, CANNED, DICED..... 1 #10 CAN
- 050343c CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE.... 3 1/8 LB
- 902904s PUMPKIN CANNED WITH SALT..... 1 #10 CAN
- 050540c SALSA, LOW-SODIUM, CANNED..... 200 TBSP

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	333 kcal	Cholesterol	30.23 mg	Sugars	*0.32* g	Calcium	200.66 mg	28.57%	Calories from Total Fat
Total Fat	10.57 g	Sodium	572.71 mg	Protein	17.72 g	Iron	3.28 mg	10.73%	Calories from Sat Fat
Saturated Fat	3.97 g	Carbohydrate	43.98 g	Vitamin A	*5136.49* IU	Water <sup>1</sup>	*27.04* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	7.61 g	Vitamin C	*6.90* mg	Ash <sup>1</sup>	*0.17* g	52.85%	Calories from Carbohydrates
								21.29%	Calories from Protein

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# Humboldt Unified School District

**000351 - FRENCH FRIES ORE-IDA**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 1

Size of Portion: 1/2 cup

SERVING

Alternate Menu Name:

FRIES

900162s FRENCH FRIES .... 1 SERVING (1/2 CUP)

\*Nutrients are based upon 1 Portion Size (1/2 cup SERVING)

Calories	105	kcal	Cholesterol	0.00	mg	Sugars	0.00	g	Calcium	0.00	mg	39.38%	Calories from Total Fat
Total Fat	4.60	g	Sodium	236.40	mg	Protein	1.31	g	Iron	0.71	mg	5.63%	Calories from Sat Fat
Saturated Fat	0.66	g	Carbohydrate	14.45	g	Vitamin A	0.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	1.31	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	*N/A*	g	55.00%	Calories from Carbohydrates
												5.00%	Calories from Protein

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# Humboldt Unified School District

**001410 - GNRL TSO CHX W ASIAN NOODLES**

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Size of Portion: SERVINGS

- 902966s CHICKEN POPCORN TYSON WG.... 100 (12 PIECE)
- 903521s GENERAL TSO SAUCE..... 1 1/2 (1/2 GALLON)
- 903520s YAKISOBA NOODLES ..... 100 (1/2 CUP SERVING)

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	386 kcal	Cholesterol	21.65 mg	Sugars	*10.45* g	Calcium	55.95 mg	32.84%	Calories from Total Fat
Total Fat	14.09 g	Sodium	750.19 mg	Protein	19.23 g	Iron	2.72 mg	6.31%	Calories from Sat Fat
Saturated Fat	2.71 g	Carbohydrate	45.66 g	Vitamin A	176.10 IU	Water <sup>1</sup>	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	5.26 g	Vitamin C	*0.14* mg	Ash <sup>1</sup>	*0.00* g	47.29%	Calories from Carbohydrates
								19.91%	Calories from Protein

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

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# Humboldt Unified School District

**001048 - HAM AND CHEESE SANDWICH**

Recipe HACCP Process: #1 No Cook

Source: HUSD 10.09  
 Number of Portions: 1  
 Size of Portion: SANDWICH

900090s HAM, WATER ADDED, FLY CKD, SLICED, 5 LB.... 3 OZ  
 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE..... 1 slice (1/2 oz)  
 902828s SANDWICH BREAD K-12 SPEC ..... 2 (1 SLICE)

\*Nutrients are based upon 1 Portion Size (SANDWICH)

Calories	275 kcal	Cholesterol	52.50 mg	Sugars	*N/A* g	Calcium	122.50 mg	22.09%	Calories from Total Fat
Total Fat	6.75 g	Sodium	1235.00 mg	Protein	23.00 g	Iron	5.59 mg	7.28%	Calories from Sat Fat
Saturated Fat	2.22 g	Carbohydrate	32.98 g	Vitamin A	*82.50* IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	6.00 g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*N/A* g	47.96%	Calories from Carbohydrates
								33.45%	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 <sup>1</sup>	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.82 g	Vitamin C	*0.03* mg	Ash <sup>1</sup>	*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 <sup>1</sup>	*27.45* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.07 g	Vitamin C	*30.00* mg	Ash <sup>1</sup>	*1.85* g	45.66%	Calories from Carbohydrates
								20.04%	Calories from Protein

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# Humboldt Unified School District

**000951 - LASAGNA w small BS (real beef)**

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
- 902863s ONIONS FRESH\_CHOPPED..... 2 medium (2-1/2" dia)
- 901793s Oregano leaves;dried..... 1/3 CUP, ground
- 902901s BAY LEAF CRUMBLED..... 1/3 CUP, crumbled
- 902793s GARLIC,FRESH, CRUSHED..... 1/4 CUP
- 903535s TOMATO PASTE LOW-SODIUM CANNED..... 2 QT
- 903536s TOMATO SAUCE LOW-SODIUM CANNED..... 2 # 10 can
- 902750s CHEESE,PARMESAN,GRATED..... 2 1/4 CUP
- 900791s Cheese, Mozzarella, lowfat..... 25 OZ
- 902898s CHEESE COTTAGE 1% FAT..... 8 CUP
- 902983s PASTA LASAGNA WHOLE GRAIN..... 7 LB + 8 OZ
- 902960s BREADSTICK 5.5" WHITE WHOLE WHEAT.... 100 BREAD STICK(S)

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	412 kcal	Cholesterol	38.81 mg	Sugars	5.10 g	Calcium	*88.18* mg	22.92%	Calories from Total Fat
Total Fat	10.49 g	Sodium	426.37 mg	Protein	22.74 g	Iron	4.68 mg	7.64%	Calories from Sat Fat
Saturated Fat	3.49 g	Carbohydrate	58.31 g	Vitamin A	*882.79* IU	Water <sup>1</sup>	*38.50* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	7.06 g	Vitamin C	*7.31* mg	Ash <sup>1</sup>	*1.17* g	56.64%	Calories from Carbohydrates
								22.09%	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 <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*N/A* g	47.74%	Calories from Carbohydrates
								23.23%	Calories from Protein

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# Humboldt Unified School District

## Recipe Master List

**001392 - MACARONI & CHEESE**

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 131

Size of Portion: SERVINGS

900211s PASTA, ROTINI/PENNE, WHOLE GRAIN,.... 16 LB + 5 OZ  
 903502s SAUCE CHEDDAR CHEESE..... 1 (30 LB CASE)

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	406 kcal	Cholesterol	56.37 mg	Sugars	*2.01* g	Calcium	4086.91 mg	39.01%	Calories from Total Fat
Total Fat	17.59 g	Sodium	795.24 mg	Protein	22.03 g	Iron	1.87 mg	20.54%	Calories from Sat Fat
Saturated Fat	9.26 g	Carbohydrate	43.70 g	Vitamin A	39157.79 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.98 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	43.08%	Calories from Carbohydrates
								21.72%	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 <sup>1</sup>	*6.59* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	6.92 g	Vitamin C	*57.70* mg	Ash <sup>1</sup>	*0.53* g	46.51%	Calories from Carbohydrates
								25.27%	Calories from Protein

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# Humboldt Unified School District

**001337 - MINI CHICKEN TACOS**

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: THREE TACOS

903459s MINI CHICKEN TACOS.... 1 (THREE) TACOS

\*Nutrients are based upon 1 Portion Size (THREE TACOS)

Calories	320	kcal	Cholesterol	55.00	mg	Sugars	0.00	g	Calcium	200.00	mg	39.38%	Calories from Total Fat
Total Fat	14.00	g	Sodium	480.00	mg	Protein	17.00	g	Iron	3.60	mg	14.06%	Calories from Sat Fat
Saturated Fat	5.00	g	Carbohydrate	31.00	g	Vitamin A	400.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	4.00	g	Vitamin C	2.40	mg	Ash <sup>1</sup>	*N/A*	g	38.75%	Calories from Carbohydrates
												21.25%	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 <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	3.00	g	Vitamin C	51.00	mg	Ash <sup>1</sup>	*N/A*	g	49.44%	Calories from Carbohydrates
												13.48%	Calories from Protein

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# Humboldt Unified School District

**001358 - NACHO LIL BITES**

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 72

Size of Portion: SERVINGS

903474s NACHO LIL BITES.... 1 CASE (72 SERVINGS)

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	270	kcal	Cholesterol	15.00	mg	Sugars	1.00	g	Calcium	150.00	mg	33.34%	Calories from Total Fat
Total Fat	10.00	g	Sodium	440.00	mg	Protein	11.00	g	Iron	1.44	mg	13.33%	Calories from Sat Fat
Saturated Fat	4.00	g	Carbohydrate	32.00	g	Vitamin A	500.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	3.00	g	Vitamin C	2.40	mg	Ash <sup>1</sup>	*N/A*	g	47.41%	Calories from Carbohydrates
												16.30%	Calories from Protein

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# Humboldt Unified School District

**000732 - NACHOS GRANDE**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 12.08  
 Number of Portions: 150  
 Size of Portion: EACH

- 902743s TORTILLA CHIPS YELLOW OR WHITE .... 14 LB + 1 OZ
- 903041s TACO SEASONING MIX,MILD..... 1 OZ
- 902755s BEEF CRUMBLES USDA..... 15 LB
- 902873s BEANS REFRIED SANTIAGO..... 4 pouch
- 903276s BEANS,PINTO,MATURE,CND,DRND..... 1 #10 can-drained
- 900125s SAUCE NACHO CHEESE..... 1 1/2 #10 CAN

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	409 kcal	Cholesterol	33.70 mg	Sugars	*0.45* g	Calcium	*83.51* mg	39.41%	Calories from Total Fat
Total Fat	17.90 g	Sodium	789.38 mg	Protein	19.60 g	Iron	*1.64* mg	10.27%	Calories from Sat Fat
Saturated Fat	4.66 g	Carbohydrate	46.27 g	Vitamin A	*146.04* IU	Water <sup>1</sup>	*13.28* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	8.65 g	Vitamin C	*1.23* mg	Ash <sup>1</sup>	*0.31* g	45.29%	Calories from Carbohydrates
								19.18%	Calories from Protein

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# Humboldt Unified School District

**000738 - ORANGE CHICKEN WITH BROWN RICE**

Recipe HACCP Process: #2 Same Day Service

Source:  
 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	433 kcal	Cholesterol	21.61 mg	Sugars	*0.00* g	Calcium	52.08 mg	31.01%	Calories from Total Fat
Total Fat	14.93 g	Sodium	492.28 mg	Protein	17.75 g	Iron	2.39 mg	5.61%	Calories from Sat Fat
Saturated Fat	2.70 g	Carbohydrate	55.70 g	Vitamin A	108.06 IU	Water <sup>1</sup>	*54.64* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.47 g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*0.05* g	51.41%	Calories from Carbohydrates
								16.38%	Calories from Protein

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# Humboldt Unified School District

**000759 - PEANUT BUTTER & JELLY SANDWICH**

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 50

Size of Portion: EACH

902828s SANDWICH BREAD K-12 SPEC ..... 100 (1 SLICE)  
 360905s PEANUT BUTTER,SMOOTH,REGULAR-COMMODITY.... 200 TBSP  
 900316s JELLY GRAPE 2 TABLESPOONS KATY'S..... 50 SERVING

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	554 kcal	Cholesterol	0.00 mg	Sugars	15.62 g	Calcium	74.40 mg	37.46%	Calories from Total Fat
Total Fat	23.07 g	Sodium	636.83 mg	Protein	19.48 g	Iron	2.80 mg	9.57%	Calories from Sat Fat
Saturated Fat	5.89 g	Carbohydrate	55.64 g	Vitamin A	*2.58* IU	Water <sup>1</sup>	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	9.61 g	Vitamin C	*9.36* mg	Ash <sup>1</sup>	*0.00* g	40.16%	Calories from Carbohydrates
								14.06%	Calories from Protein

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# Humboldt Unified School District

**000526 - PIZZA, CHEESE**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 4.09

Number of Portions: 8

Size of Portion: SLICES

Alternate Menu Name: CHEESE PIZZA

- 903458s PIZZA CRUST 14" PAR BAKED RICH'S WHITE WHEAT..... 1 ONE CRUST
- 902742s COATING VEGALENE GARLIC FLAVOR PAN COATING.... 3 (1/3 SECOND SPRAY)
- 900791s Cheese, Mozzarella, lowfat..... 16 OZ
- R-001531 PIZZA SAUCE..... 1 (6 oz Serving)

\*Nutrients are based upon 1 Portion Size (SLICES)

Calories	364 kcal	Cholesterol	50.63 mg	Sugars	*2.38* g	Calcium	*405.00* mg	33.42%	Calories from Total Fat
Total Fat	13.50 g	Sodium	653.03 mg	Protein	17.82 g	Iron	*0.00* mg	17.55%	Calories from Sat Fat
Saturated Fat	7.09 g	Carbohydrate	32.64 g	Vitamin A	*416.25* IU	Water <sup>1</sup>	*94.08* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.29 g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*7.53* g	35.91%	Calories from Carbohydrates
								19.60%	Calories from Protein

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# Humboldt Unified School District

**000315 - PIZZA, PEPPERONI**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 4.09

Number of Portions: 8

Size of Portion: SLICES

Alternate Menu Name: Pepperoni Pizza

2nd Alternate Menu Name: Pizza

- 903458s PIZZA CRUST 14" PAR BAKED RICH'S WHITE WHEAT..... 1 ONE CRUST
- 902742s COATING VEGALENE GARLIC FLAVOR PAN COATING.... 3 (1/3 SECOND SPRAY)
- R-001531 PIZZA SAUCE..... 1 (6 oz Serving)
- 900791s Cheese, Mozzarella, lowfat..... 16 OZ
- 900037s PEPPERONI, SLICED, BONICI..... 1 3/4 OZ

\*Nutrients are based upon 1 Portion Size (SLICES)

Calories	394 kcal	Cholesterol	57.19 mg	Sugars	*2.38* g	Calcium	*409.38* mg	36.82%	Calories from Total Fat
Total Fat	16.12 g	Sodium	771.16 mg	Protein	19.13 g	Iron	*0.08* mg	18.68%	Calories from Sat Fat
Saturated Fat	8.18 g	Carbohydrate	32.64 g	Vitamin A	*416.25* IU	Water <sup>1</sup>	*94.08* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.29 g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*7.53* g	33.12%	Calories from Carbohydrates
								19.41%	Calories from Protein

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# Humboldt Unified School District

## Recipe Master List

**001210 - PIZZABLES**

Recipe HACCP Process: #2 Same Day Service

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

900802s CHEESE MOZZARELLA ..... 12 LB + 8 OZ  
 902952s MARINARA SAUCE 2.5 OZ RED GOLD.... 100 SERVING  
 902951s GORDITA BREAD 6" ULTRA LOCO..... 100 SERVING

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	340	kcal	Cholesterol	30.00	mg	Sugars	*N/A*	g	Calcium	514.00	mg	34.41%	Calories from Total Fat
Total Fat	13.00	g	Sodium	456.00	mg	Protein	12.60	g	Iron	3.96	mg	21.18%	Calories from Sat Fat
Saturated Fat	8.00	g	Carbohydrate	35.50	g	Vitamin A	*544.00*	IU	Water <sup>1</sup>	*109.80*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	4.26	g	Vitamin C	*3.00*	mg	Ash <sup>1</sup>	*7.40*	g	41.77%	Calories from Carbohydrates
												14.82%	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 <sup>1</sup>	*17.61* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.51 g	Vitamin C	*6.56* mg	Ash <sup>1</sup>	*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 <sup>1</sup>	*5.60* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*0.06* g	60.08%	Calories from Carbohydrates
								6.58%	Calories from Protein

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# Humboldt Unified School District

## Recipe Master List

**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 <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*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 <sup>1</sup>	0.00	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	0.00	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	0.00	g	80.00%	Calories from Carbohydrates
												0.00%	Calories from Protein

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# Humboldt Unified School District

**000829 - SHRIMP AND FISH**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 12.08

Number of Portions: 50

Size of Portion: SERVINGS

Alternate Menu Name: SHRIMP & FISH

903516s FISH STICKS ALASKA POLLOCK COMMODITY..... 50 TWO STICKS  
 900175s SHRIMP POPPERS WG, SEAPACK, 5/2 LB BAGS.... 50 (1 serving - 14 PCS)  
 R-000126 TARTAR SAUCE: scratch..... 10 (2 TBSP)

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	275 kcal	Cholesterol	63.76 mg	Sugars	*0.00* g	Calcium	36.10 mg	47.60%	Calories from Total Fat
Total Fat	14.53 g	Sodium	528.37 mg	Protein	15.52 g	Iron	2.21 mg	6.35%	Calories from Sat Fat
Saturated Fat	1.94 g	Carbohydrate	24.45 g	Vitamin A	143.76 IU	Water <sup>1</sup>	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.64 g	Vitamin C	2.14 mg	Ash <sup>1</sup>	*0.01* g	35.60%	Calories from Carbohydrates
								22.60%	Calories from Protein

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# Humboldt Unified School District

## Recipe Master List

**000686 - SOFT TACO, BEEF**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 9.09

Number of Portions: 50

Size of Portion: EACH

- 902751s CHEESE AMERICAN SHREDDED FTHR..... 1 LB + 9 OZ
- R-000607 MEXICAN TOPPING BAR A LA CARTE..... 35 SERVINGS
- 902980s TORTILLA 8" LA CANASTA WHITE WHEAT.... 50 TORTILLA
- 902755s BEEF CRUMBLES USDA..... 8 LB
- 902895s TOMATO SAUCE,CANNED..... 1/3 #10 CAN
- 902704s SEASONING TACO LAWRY'S..... 1 PACKAGE (9 oz)

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	356 kcal	Cholesterol	63.46 mg	Sugars	*0.73* g	Calcium	*175.73* mg	42.71%	Calories from Total Fat
Total Fat	16.91 g	Sodium	1193.19 mg	Protein	23.57 g	Iron	*3.48* mg	16.89%	Calories from Sat Fat
Saturated Fat	6.69 g	Carbohydrate	29.62 g	Vitamin A	*1355.25* IU	Water <sup>1</sup>	*79.64* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	5.58 g	Vitamin C	*12.38* mg	Ash <sup>1</sup>	*0.77* g	33.25%	Calories from Carbohydrates
								26.46%	Calories from Protein

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# Humboldt Unified School District

**000730 - SOFT TACO, TURKEY**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 2011

Number of Portions: 50

Size of Portion: EACH

- 900214s TURKEY TACO MEAT, FILLING, CKD, FROZEN..... 16 LB
- 902860s LETTUCE ICEBERG FRESH..... 12 1/2 CUP, shredded
- 050343c CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE.... 1 LB + 9 OZ
- 902980s TORTILLA 8" LA CANASTA WHITE WHEAT..... 50 TORTILLA
- R-000607 MEXICAN TOPPING BAR A LA CARTE..... 50 SERVINGS

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	374 kcal	Cholesterol	72.23 mg	Sugars	*0.00* g	Calcium	*280.58* mg	39.75%	Calories from Total Fat
Total Fat	16.53 g	Sodium	945.18 mg	Protein	29.68 g	Iron	*3.46* mg	11.73%	Calories from Sat Fat
Saturated Fat	4.88 g	Carbohydrate	29.08 g	Vitamin A	*2280.51* IU	Water <sup>1</sup>	*105.67* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.66 g	Vitamin C	*15.51* mg	Ash <sup>1</sup>	*0.60* g	31.08%	Calories from Carbohydrates
								31.73%	Calories from Protein

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# Humboldt Unified School District

**001151 - SPAGHETTI AND MB w/small BS**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 150

Size of Portion: SERVINGS

- 902722s SPAGHETTI SAUCE RED GOLD..... 4 1/2 (1 # 10 CAN)
- 900212s PASTA, SPAGHETTI, WHOLE GRAIN,..... 15 LB
- 902766s Meatballs CKD Integrated Commodity..... 600 (1 meatball)
- 902750s CHEESE,PARMESAN,GRATED..... 5 CUP
- 902960s BREADSTICK 5.5" WHITE WHOLE WHEAT.... 150 BREAD STICK(S)

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	430 kcal	Cholesterol	28.83 mg	Sugars	8.25 g	Calcium	38.37 mg	18.71%	Calories from Total Fat
Total Fat	8.93 g	Sodium	454.57 mg	Protein	20.21 g	Iron	4.39 mg	4.57%	Calories from Sat Fat
Saturated Fat	2.18 g	Carbohydrate	69.35 g	Vitamin A	*3617.72* IU	Water <sup>1</sup>	*0.69* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	6.06 g	Vitamin C	*43.27* mg	Ash <sup>1</sup>	*0.27* g	64.55%	Calories from Carbohydrates
								18.81%	Calories from Protein

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# Humboldt Unified School District

**000950 - SPAGHETTI W MEAT SAUCE Grb&go**

Recipe HACCP Process: #2 Same Day Service

Source: 2010 HUSD

Number of Portions: 50

Size of Portion: SERVING

- 902755s BEEF CRUMBLES USDA..... 8 LB + 10 OZ
- 902863s ONIONS FRESH\_CHOPPED..... 3/4 CUP, chopped
- 902875s GARLIC POWDER..... 2 TBSP
- 902722s SPAGHETTI SAUCE RED GOLD..... 1 1/2 (1 # 10 CAN)
- 902823s WATER..... 3 GAL
- 900212s PASTA, SPAGHETTI, WHOLE GRAIN,..... 4 LB + 8 OZ
- 901793s Oregano leaves;dried..... 2 TBSP, leaves
- 902826s PEPPER BLACK..... 1 TSP, ground
- 900151s TOMATOES, DICED, CND, PKD IN JUICE, BOU. HARV.... 1/2 #10 CAN
- 902750s CHEESE,PARMESAN,GRATED..... 1 LB + 10 OZ
- 902960s BREADSTICK 5.5" WHITE WHOLE WHEAT..... 50 BREAD STICK(S)

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	498 kcal	Cholesterol	58.46 mg	Sugars	*9.29* g	Calcium	109.75 mg	25.35%	Calories from Total Fat
Total Fat	14.04 g	Sodium	560.05 mg	Protein	30.95 g	Iron	5.68 mg	8.67%	Calories from Sat Fat
Saturated Fat	4.80 g	Carbohydrate	66.31 g	Vitamin A	*3829.11* IU	Water <sup>1</sup>	*232.54* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	10.03 g	Vitamin C	*47.37* mg	Ash <sup>1</sup>	*1.44* g	53.22%	Calories from Carbohydrates
								24.84%	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 <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.00 g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*N/A* g	42.42%	Calories from Carbohydrates
								26.67%	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 <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*1.10* mg	Ash <sup>1</sup>	*N/A* g	49.42%	Calories from Carbohydrates
								18.56%	Calories from Protein

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# Humboldt Unified School District

**000943 - TURKEY GRAVY W/ MASHD POT, BS**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 100

Size of Portion: SERVINGS

- 902688s TURKEY SKINLESS OVEN ROASTED JENNIE-O..... 21 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..... 100 (1/2 CUP PREPARED)
- 902692s BREAD STICK WHOLE GRAIN 7" BAKE CRAFTERS... 100 (1 BREAD STICK)

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	285 kcal	Cholesterol	44.80 mg	Sugars	3.12 g	Calcium	*5.35* mg	15.35%	Calories from Total Fat
Total Fat	4.86 g	Sodium	1273.96 mg	Protein	22.81 g	Iron	*0.63* mg	3.54%	Calories from Sat Fat
Saturated Fat	1.12 g	Carbohydrate	41.64 g	Vitamin A	*0.00* IU	Water <sup>1</sup>	*0.01* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.01 g	Vitamin C	*4.27* mg	Ash <sup>1</sup>	*0.01* g	58.51%	Calories from Carbohydrates
								32.06%	Calories from Protein

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# Humboldt Unified School District

## Recipe Master List

**000944 - TURKEY HOT DOG**

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 11.08  
 Number of Portions: 1  
 Size of Portion: EACH

900146s TURKEY HOT DOG..... 1 HOT DOG  
 000701s HOTDOG ROLLS/BUNS, 12 CT, HOLSUM.... 1 (1 ROLL)

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	220 kcal	Cholesterol	50.00 mg	Sugars	*N/A* g	Calcium	180.00 mg	38.86%	Calories from Total Fat
Total Fat	9.50 g	Sodium	890.00 mg	Protein	12.00 g	Iron	2.16 mg	10.23%	Calories from Sat Fat
Saturated Fat	2.50 g	Carbohydrate	21.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	0.00 g	38.18%	Calories from Carbohydrates
								21.82%	Calories from Protein

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<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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 <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.83 g	Vitamin C	0.33 mg	Ash <sup>1</sup>	*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 <sup>1</sup>	*26.49* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.39 g	Vitamin C	*2.32* mg	Ash <sup>1</sup>	*0.16* g	63.14%	Calories from Carbohydrates
								14.87%	Calories from Protein

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# Humboldt Unified School District

**001348 - ZITI, Baked**

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
- 903537s SPAGHETTI SAUCE MEATLESS LOW-SODIUM CANNED.... 3 (1 #10 CAN)
- 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

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	398 kcal	Cholesterol	24.56 mg	Sugars	7.49 g	Calcium	381.25 mg	23.57%	Calories from Total Fat
Total Fat	10.44 g	Sodium	470.11 mg	Protein	23.93 g	Iron	3.22 mg	12.27%	Calories from Sat Fat
Saturated Fat	5.43 g	Carbohydrate	52.19 g	Vitamin A	562.65 IU	Water <sup>1</sup>	*155.90* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.70 g	Vitamin C	4.95 mg	Ash <sup>1</sup>	*1.94* g	52.39%	Calories from Carbohydrates
								24.02%	Calories from Protein

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