

# Recipe Prep Sheet

Tamalpais Union High School District

## 990042 - Apple Frudel IW

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
990203	Apple Frudel IW	1 Frudel

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

Calories <sup>1</sup>	210.000 kcal	Total Fat	6.000 g	Total Dietary Fiber	2.000 g	Vitamin C	*N/A* mg	25.714% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	4.000 g	Iron	1.440 mg	4.286% Calories from Sat Fat
Sodium <sup>1</sup>	250.000 mg	Cholesterol	0.000 mg	Vitamin A	*N/A* IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	10.000 g	Carbohydrate	36.000 g	Calcium	*N/A* mg	Ash	0.000 g	68.571% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.431			7.619% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 588 - Beef Patty Marinara on Rice

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
902697	Beef Patty Smokie Grill Flame Broiled	1 Patty 3 oz
902286	SPAGHETTI SAUCE,CND	1/4 CUP
R-000190	Rice - Brown and White WG	1 (1.25 cup)

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

Calories <sup>1</sup>	474.311 kcal	Total Fat	20.356 g	Total Dietary Fiber	2.239 g	Vitamin C	5.578 mg	38.624% Calories from Total Fat
Saturated Fat <sup>1</sup>	7.670 g	Trans Fat <sup>2</sup>	*1.013* g	Protein	21.672 g	Iron	3.704 mg	14.554% Calories from Sat Fat
Sodium <sup>1</sup>	441.789 mg	Cholesterol	70.874 mg	Vitamin A	611.046 IU	Water	*181.391* g	*1.921%* Calories from Trans Fat
Sugars	*2.988* g	Carbohydrate	47.340 g	Calcium	52.674 mg	Ash	*N/A* g	39.923% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.311			18.277% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.25 cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 241 - Black Bean and Corn Salsa

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 9

Portion Size: cup

Ingredient #	Ingredient Description	Measurements
902532	BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUI	3 CUP
011178	CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPREP	4 CUP
011821	PEPPERS,SWT,RED,RAW	1 CUP, chopped
901711	ONIONS,RED,RAW	1 CUP, chopped
901586	LIME JUICE	1/4 cup
004053	OIL,OLIVE,SALAD OR COOKING	1/3 CUP
990016	SPICE CUMIN,GROUND	1 tbsp
002031	Spice PEPPER,RED OR CAYENNE	1 Dash

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

Calories <sup>1</sup>	250.029 kcal	Total Fat	8.920 g	Total Dietary Fiber	7.530 g	Vitamin C	54.080 mg	32.108% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.268 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	7.668 g	Iron	3.232 mg	4.563% Calories from Sat Fat
Sodium <sup>1</sup>	356.967 mg	Cholesterol	0.000 mg	Vitamin A	651.114 IU	Water	*199.698* g	*0.000%* Calories from Trans Fat
Sugars	*2.207* g	Carbohydrate	38.071 g	Calcium	57.071 mg	Ash	*N/A* g	60.906% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.482			12.267% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	1 cup	Milk	cup

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# Recipe Prep Sheet

Tamalpais Union High School District

## 498 - Bosco CheeseWG Bread Sticks 7"

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902704	Bosco Cheese Bread Sticks 7"	2 Bread Stick 7 In
902705	Marinara Cup	1 Cup 1oz portion

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

Calories <sup>1</sup>	435.000 kcal	Total Fat	12.000 g	Total Dietary Fiber	5.000 g	Vitamin C	0.000 mg	24.828% Calories from Total Fat
Saturated Fat <sup>1</sup>	6.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	25.000 g	Iron	2.880 mg	12.414% Calories from Sat Fat
Sodium <sup>1</sup>	615.000 mg	Cholesterol	30.000 mg	Vitamin A	400.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	6.000 g	Carbohydrate	53.000 g	Calcium	400.000 mg	Ash	0.000 g	48.736% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.033			22.989% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	4 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens							
Milk	Wheat						

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# Recipe Prep Sheet

Tamalpais Union High School District

## 579 - Bread Cheesy Oven Baked

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 12

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902702	Dough, White Demi Loaf	6 Loaf 6oz
902628	CHEESE BLEND,"SCHOOL CHOICE SHRD BLEND:MOZZ C	1 1/4 LB
001146	CHEESE,PARMESAN,SHREDDED	4 oz
902675	Italian Seasoning Mix	1/2 TBSP
002020	Spice Garlic Powder	1/2 TSP
902705	Marinara Cup	12 Cup 1oz portion

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

Calories <sup>1</sup>	405.102 kcal	Total Fat	15.371 g	Total Dietary Fiber	4.040 g	Vitamin C	22.441 mg	34.149% Calories from Total Fat
Saturated Fat <sup>1</sup>	6.797 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	24.409 g	Iron	2.631 mg	15.101% Calories from Sat Fat
Sodium <sup>1</sup>	1005.554 mg	Cholesterol	21.451 mg	Vitamin A	708.934 IU	Water	*24.540* g	*0.000%* Calories from Trans Fat
Sugars	*6.564* g	Carbohydrate	43.246 g	Calcium	501.905 mg	Ash	*N/A* g	42.701% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.519			24.102% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	3 oz eq	Fruit	cup	Vegetable	.25 cup	Milk	cup
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### Allergens

Milk	Soy	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 568 - Bread Fresh Baked Roll

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 12

Portion Size: Loaf

Ingredient #	Ingredient Description	Measurements
902702	Dough, White Demi Loaf	12 Loaf 6oz

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

Calories <sup>1</sup>	417.782 kcal	Total Fat	5.968 g	Total Dietary Fiber	5.968 g	Vitamin C	44.762 mg	12.857% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.984 g	Trans Fat <sup>2</sup>	0.000 g	Protein	14.921 g	Iron	4.297 mg	6.429% Calories from Sat Fat
Sodium <sup>1</sup>	775.881 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	8.952 g	Carbohydrate	77.588 g	Calcium	59.683 mg	Ash	0.000 g	74.286% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.369			14.286% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	6 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Soy	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990055 - Breaded Mozzarella Sticks

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 8

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
990214	Breaded Mozzarella Sticks	1 bag 50 ct
902705	Marinara Cup	8 Cup 1oz portion

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

Calories <sup>1</sup>	477.500 kcal	Total Fat	20.000 g	Total Dietary Fiber	6.000 g	Vitamin C	0.000 mg	37.696% Calories from Total Fat
Saturated Fat <sup>1</sup>	7.500 g	Trans Fat <sup>2</sup>	0.000 g	Protein	27.250 g	Iron	2.500 mg	14.136% Calories from Sat Fat
Sodium <sup>1</sup>	662.500 mg	Cholesterol	37.500 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	5.750 g	Carbohydrate	49.250 g	Calcium	545.000 mg	Ash	0.000 g	41.257% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.007			22.827% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2.25 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Soy	Wheat							
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# Recipe Prep Sheet

Tamalpais Union High School District

## 142 - Breakfast Bagel & Cr Chz

Recipe HACCP Process: #1 No Cook

Source: High School

Number of Portions: 1

Portion Size: serving

Ingredient #	Ingredient Description	Measurements
902725	Bagel White Wheat 3oz	1 Bagel 3oz
902608	Cream Cheese Cup	1 PC cup

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

Calories <sup>1</sup>	306.050 kcal	Total Fat	9.343 g	Total Dietary Fiber	3.987 g	Vitamin C	0.000 mg	27.475% Calories from Total Fat
Saturated Fat <sup>1</sup>	5.009 g	Trans Fat <sup>2</sup>	0.000 g	Protein	10.304 g	Iron	2.392 mg	14.729% Calories from Sat Fat
Sodium <sup>1</sup>	487.288 mg	Cholesterol	30.052 mg	Vitamin A	300.525 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	5.316 g	Carbohydrate	44.855 g	Calcium	119.803 mg	Ash	0.000 g	58.624% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.376			13.467% Calories from Protein
Type of Fat	-							

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

Allergens							
Milk	Wheat						

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# Recipe Prep Sheet

Tamalpais Union High School District

## 990043 - Breakfast Benefit Bar

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
990204	Benefit Bar IW	1 Benefit Bar IW

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

Calories <sup>1</sup>	290.000 kcal	Total Fat	9.000 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	27.931% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	5.000 g	Iron	1.800 mg	9.310% Calories from Sat Fat
Sodium <sup>1</sup>	240.000 mg	Cholesterol	15.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	22.000 g	Carbohydrate	48.000 g	Calcium	20.000 mg	Ash	0.000 g	66.207% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.422			6.897% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Egg	Soy	Wheat					
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# Recipe Prep Sheet

Tamalpais Union High School District

## 61 - Breakfast Burrito

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: serving

Ingredient #	Ingredient Description	Measurements
900025	Eggs Scrambled	3 oz
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	1/2 OZ
900151	Tortilla Flour 10"	1 Each 10 Inch Flour

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

Calories <sup>1</sup>	552.499 kcal	Total Fat	25.750 g	Total Dietary Fiber	2.000 g	Vitamin C	0.000 mg	41.946% Calories from Total Fat
Saturated Fat <sup>1</sup>	7.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	19.500 g	Iron	4.775 mg	11.403% Calories from Sat Fat
Sodium <sup>1</sup>	1082.499 mg	Cholesterol	300.000 mg	Vitamin A	442.001 IU	Water	*0.000* g	0.000% Calories from Trans Fat
Sugars	*0.000* g	Carbohydrate	55.500 g	Calcium	462.000 mg	Ash	*N/A* g	40.181% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.717			14.118% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	3 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Egg	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990044 - Breakfast Cinnamon Crumble IW

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
990205	Breakfast Cinnamon Crumble IW	1 Cinnamon Loaf

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

Calories <sup>1</sup>	290.000 kcal	Total Fat	9.000 g	Total Dietary Fiber	2.000 g	Vitamin C	0.000 mg	27.931% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	5.000 g	Iron	1.000 mg	6.207% Calories from Sat Fat
Sodium <sup>1</sup>	180.000 mg	Cholesterol	35.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	22.000 g	Carbohydrate	47.000 g	Calcium	23.000 mg	Ash	0.000 g	64.828% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.404			6.897% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Egg	Soy	Wheat					
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# Recipe Prep Sheet

Tamalpais Union High School District

## 563 - Breakfast Cinnamon Roll

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: serving

Ingredient #	Ingredient Description	Measurements
019336	SUGARS,POWDERED	1 tsp, sifted
990199	Cinnamon Roll	1 Cinnamon Roll 4oz

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

Calories <sup>1</sup>	318.104 kcal	Total Fat	5.000 g	Total Dietary Fiber	2.000 g	Vitamin C	0.000 mg	14.146% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.500 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	8.000 g	Iron	3.001 mg	4.244% Calories from Sat Fat
Sodium <sup>1</sup>	340.042 mg	Cholesterol	5.000 mg	Vitamin A	0.000 IU	Water	0.005 g	*0.000%* Calories from Trans Fat
Sugars	14.038 g	Carbohydrate	58.079 g	Calcium	20.021 mg	Ash	0.000 g	73.031% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.458			10.060% Calories from Protein
Type of Fat	-							

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

Allergens							
Milk	Egg	Soy	Wheat				

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# Recipe Prep Sheet

Tamalpais Union High School District

## 140 - Breakfast Egg Cheese Muffin

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: serving

Ingredient #	Ingredient Description	Measurements
902593	English Muffin WGR	1 Muffin 57gm
900026	Egg Patty	1 Patty 1.25 oz
902690	Cheese American Sliced	1 Slice .5 oz

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

Calories <sup>1</sup>	222.162 kcal	Total Fat	8.991 g	Total Dietary Fiber	1.869 g	Vitamin C	0.000 mg	36.422% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.531 g	Trans Fat <sup>2</sup>	0.000 g	Protein	11.138 g	Iron	1.406 mg	14.305% Calories from Sat Fat
Sodium <sup>1</sup>	475.948 mg	Cholesterol	127.656 mg	Vitamin A	238.711 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	1.441 g	Carbohydrate	24.439 g	Calcium	190.887 mg	Ash	0.000 g	44.002% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.395			20.054% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	1.5 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Egg	Soy	Wheat					
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# Recipe Prep Sheet

Tamalpais Union High School District

## 57 - Breakfast Sausage Muffin

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: serving

Ingredient #	Ingredient Description	Measurements
902593	English Muffin WGR	1 Muffin 57gm
900026	Egg Patty	1 Patty 1.25 oz
902594	Sausage Patty	1 Patty 1.2 oz
902690	Cheese American Sliced	1 Slice .5 oz

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

Calories <sup>1</sup>	292.162 kcal	Total Fat	13.491 g	Total Dietary Fiber	1.869 g	Vitamin C	0.000 mg	41.558% Calories from Total Fat
Saturated Fat <sup>1</sup>	5.031 g	Trans Fat <sup>2</sup>	0.000 g	Protein	17.138 g	Iron	1.766 mg	15.499% Calories from Sat Fat
Sodium <sup>1</sup>	715.948 mg	Cholesterol	147.656 mg	Vitamin A	238.711 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	1.441 g	Carbohydrate	25.439 g	Calcium	190.887 mg	Ash	0.000 g	34.828% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.473			23.464% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.5 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Egg	Soy	Wheat					
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# Recipe Prep Sheet

Tamalpais Union High School District

## 493 - Breakfast Yogurt Parfait

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: serving

Ingredient #	Ingredient Description	Measurements
009053	BLUEBERRIES,WILD,FRZ	1/2 CUP, frozen
902607	Granola Lowfat	1 oz
900056	Yogurt Organic Vanilla Bean	4 oz

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

Calories <sup>1</sup>	242.542 kcal	Total Fat	3.712 g	Total Dietary Fiber	4.369 g	Vitamin C	1.190 mg	13.773% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.021 g	Trans Fat <sup>2</sup>	0.000 g	Protein	7.244 g	Iron	1.334 mg	3.789% Calories from Sat Fat
Sodium <sup>1</sup>	107.649 mg	Cholesterol	6.667 mg	Vitamin A	41.300 IU	Water	60.060 g	0.000% Calories from Trans Fat
Sugars	*21.732* g	Carbohydrate	46.268 g	Calcium	171.006 mg	Ash	0.133 g	76.305% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.608			11.947% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	1 oz eq	Grain	1 oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup
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### Allergens

Traces of wheat and soy	Milk							
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# Recipe Prep Sheet

Tamalpais Union High School District

## 580 - Broccoli & Berry Slaw

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 15

Portion Size: Cup

Ingredient #	Ingredient Description	Measurements
902726	Broccoli Slaw	2 1/2 LB
051370	BLUEBERRIES, FROZEN, WILD, IQF	1 CUP
009079	CRANBERRIES,DRIED,SWTND	1/2 CUP
075003	MAYONNAISE,LoFat,No Cholesterol	3/4 cup
009153	LEMON JUC FROM CONC,CND OR BTLD	3 1/2 TBSP
019335	SUGARS,GRANULATED	6 1/2 TSP
002047	SALT, TABLE	1 tsp

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

Calories <sup>1</sup>	82.861 kcal	Total Fat	3.513 g	Total Dietary Fiber	3.173 g	Vitamin C	64.794 mg	38.161% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.405 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	1.873 g	Iron	0.775 mg	4.394% Calories from Sat Fat
Sodium <sup>1</sup>	282.341 mg	Cholesterol	0.000 mg	Vitamin A	687.146 IU	Water	*3.971* g	*0.001%* Calories from Trans Fat
Sugars	*6.581* g	Carbohydrate	12.495 g	Calcium	38.009 mg	Ash	*N/A* g	60.316% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.383			9.042% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	1 cup	Milk	cup
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### Allergens

Milk	Egg	Soy						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 146 - Burger, Spicy Black Bean

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
900238	Burger, Spicy Black Bean	1 Patty
902687	Bread, Hamburger Bun	1 Bun

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

Calories <sup>1</sup>	310.000 kcal	Total Fat	9.000 g	Total Dietary Fiber	7.000 g	Vitamin C	9.000 mg	26.129% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.500 g	Trans Fat <sup>2</sup>	0.000 g	Protein	19.000 g	Iron	2.160 mg	4.355% Calories from Sat Fat
Sodium <sup>1</sup>	650.000 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	4.000 g	Carbohydrate	44.000 g	Calcium	80.000 mg	Ash	0.000 g	56.774% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.948			24.516% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Egg	Soy	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 192 - Burrito - Pinto BN, CHZ, Rice

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: 1

Ingredient #	Ingredient Description	Measurements
900151	Tortilla Flour 10"	1 Each 10 Inch Flour
R-000001	Rice Spanish	1 (1/4 cup)
799957	BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM	1/2 CUP
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	1/2 OZ

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

Calories <sup>1</sup>	574.603 kcal	Total Fat	18.461 g	Total Dietary Fiber	8.082 g	Vitamin C	1.683 mg	28.916% Calories from Total Fat
Saturated Fat <sup>1</sup>	4.287 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	17.659 g	Iron	6.197 mg	6.715% Calories from Sat Fat
Sodium <sup>1</sup>	849.515 mg	Cholesterol	15.000 mg	Vitamin A	221.394 IU	Water	*21.980* g	*0.000%* Calories from Trans Fat
Sugars	*0.001* g	Carbohydrate	84.242 g	Calcium	459.659 mg	Ash	*N/A* g	58.643% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.251			12.293% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.5 oz eq	Grain	3.5 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Wheat							
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# Recipe Prep Sheet

Tamalpais Union High School District

## 8 - Burrito Refried Bean & Cheese

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 24

Portion Size: Burrito

Ingredient #	Ingredient Description	Measurements
016103	REFRIED BNS,CND,TRADITIONAL STYLE	1 can
002009	CHILI POWDER	1/4 cup
002026	ONION POWDER	1 TSP
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	1 1/2 lb
900151	Tortilla Flour 10"	24 Each 10 Inch Flour

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

Calories <sup>1</sup>	495.722 kcal	Total Fat	22.064 g	Total Dietary Fiber	3.166 g	Vitamin C	1.138 mg	40.059% Calories from Total Fat
Saturated Fat <sup>1</sup>	7.150 g	Trans Fat <sup>2</sup>	0.003 g	Protein	15.109 g	Iron	4.293 mg	12.981% Calories from Sat Fat
Sodium <sup>1</sup>	891.918 mg	Cholesterol	29.999 mg	Vitamin A	684.276 IU	Water	*14.469* g	0.005% Calories from Trans Fat
Sugars	*0.203* g	Carbohydrate	59.245 g	Calcium	514.179 mg	Ash	*N/A* g	47.805% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.280			12.192% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2.5 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens							
Milk	Wheat						

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# Recipe Prep Sheet

Tamalpais Union High School District

## 186 - Burrito, Beef, PBN, CHZ, Rice

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 40

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902689	Beef Crumbles Tyson Advance Pierre	5 LB
902364	Taco Seasoning GF	3/4 Cup
799957	BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM	10 CUP
R-000001	Rice Spanish	40 (1/4 cup)
900151	Tortilla Flour 10"	40 Each 10 Inch Flour
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	20 OZ

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

Calories <sup>1</sup>	653.931 kcal	Total Fat	25.602 g	Total Dietary Fiber	6.141 g	Vitamin C	1.562 mg	35.235% Calories from Total Fat
Saturated Fat <sup>1</sup>	7.273 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	25.628 g	Iron	7.864 mg	10.010% Calories from Sat Fat
Sodium <sup>1</sup>	1486.339 mg	Cholesterol	39.868 mg	Vitamin A	774.119 IU	Water	*22.609* g	*0.000%* Calories from Trans Fat
Sugars	*0.823* g	Carbohydrate	79.182 g	Calcium	454.823 mg	Ash	*N/A* g	48.434% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.430			15.676% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.5 oz eq	Grain	3.5 oz eq	Fruit	cup	Vegetable	.25 cup	Milk	cup
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### Allergens

Milk	Wheat								
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# Recipe Prep Sheet

Tamalpais Union High School District

## 577 - Burrito, Chick, PBN, CHZ, Rice

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 20

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
900829	CHICK,DICED,CKD,FROZEN-COMMOD	2 1/2 LB
902682	SALSA, LOW-SODIUM, CANNED	1 Cup
902364	Taco Seasoning GF	1/3 Cup
799957	BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM	5 CUP
R-000001	Rice Spanish	20 (1/4 cup)
900151	Tortilla Flour 10"	20 Each 10 Inch Flour
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	10 OZ

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

Calories <sup>1</sup>	654.307 kcal	Total Fat	22.921 g	Total Dietary Fiber	6.219 g	Vitamin C	2.010 mg	31.528% Calories from Total Fat
Saturated Fat <sup>1</sup>	5.472 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	32.080 g	Iron	7.588 mg	7.526% Calories from Sat Fat
Sodium <sup>1</sup>	1364.167 mg	Cholesterol	65.745 mg	Vitamin A	811.336 IU	Water	*58.009* g	*0.000%* Calories from Trans Fat
Sugars	*0.731* g	Carbohydrate	79.589 g	Calcium	462.446 mg	Ash	*N/A* g	48.656% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.532			19.612% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.5 oz eq	Grain	3.5 oz eq	Fruit	cup	Vegetable	.25 cup	Milk	cup
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### Allergens

Milk	Wheat								
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# Recipe Prep Sheet

Tamalpais Union High School District

## 570 - Burrito, Pork, PBN, CHZ, Rice

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 17

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902719	Pork Carnitas JTM	1 Bag 17 serv 2mm
799957	BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM	4 1/4 CUP
R-000001	Rice Spanish	17 (1/4 cup)
900151	Tortilla Flour 10"	17 Each 10 Inch Flour
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	8 1/2 OZ

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

Calories <sup>1</sup>	696.480 kcal	Total Fat	25.199 g	Total Dietary Fiber	7.398 g	Vitamin C	9.387 mg	32.563% Calories from Total Fat
Saturated Fat <sup>1</sup>	6.662 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	33.319 g	Iron	7.385 mg	8.609% Calories from Sat Fat
Sodium <sup>1</sup>	1282.093 mg	Cholesterol	66.599 mg	Vitamin A	1191.466 IU	Water	*21.980* g	*0.000%* Calories from Trans Fat
Sugars	*3.097* g	Carbohydrate	82.316 g	Calcium	478.036 mg	Ash	*N/A* g	47.275% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.669			19.136% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2.5 oz eq	Grain	3.5 oz eq	Fruit	cup	Vegetable	.25 cup	Milk	cup

Allergens							
Milk	Soy	Wheat					

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# Recipe Prep Sheet

Tamalpais Union High School District

## 459 - Caesar Salad with chicken or vegetarian

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Portion Size: each

Ingredient #	Ingredient Description	Measurements
011251	LETTUCE,COS OR ROMAINE,RAW	3 CUP, shredded
001146	CHEESE,PARMESAN,SHREDDED	1 oz
900723	CHEESE,"SCHOOL CHOICE STRING CHEESE MOZZARELL	1 oz
051520	Chicken, Diced, Cooked, Frozen	1 1/2 OZ
990195	Dressing Caesar	1 1/2 oz
990206	Cracker Savory Bites	1 Cracker 2oz

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

Calories <sup>1</sup>	628.214 kcal	Total Fat	39.359 g	Total Dietary Fiber	5.961 g	Vitamin C	6.539 mg	56.387% Calories from Total Fat
Saturated Fat <sup>1</sup>	12.698 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	33.967 g	Iron	9.960 mg	18.192% Calories from Sat Fat
Sodium <sup>1</sup>	1501.361 mg	Cholesterol	73.741 mg	Vitamin A	12708.894 IU	Water	*153.812* g	*0.000%* Calories from Trans Fat
Sugars	*7.351* g	Carbohydrate	37.735 g	Calcium	622.402 mg	Ash	*N/A* g	24.027% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.894			21.628% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	3.5 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	1.5 cup	Milk	cup
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### Allergens

Milk	Fish	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 301 - CARROTS,RAW,BABY

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Portion Size: 1/2 cup

Ingredient #	Ingredient Description	Measurements
011960	CARROTS,BABY,RAW	1 5/8 oz

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

Calories <sup>1</sup>	15.876 kcal	Total Fat	0.059 g	Total Dietary Fiber	1.315 g	Vitamin C	1.179 mg	3.345% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.010 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.290 g	Iron	0.404 mg	0.590% Calories from Sat Fat
Sodium <sup>1</sup>	35.380 mg	Cholesterol	0.000 mg	Vitamin A	6255.034 IU	Water	40.982 g	0.000% Calories from Trans Fat
Sugars	2.159 g	Carbohydrate	3.738 g	Calcium	14.515 mg	Ash	0.286 g	94.170% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.090			7.307% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 141 - Cereal Frosted Flakes

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: serving

Ingredient #	Ingredient Description	Measurements
900013	Cereal Frosted Flakes Reduced Sugar	1 Bowl 2oz

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

Calories <sup>1</sup>	220.000 kcal	Total Fat	0.000 g	Total Dietary Fiber	1.000 g	Vitamin C	9.000 mg	0.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	2.000 g	Iron	6.300 mg	0.000% Calories from Sat Fat
Sodium <sup>1</sup>	250.000 mg	Cholesterol	0.000 mg	Vitamin A	750.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	22.000 g	Carbohydrate	51.000 g	Calcium	0.000 mg	Ash	0.000 g	92.727% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.373			3.636% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Wheat									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 1072 - Cereal Variety WG Gluten Free

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 3

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902692	Cereal, Cinnamon Chex	1 Bowl 2oz
902693	Cereal, Honey Nut Cherrios	1 Bowl, 2oz
902694	Cereal, Lucky Charms	1 Bowl, 2oz

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

Calories <sup>1</sup>	216.667 kcal	Total Fat	3.500 g	Total Dietary Fiber	3.000 g	Vitamin C	12.000 mg	14.538% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.333 g	Trans Fat <sup>2</sup>	0.000 g	Protein	4.000 g	Iron	11.400 mg	1.384% Calories from Sat Fat
Sodium <sup>1</sup>	336.667 mg	Cholesterol	0.000 mg	Vitamin A	1166.667 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	17.000 g	Carbohydrate	45.333 g	Calcium	166.667 mg	Ash	0.000 g	83.692% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.405			7.385% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

TreeNut								
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# Recipe Prep Sheet

Tamalpais Union High School District

**990052 - Cheetos CN 62933**

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
990212	Cheetos CN 62933	1 .875 oz bag

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

Calories <sup>1</sup>	120.000 kcal	Total Fat	4.500 g	Total Dietary Fiber	1.000 g	Vitamin C	0.000 mg	33.750% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	1.000 g	Iron	0.040 mg	7.500% Calories from Sat Fat
Sodium <sup>1</sup>	200.000 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	2.000 g	Carbohydrate	16.000 g	Calcium	20.000 mg	Ash	0.000 g	53.333% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.292			3.333% Calories from Protein
Type of Fat	-							

**Components**

Meat/Meat ALT	oz eq	Grain	1.25 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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**Allergens**

Milk									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 589 - Chef Recipe #

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
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\*Nutrients are based upon 1 Portion Size (Serving)

Calories <sup>1</sup>	0.000 kcal	Total Fat	0.000 g	Total Dietary Fiber	0.000 g	Vitamin C	0.000 mg	*N/A%* Calories from Total Fat
Saturated Fat <sup>1</sup>	0.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.000 g	Iron	0.000 mg	*N/A%* Calories from Sat Fat
Sodium <sup>1</sup>	0.000 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	*N/A%* Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	0.000 g	Calcium	0.000 mg	Ash	0.000 g	*N/A%* Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			*N/A%* Calories from Protein
Type of Fat	-							

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 990030 - Chef Salad Entree

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 24

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
015121	FISH,TUNA,LT,CND IN H2O,DRND SOL	1 can
075003	MAYONNAISE,LoFat,No Cholesterol	1 cup
011945	PICKLE RELISH,SWEET	1 CUP
799940	LETTUCE,COS OR ROMAINE,RAW	3 gal, julienne cut
011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	3 medium whole (2-3/5" dia)
799938	CARROTS,RAW	3 CUP, shredded
011084	BEETS,CND,DRND SOL	1/2 CUP, slices
011205	CUCUMBER,WITH PEEL,RAW	1/2 CUP, slices
799958	BEANS, CANNED, KIDNEY, LOW-SODIUM	3 CUP
799960	BEANS, CANNED, GARBANZO (CHICKPEAS), LOW-SODI	3 CUP
902628	CHEESE BLEND,"SCHOOL CHOICE SHRD BLEND:MOZZ C	24 oz
902586	Turkey, Roasted Breast, Sliced	48 Slice
902588	Italian Dressing	48 oz
902733	Tortilla Chip	24 Serving

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

Calories <sup>1</sup>	549.065 kcal	Total Fat	26.846 g	Total Dietary Fiber	*9.105* g	Vitamin C	8.481 mg	44.005% Calories from Total Fat
Saturated Fat <sup>1</sup>	4.650 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	22.740 g	Iron	2.991 mg	7.623% Calories from Sat Fat
Sodium <sup>1</sup>	1856.636 mg	Cholesterol	24.597 mg	Vitamin A	11134.436 IU	Water	*145.771* g	*0.000%* Calories from Trans Fat
Sugars	*3.549* g	Carbohydrate	57.081 g	Calcium	307.613 mg	Ash	*N/A* g	41.584% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.047			16.566% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	2.5 oz eq	Fruit	cup
				Vegetable	1.5 cup
				Milk	cup

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# Recipe Prep Sheet

Tamalpais Union High School District

Allergens							
Milk	Egg	Fish	Soy				

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# Recipe Prep Sheet

Tamalpais Union High School District

## 990058 - Chicken BBQ Sandwich

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 80

Portion Size: 1 each

Ingredient #	Ingredient Description	Measurements
051520	Chicken, Diced, Cooked, Frozen	11 1/2 lb
990222	Sauce, BBQ, JTM	2 qt
902687	Bread, Hamburger Bun	80 Bun

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

Calories <sup>1</sup>	263.621 kcal	Total Fat	4.526 g	Total Dietary Fiber	2.000 g	Vitamin C	12.418 mg	15.451% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.500 g	Trans Fat <sup>2</sup>	0.000 g	Protein	19.021 g	Iron	2.079 mg	1.707% Calories from Sat Fat
Sodium <sup>1</sup>	390.519 mg	Cholesterol	48.300 mg	Vitamin A	36.261 IU	Water	*0.000* g	0.000% Calories from Trans Fat
Sugars	9.119 g	Carbohydrate	36.252 g	Calcium	44.986 mg	Ash	*N/A* g	55.006% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.703			28.861% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Wheat									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990060 - Chicken Burger Breaded

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902687	Bread, Hamburger Bun	1 Bun
990223	Chicken Patty Gold Kist 7516	1 Patty

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

Calories <sup>1</sup>	370.000 kcal	Total Fat	10.000 g	Total Dietary Fiber	4.000 g	Vitamin C	9.000 mg	24.324% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	23.000 g	Iron	2.520 mg	4.865% Calories from Sat Fat
Sodium <sup>1</sup>	850.000 mg	Cholesterol	50.000 mg	Vitamin A	200.000 IU	Water	*0.000* g	0.000% Calories from Trans Fat
Sugars	3.000 g	Carbohydrate	47.000 g	Calcium	60.000 mg	Ash	*N/A* g	50.811% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.101			24.865% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	3 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens							
Milk	Wheat						

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# Recipe Prep Sheet

Tamalpais Union High School District

## 19 - Chicken Burger Spicy

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
900046	Chicken Patty Hot & Spicy -WG	1 Each
902687	Bread, Hamburger Bun	1 Bun

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

Calories <sup>1</sup>	363.276 kcal	Total Fat	13.172 g	Total Dietary Fiber	3.016 g	Vitamin C	9.000 mg	32.632% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.039 g	Trans Fat <sup>2</sup>	0.000 g	Protein	20.234 g	Iron	3.268 mg	7.529% Calories from Sat Fat
Sodium <sup>1</sup>	717.331 mg	Cholesterol	55.858 mg	Vitamin A	507.799 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	4.016 g	Carbohydrate	41.187 g	Calcium	60.312 mg	Ash	0.000 g	45.351% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.672			22.279% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup

Allergens							
Milk	Soy	Wheat					

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# Recipe Prep Sheet

Tamalpais Union High School District

## 990051 - Chicken Cilantro Rice Burrito Bowl / or no meat

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 10

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
051520	Chicken, Diced, Cooked, Frozen	20 OZ
902728	Vegetable Soup Base GF	1 tbsp
004053	OIL,OLIVE,SALAD OR COOKING	2 oz
990017	GARLIC,GRANULATED	1 tsp
990016	SPICE CUMIN,GROUND	2 tsp
002030	Spice Black Pepper	1/2 tsp, ground
990208	Beans, Black (Turtle), Low-sodium, Canned	5 cup
002047	SALT, TABLE	1 tsp
R-000190	Rice - Brown and White WG	10 (1.25 cup)
799968	CILANTRO	1/4 cup
901586	LIME JUICE	1/4 cup
902682	SALSA, LOW-SODIUM, CANNED	2 1/2 Cup

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

Calories <sup>1</sup>	495.850 kcal	Total Fat	9.044 g	Total Dietary Fiber	10.677 g	Vitamin C	26.765 mg	16.415% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.895 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	25.759 g	Iron	7.450 mg	1.624% Calories from Sat Fat
Sodium <sup>1</sup>	654.412 mg	Cholesterol	42.000 mg	Vitamin A	346.219 IU	Water	*254.804* g	*0.000%* Calories from Trans Fat
Sugars	*0.001* g	Carbohydrate	75.793 g	Calcium	96.080 mg	Ash	*N/A* g	61.141% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.828			20.780% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.5 oz eq	Grain	3 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 574 - Chicken Fillet on Rice

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
075013	CHICKEN BREAST,Boneless,Skinless (avg 4 oz)	1 Each (4 oz avg)
R-000190	Rice - Brown and White WG	1 (1.25 cup)

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

Calories <sup>1</sup>	320.100 kcal	Total Fat	3.126 g	Total Dietary Fiber	1.741 g	Vitamin C	1.185 mg	8.790% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.085 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	30.649 g	Iron	2.633 mg	0.238% Calories from Sat Fat
Sodium <sup>1</sup>	78.983 mg	Cholesterol	64.187 mg	Vitamin A	0.000 IU	Water	*143.857* g	*0.000%* Calories from Trans Fat
Sugars	*0.000* g	Carbohydrate	42.360 g	Calcium	18.480 mg	Ash	*N/A* g	52.933% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.882			38.299% Calories from Protein
Type of Fat	-							

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 23 - Chicken Fillet Sandwich

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 12

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
075013	CHICKEN BREAST,Boneless,Skinless (avg 4 oz)	12 Each (4 oz avg)
901691	OIL,VEG,Canola	1/4 CUP
002047	SALT,TABLE	1 1/4 tsp
002020	Spice Garlic Powder	1 TSP
002028	Spice Paprika	1 TSP
002030	Spice Black Pepper	75 tsp
902687	Bread, Hamburger Bun	12 Bun

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

Calories <sup>1</sup>	343.510 kcal	Total Fat	8.978 g	Total Dietary Fiber	5.463 g	Vitamin C	10.190 mg	23.522% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.289 g	Trans Fat <sup>2</sup>	0.000 g	Protein	32.130 g	Iron	3.503 mg	3.377% Calories from Sat Fat
Sodium <sup>1</sup>	559.252 mg	Cholesterol	64.187 mg	Vitamin A	167.336 IU	Water	1.701 g	0.000% Calories from Trans Fat
Sugars	3.111 g	Carbohydrate	37.818 g	Calcium	99.859 mg	Ash	1.246 g	44.037% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.348			37.414% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Wheat									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 583 - Chicken Pozole w/ quesadilla

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 10

Portion Size: Cup

Ingredient #	Ingredient Description	Measurements
002027	SPICES,OREGANO,DRIED	1 tbsp, leaves
002003	SPICES,BASIL,DRIED	1/2 tbsp, leaves
002042	SPICES,THYME,DRIED	1/2 tbsp, leaves
004053	OIL,OLIVE,SALAD OR COOKING	1 TBSP
011282	ONIONS,RAW	1 CUP, chopped
900829	CHICK,DICED,CKD,FROZEN-COMMOD	10 oz
002009	CHILI POWDER	1 1/2 TSP
990017	GARLIC,GRANULATED	1 tsp
902682	SALSA, LOW-SODIUM, CANNED	1 Cup
902728	Vegetable Soup Base GF	6 TSP
075012	WATER,HOT	6 CUP
020030	HOMINY,CANNED,WHITE	3 CUP
900151	Tortilla Flour 10"	10 Each 10 Inch Flour
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	10 OZ
799968	CILANTRO	3 tbsp

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

Calories <sup>1</sup>	600.290 kcal	Total Fat	25.606 g	Total Dietary Fiber	4.238 g	Vitamin C	2.460 mg	38.390% Calories from Total Fat
Saturated Fat <sup>1</sup>	7.879 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	24.106 g	Iron	5.517 mg	11.812% Calories from Sat Fat
Sodium <sup>1</sup>	1206.399 mg	Cholesterol	55.372 mg	Vitamin A	568.121 IU	Water	*216.816* g	*0.000%* Calories from Trans Fat
Sugars	*1.472* g	Carbohydrate	67.541 g	Calcium	543.290 mg	Ash	*N/A* g	45.006% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.553			16.063% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Recipe Prep Sheet

Tamalpais Union High School District

Allergens							
Milk	Wheat						

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# Recipe Prep Sheet

Tamalpais Union High School District

## 608 - Chicken Sesame Salad /Vegan Version

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 32

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
R-000595	Rice Sushi	32 (1.25 cup)
902700	Sauce Teriyaki	1/4 cup
900233	Dressing Sesame Oriental	64 tbsp
011215	GARLIC, Chopped in water	1/2 TSP
002031	Spice PEPPER,RED OR CAYENNE	1/2 TSP
900829	CHICK,DICED,CKD,FROZEN-COMMOD	5 LB
799940	LETTUCE,COS OR ROMAINE,RAW	64 CUP, shredded
902726	Broccoli Slaw	7 Cup
799938	CARROTS,RAW	2 CUP, grated
012024	SESAME SEEDS,WHL,RSTD&TSTD	1/4 cup

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

Calories <sup>1</sup>	503.197 kcal	Total Fat	17.866 g	Total Dietary Fiber	4.660 g	Vitamin C	19.951 mg	31.955% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.427 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	27.614 g	Iron	3.965 mg	6.130% Calories from Sat Fat
Sodium <sup>1</sup>	791.454 mg	Cholesterol	63.432 mg	Vitamin A	9557.821 IU	Water	*283.248* g	*0.000%* Calories from Trans Fat
Sugars	*10.846* g	Carbohydrate	58.747 g	Calcium	77.453 mg	Ash	*N/A* g	46.699% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.647			21.951% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2.5 oz eq	Fruit	cup	Vegetable	1.25 cup	Milk	cup
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### Allergens

Soy	Wheat							
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990057 - Chicken Stir Fry

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 28

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
901691	OIL,VEG,Canola	1/4 CUP
051520	Chicken, Diced, Cooked, Frozen	4 lb
990218	Vegetable Stir Fry Blend	2 (2 lb bag)
R-990056	Teriyaki Sauce	14 (2 Tbsp)
R-000190	Rice - Brown and White WG	35 cup

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

Calories <sup>1</sup>	346.549 kcal	Total Fat	5.385 g	Total Dietary Fiber	3.128 g	Vitamin C	17.196 mg	13.985% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.342 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	20.490 g	Iron	2.643 mg	0.889% Calories from Sat Fat
Sodium <sup>1</sup>	285.312 mg	Cholesterol	48.000 mg	Vitamin A	0.022 IU	Water	*156.367* g	*0.000%* Calories from Trans Fat
Sugars	*1.375* g	Carbohydrate	52.108 g	Calcium	35.714 mg	Ash	*N/A* g	60.145% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.800			23.650% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2.25 oz eq	Grain	2.25 oz eq	Fruit	cup
				Vegetable	.25 cup
				Milk	cup

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# Recipe Prep Sheet

Tamalpais Union High School District

## 609 - Chicken Tenderloin & Fries

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902752	Chicken Tender Gold Kist 7572	1 Tenders CN 3 ea
990107	Potato Fries Ovation	1 Serving 3.5 oz

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

Calories <sup>1</sup>	376.447 kcal	Total Fat	12.169 g	Total Dietary Fiber	4.477 g	Vitamin C	1.000 mg	29.093% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	22.954 g	Iron	1.532 mg	4.782% Calories from Sat Fat
Sodium <sup>1</sup>	643.983 mg	Cholesterol	50.000 mg	Vitamin A	218.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	43.106 g	Calcium	17.000 mg	Ash	0.000 g	45.802% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.861			24.390% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	1 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup

Allergens							
Milk	Wheat						

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# Recipe Prep Sheet

Tamalpais Union High School District

## 584 - Chicken Veg Soup w/ grill chz

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 8

Portion Size: cups

Ingredient #	Ingredient Description	Measurements
004053	OIL,OLIVE,SALAD OR COOKING	1 CUP
901711	ONIONS,RED,RAW	1/2 CUP, chopped
011960	CARROTS,BABY,RAW	1 Cup
011143	CELERY,RAW	1 CUP,chopped
900829	CHICK,DICED,CKD,FROZEN-COMMOD	10 oz
011297	PARSLEY,FRSH	2 tbsp, chopped
990017	GARLIC,GRANULATED	1/3 tsp
902675	Italian Seasoning Mix	1 tsp
902728	Vegetable Soup Base GF	6 TSP
075012	WATER,HOT	6 CUP
002047	SALT,TABLE	1 dash
002030	Spice Black Pepper	1 dash
R-000586	Sandwich Cheese Panini	8 Serving

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

Calories <sup>1</sup>	640.370 kcal	Total Fat	40.905 g	Total Dietary Fiber	3.284 g	Vitamin C	3.195 mg	57.489% Calories from Total Fat
Saturated Fat <sup>1</sup>	9.554 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	24.326 g	Iron	3.293 mg	13.427% Calories from Sat Fat
Sodium <sup>1</sup>	997.570 mg	Cholesterol	57.028 mg	Vitamin A	4350.395 IU	Water	*249.394* g	*0.000%* Calories from Trans Fat
Sugars	*6.539* g	Carbohydrate	44.514 g	Calcium	278.168 mg	Ash	*N/A* g	27.805% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.631			15.195% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Soy	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 10 - Chicken with Pesto and Pasta

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 20

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902723	Pasta Rotini Cooked	40 Cup, Cooked
900829	CHICK,DICED,CKD,FROZEN-COMMOD	2 1/2 LB
900050	Sauce Pesto	2 Tub 30oz
001146	CHEESE,PARMESAN,SHREDDED	1 LB
002047	SALT,TABLE	2 TBSP

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

Calories <sup>1</sup>	886.848 kcal	Total Fat	39.032 g	Total Dietary Fiber	5.500 g	Vitamin C	5.400 mg	39.611% Calories from Total Fat
Saturated Fat <sup>1</sup>	9.630 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	44.904 g	Iron	5.569 mg	9.773% Calories from Sat Fat
Sodium <sup>1</sup>	1656.391 mg	Cholesterol	82.075 mg	Vitamin A	1352.250 IU	Water	41.144 g	*0.000%* Calories from Trans Fat
Sugars	2.204 g	Carbohydrate	87.773 g	Calcium	518.112 mg	Ash	3.824 g	39.589% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.725			20.253% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	4 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens							
Milk	Egg	TreeNut	Wheat				

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# Recipe Prep Sheet

Tamalpais Union High School District

## 496 - Chicken Yakasoba Stir Fry w/ vegan version

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 20

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902701	Yaksoba Noodle WGR	1 Bag
902699	Coleslaw Vegetable Mix	1 (5lbs bag coleslaw)
901691	OIL,VEG,Canola	1/2 CUP
900829	CHICK,DICED,CKD,FROZEN-COMMOD	2 1/2 LB
902700	Sauce Teriyaki	1 cup

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

Calories <sup>1</sup>	468.171 kcal	Total Fat	12.782 g	Total Dietary Fiber	6.667 g	Vitamin C	40.000 mg	24.571% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.909 g	Trans Fat <sup>2</sup>	0.000 g	Protein	28.675 g	Iron	3.866 mg	3.670% Calories from Sat Fat
Sodium <sup>1</sup>	834.609 mg	Cholesterol	50.746 mg	Vitamin A	1031.071 IU	Water	35.471 g	0.000% Calories from Trans Fat
Sugars	16.096 g	Carbohydrate	65.810 g	Calcium	81.838 mg	Ash	0.578 g	56.228% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.550			24.500% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup
		Vegetable	1.25 cup	Milk	cup

Allergens							
Soy							

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# Recipe Prep Sheet

Tamalpais Union High School District

## 9 - Chicken, Mandarin Rice Bowl

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 30

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
900007	Chicken, Mandarin Orange Yangs	1 Bag 30 CN Servings
R-000190	Rice - Brown and White WG	30 (1.25 cup)

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

Calories <sup>1</sup>	364.893 kcal	Total Fat	4.417 g	Total Dietary Fiber	1.741 g	Vitamin C	1.306 mg	10.895% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.629 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	16.949 g	Iron	2.706 mg	1.551% Calories from Sat Fat
Sodium <sup>1</sup>	309.735 mg	Cholesterol	43.545 mg	Vitamin A	0.000 IU	Water	*143.857* g	*0.000%* Calories from Trans Fat
Sugars	*10.886* g	Carbohydrate	63.044 g	Calcium	18.480 mg	Ash	*N/A* g	69.109% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.876			18.580% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	3.75 oz eq	Grain	2.25 oz eq	Fruit	cup
		Vegetable	cup	Milk	cup

Allergens							
Egg	Soy	Wheat					

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# Recipe Prep Sheet

Tamalpais Union High School District

## 990049 - Chickpeas

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: 1/2 cup

Ingredient #	Ingredient Description	Measurements
799960	BEANS, CANNED, GARBANZO (CHICKPEAS), LOW-SODI	1/2 CUP

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

Calories <sup>1</sup>	143.004 kcal	Total Fat	1.368 g	Total Dietary Fiber	5.304 g	Vitamin C	4.596 mg	8.610% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.144 g	Trans Fat <sup>2</sup>	0.000 g	Protein	5.940 g	Iron	1.620 mg	0.906% Calories from Sat Fat
Sodium <sup>1</sup>	140.004 mg	Cholesterol	0.000 mg	Vitamin A	29.004 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	*N/A* g	Carbohydrate	27.144 g	Calcium	38.004 mg	Ash	*N/A* g	75.925% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.015			16.615% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 289 - Chili Hearty Vegetable

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 50

Portion Size: 1.5 CUP

Ingredient #	Ingredient Description	Measurements
004582	OIL,CANOLA	1/2 CUP
011282	ONIONS,RAW	1 qt, chopped
011333	PEPPERS,SWT,GRN,RAW	1 1/2 qt, chopped
011821	PEPPERS,SWT,RED,RAW	1 1/3 CUP, chopped
011215	GARLIC, Chopped in water	2 tbsp
902575	TOMATO PASTE, CANNED, WITHOUT SALT ADDED	6 cup
051504	Tomatoes, Diced, No Salt Added, Canned	2 #10 can with juice
014429	Water, Tap	1 gal + 6 CUP
990016	SPICE CUMIN,GROUND	2 tbsp
002009	CHILI POWDER	1/2 cup
002047	SALT,TABLE	1 TBSP + 1 tsp
002030	Spice Black Pepper	1 tbsp, ground
002031	Spice PEPPER,RED OR CAYENNE	1 TSP
799957	BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM	2 #10 can drained
990208	Beans, Black (Turtle), Low-sodium, Canned	2 # 10 Can
902733	Tortilla Chip	32 Serving

\*Nutrients are based upon 1 Portion Size (1.5 CUP)

Calories <sup>1</sup>	533.450 kcal	Total Fat	12.679 g	Total Dietary Fiber	20.476 g	Vitamin C	99.860 mg	21.391% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.294 g	Trans Fat <sup>2</sup>	*0.009* g	Protein	19.133 g	Iron	9.591 mg	2.183% Calories from Sat Fat
Sodium <sup>1</sup>	684.859 mg	Cholesterol	0.000 mg	Vitamin A	4070.515 IU	Water	*136.404* g	*0.015%* Calories from Trans Fat
Sugars	*19.221* g	Carbohydrate	86.245 g	Calcium	233.744 mg	Ash	*N/A* g	64.670% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.685			14.347% Calories from Protein
Type of Fat	-							

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# Recipe Prep Sheet

Tamalpais Union High School District

Components					
Meat/Meat ALT	2.25 oz eq	Grain	2.5 oz eq	Fruit	cup
				Vegetable	.875 cup
				Milk	cup

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# Recipe Prep Sheet

Tamalpais Union High School District

## 170 - Coleslaw

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 65

Portion Size: 1/2 cup

Ingredient #	Ingredient Description	Measurements
902699	Coleslaw Vegetable Mix	1 (5lbs bag coleslaw)
075003	MAYONNAISE,LoFat,No Cholesterol	2 cup
002048	VINEGAR,CIDER	2 TBSP
019335	SUGARS,GRANULATED	2 tbsp

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

Calories <sup>1</sup>	31.956 kcal	Total Fat	1.969 g	Total Dietary Fiber	0.821 g	Vitamin C	12.308 mg	55.460% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.246 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	0.410 g	Iron	0.149 mg	6.934% Calories from Sat Fat
Sodium <sup>1</sup>	70.181 mg	Cholesterol	0.000 mg	Vitamin A	307.692 IU	Water	0.430 g	*0.000%* Calories from Trans Fat
Sugars	*1.620* g	Carbohydrate	3.428 g	Calcium	16.446 mg	Ash	0.001 g	42.906% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.012			5.132% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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### Allergens

Milk	Egg	Soy						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 464 - Condiment Taco Sauce

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: each

Ingredient #	Ingredient Description	Measurements
902664	Condiment Taco Sauce	1 piece(s)

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

Calories <sup>1</sup>	3.600 kcal	Total Fat	0.039 g	Total Dietary Fiber	0.100 g	Vitamin C	0.810 mg	9.675% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.007 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.097 g	Iron	0.072 mg	1.800% Calories from Sat Fat
Sodium <sup>1</sup>	55.530 mg	Cholesterol	0.001 mg	Vitamin A	100.800 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.159 g	Carbohydrate	0.747 g	Calcium	1.516 mg	Ash	0.000 g	83.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.022			10.778% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Soy									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 222 - Condiment, Ketchup PC

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: PC

Ingredient #	Ingredient Description	Measurements
011935	Ketchup	1 packet

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

Calories <sup>1</sup>	9.090 kcal	Total Fat	0.009 g	Total Dietary Fiber	0.027 g	Vitamin C	0.369 mg	0.891% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.001 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.094 g	Iron	0.032 mg	0.129% Calories from Sat Fat
Sodium <sup>1</sup>	81.630 mg	Cholesterol	0.000 mg	Vitamin A	47.430 IU	Water	6.166 g	0.000% Calories from Trans Fat
Sugars	1.914 g	Carbohydrate	2.466 g	Calcium	1.350 mg	Ash	0.265 g	108.515% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.024			4.136% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 107 - Condiment, Mayonnaise

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: PC

Ingredient #	Ingredient Description	Measurements
900213	Condiment, Mayonnaise pc	9 gram

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

Calories <sup>1</sup>	60.000 kcal	Total Fat	6.000 g	Total Dietary Fiber	0.000 g	Vitamin C	2.400 mg	90.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.000 g	Iron	0.000 mg	15.000% Calories from Sat Fat
Sodium <sup>1</sup>	60.000 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	1.000 g	Carbohydrate	1.000 g	Calcium	0.000 mg	Ash	0.000 g	6.667% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.032			0.000% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Egg									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 118 - Condiment, Mustard PC

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: 1

Ingredient #	Ingredient Description	Measurements
900218	Condiment, Mustard PC	5 1/2 gram

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

Calories <sup>1</sup>	4.583 kcal	Total Fat	0.000 g	Total Dietary Fiber	0.000 g	Vitamin C	0.000 mg	0.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.000 g	Iron	0.000 mg	0.000% Calories from Sat Fat
Sodium <sup>1</sup>	77.917 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	0.000 g	Calcium	0.000 mg	Ash	0.000 g	0.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.012			0.000% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 108 - Condiment, Ranch Dressing

Recipe HACCP Process: #1 No Cook

Source: High School

Number of Portions: 1

Portion Size: 1

Ingredient #	Ingredient Description	Measurements
900214	Condiment, Ranch Dressing Cup	12 gram

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

Calories <sup>1</sup>	50.795 kcal	Total Fat	5.080 g	Total Dietary Fiber	0.000 g	Vitamin C	0.000 mg	90.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.635 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.000 g	Iron	0.000 mg	11.249% Calories from Sat Fat
Sodium <sup>1</sup>	105.822 mg	Cholesterol	4.233 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.847 g	Carbohydrate	10.159 g	Calcium	0.000 mg	Ash	0.000 g	79.999% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.046			0.000% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Egg	Soy						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 123 - Condiment, Soy Sauce PC

Recipe HACCP Process: #1 No Cook

Source: High School

Number of Portions: 1

Portion Size: 1

Ingredient #	Ingredient Description	Measurements
990004	SOY SAUCE GF	9 gram

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

Calories <sup>1</sup>	6.262 kcal	Total Fat	0.000 g	Total Dietary Fiber	0.000 g	Vitamin C	0.000 mg	0.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	1.252 g	Iron	0.000 mg	0.000% Calories from Sat Fat
Sodium <sup>1</sup>	613.642 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	0.626 g	Calcium	0.000 mg	Ash	0.000 g	40.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.051			79.974% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 582 - Cookie Chocolate Chip

Recipe HACCP Process: #1 No Cook

Source: lh

Number of Portions: 1

Portion Size: serving

Ingredient #	Ingredient Description	Measurements
901032	Cookie Chocolate Chip	1 oz

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

Calories <sup>1</sup>	113.627 kcal	Total Fat	3.772 g	Total Dietary Fiber	1.200 g	Vitamin C	0.000 mg	29.879% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	1.772 g	Iron	0.617 mg	0.000% Calories from Sat Fat
Sodium <sup>1</sup>	74.246 mg	Cholesterol	15.775 mg	Vitamin A	28.578 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	8.345 g	Carbohydrate	18.747 g	Calcium	5.716 mg	Ash	0.000 g	65.996% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.181			6.238% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	1 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Egg	Soy	Wheat					
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# Recipe Prep Sheet

Tamalpais Union High School District

## 271 - Corn

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: 1/2 cup

Ingredient #	Ingredient Description	Measurements
011178	CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPREP	1/2 CUP

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

Calories <sup>1</sup>	59.840 kcal	Total Fat	0.530 g	Total Dietary Fiber	1.428 g	Vitamin C	4.352 mg	7.977% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.081 g	Trans Fat <sup>2</sup>	0.000 g	Protein	2.054 g	Iron	0.286 mg	1.217% Calories from Sat Fat
Sodium <sup>1</sup>	2.040 mg	Cholesterol	0.000 mg	Vitamin A	132.600 IU	Water	51.000 g	0.000% Calories from Trans Fat
Sugars	1.700 g	Carbohydrate	14.083 g	Calcium	2.720 mg	Ash	0.326 g	94.136% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.094			13.730% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 330 - Corn Chips or Cheetos (non grain dessert)

Recipe HACCP Process: #1 No Cook

Source: lh

Number of Portions: 1

Portion Size: serving

Ingredient #	Ingredient Description	Measurements
902638	Corn Chips	3/4 OZ

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

Calories <sup>1</sup>	121.371 kcal	Total Fat	8.091 g	Total Dietary Fiber	0.000 g	Vitamin C	0.000 mg	60.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.011 g	Trans Fat <sup>2</sup>	0.000 g	Protein	1.011 g	Iron	0.000 mg	7.500% Calories from Sat Fat
Sodium <sup>1</sup>	126.429 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	12.137 g	Calcium	0.000 mg	Ash	0.000 g	40.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.152			3.332% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990059 - Corn Dog Chicken - Nitrate Free & Potato Rounds

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
900156	Corn Dog Chicken - Nitrate Free	1 Each
900054	Potato Rounds	1 (3 oz serving)

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

Calories <sup>1</sup>	404.762 kcal	Total Fat	16.143 g	Total Dietary Fiber	7.381 g	Vitamin C	4.286 mg	35.894% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.691 g	Trans Fat <sup>2</sup>	0.000 g	Protein	11.381 g	Iron	1.440 mg	8.206% Calories from Sat Fat
Sodium <sup>1</sup>	819.048 mg	Cholesterol	40.000 mg	Vitamin A	0.000 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	9.000 g	Carbohydrate	49.048 g	Calcium	60.000 mg	Ash	*N/A* g	48.471% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.672			11.247% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup

Allergens							
Egg	Soy	Wheat					

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# Recipe Prep Sheet

Tamalpais Union High School District

## 990045 - Cracker Savory Bites

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
990206	Cracker Savory Bites	1 Cracker 2oz

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

Calories <sup>1</sup>	180.000 kcal	Total Fat	6.000 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	30.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	3.000 g	Iron	8.000 mg	5.000% Calories from Sat Fat
Sodium <sup>1</sup>	400.000 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	4.000 g	Carbohydrate	30.000 g	Calcium	12.000 mg	Ash	0.000 g	66.667% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.269			6.667% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Wheat									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990046 - Cracker, Goldfish

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902735	Cracker, Goldfish	1 Package

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

Calories <sup>1</sup>	100.000 kcal	Total Fat	4.000 g	Total Dietary Fiber	1.000 g	Vitamin C	0.000 mg	36.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.500 g	Trans Fat <sup>2</sup>	0.000 g	Protein	3.000 g	Iron	0.720 mg	4.500% Calories from Sat Fat
Sodium <sup>1</sup>	170.000 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	14.000 g	Calcium	20.000 mg	Ash	0.000 g	56.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.172			12.000% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	1 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	---------	-------	-----	-----------	-----	------	-----

### Allergens

Milk	Wheat								
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990048 - Edamame Soy Legume Component

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Portion Size: 1/3 cup

Ingredient #	Ingredient Description	Measurements
902715	Edamame Soy Beans Shelled	2 oz

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

Calories <sup>1</sup>	75.599 kcal	Total Fat	2.646 g	Total Dietary Fiber	4.536 g	Vitamin C	4.536 mg	31.500% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.378 g	Trans Fat <sup>2</sup>	0.000 g	Protein	7.560 g	Iron	1.361 mg	4.500% Calories from Sat Fat
Sodium <sup>1</sup>	11.340 mg	Cholesterol	0.000 mg	Vitamin A	151.197 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.756 g	Carbohydrate	6.048 g	Calcium	45.359 mg	Ash	0.000 g	32.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.241			40.001% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	.25 cup	Milk	cup
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### Allergens

Soy									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990031 - Egg Drop Vegetable Fried Rice / vegan version

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 4

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
R-000190	Rice - Brown and White WG	4 cup
004053	OIL,OLIVE,SALAD OR COOKING	2 TSP
799938	CARROTS,RAW	1 CUP, diced
011215	GARLIC, Chopped in water	1 tbsp
011282	ONIONS,RAW	1 CUP, chopped
011333	PEPPERS,SWT,GRN,RAW	3/4 CUP, chopped
122250	12/2.5 Frozen Peas	1 (0.667 cup)
900025	Eggs Scrambled	8 oz
902700	Sauce Teriyaki	2 3/4 TBSP
012024	SESAME SEEDS,WHL,RSTD&TSTD	1 1/4 TBSP

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

Calories <sup>1</sup>	409.712 kcal	Total Fat	10.136 g	Total Dietary Fiber	5.426 g	Vitamin C	*28.962* mg	22.266% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.538 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	15.362 g	Iron	3.212 mg	5.575% Calories from Sat Fat
Sodium <sup>1</sup>	898.300 mg	Cholesterol	190.000 mg	Vitamin A	*8501.738* IU	Water	*221.308* g	*0.000%* Calories from Trans Fat
Sugars	*14.032* g	Carbohydrate	63.538 g	Calcium	107.191 mg	Ash	*N/A* g	62.032% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.845			14.998% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.75 cup	Milk	cup
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### Allergens

Egg	Soy							
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# Recipe Prep Sheet

Tamalpais Union High School District

## 517 - Fajitas, Chicken

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 10

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
051520	Chicken, Diced, Cooked, Frozen	1 3/4 lb
901692	OIL,VEG,TYPE B-COMMOD	4 tbsp
009153	LEMON JUC FROM CONC,CND OR BTLD	2 TBSP
002047	SALT,TABLE	1 1/2 tsp
002027	SPICES,OREGANO,DRIED	1 1/2 tsp, leaves
990017	GARLIC,GRANULATED	1 tsp
990016	SPICE CUMIN,GROUND	1 1/2 tsp
002028	Spice Paprika	1/2 TSP
990196	Pepper Onion Blend	2 cup
900151	Tortilla Flour 10"	10 Each 10 Inch Flour

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

Calories <sup>1</sup>	522.728 kcal	Total Fat	20.345 g	Total Dietary Fiber	2.586 g	Vitamin C	2.193 mg	35.028% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.770 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	24.340 g	Iron	4.403 mg	3.047% Calories from Sat Fat
Sodium <sup>1</sup>	1031.872 mg	Cholesterol	58.800 mg	Vitamin A	64.201 IU	Water	*2.929* g	*0.000%* Calories from Trans Fat
Sugars	*1.265* g	Carbohydrate	58.080 g	Calcium	306.336 mg	Ash	*N/A* g	44.444% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.709			18.625% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.75 oz eq	Grain	2.75 oz eq	Fruit	cup	Vegetable	.125 cup	Milk	cup
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### Allergens

Wheat									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990037 - Fajitas, Vegan / gluten free

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 10

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
901692	OIL,VEG,TYPE B-COMMOD	4 tbsp
009153	LEMON JUC FROM CONC,CND OR BTLD	2 TBSP
002047	SALT,TABLE	1 1/2 tsp
002027	SPICES,OREGANO,DRIED	1 1/2 tsp, leaves
990017	GARLIC,GRANULATED	1 tsp
990016	SPICE CUMIN,GROUND	1 1/2 tsp
002028	Spice Paprika	1/2 TSP
990196	Pepper Onion Blend	2 cup
902532	BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUI	5 CUP
900151	Tortilla Flour 10"	10 Each 10 Inch Flour

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

Calories <sup>1</sup>	530.925 kcal	Total Fat	17.894 g	Total Dietary Fiber	10.890 g	Vitamin C	3.719 mg	30.333% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.866 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	14.783 g	Iron	6.181 mg	3.163% Calories from Sat Fat
Sodium <sup>1</sup>	1414.476 mg	Cholesterol	0.000 mg	Vitamin A	69.205 IU	Water	*2.929* g	*0.000%* Calories from Trans Fat
Sugars	*1.265* g	Carbohydrate	77.952 g	Calcium	348.336 mg	Ash	*N/A* g	58.729% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.160			11.138% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.75 oz eq	Grain	2.5 oz eq	Fruit	cup	Vegetable	.125 cup	Milk	cup
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### Allergens

Wheat									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 213 - Fruit Assorted

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 5

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
009003	APPLES,RAW,WITH SKIN	1 medium (3 dia)"
009040	BANANAS,RAW	1 medium (7" to 7-7/8")
009079	CRANBERRIES,DRIED,SWTND	1/4 CUP
051484	Raisins, Unsweetened, Individual Package	1 (1.33 OZ)
009200	ORANGES,RAW,ALL COMM VAR	1 fruit (2-5/8" dia)

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

Calories <sup>1</sup>	93.512 kcal	Total Fat	0.237 g	Total Dietary Fiber	2.637 g	Vitamin C	17.678 mg	2.284% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.046 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.808 g	Iron	0.263 mg	0.442% Calories from Sat Fat
Sodium <sup>1</sup>	1.703 mg	Cholesterol	0.000 mg	Vitamin A	96.498 IU	Water	*72.508* g	0.002% Calories from Trans Fat
Sugars	17.915 g	Carbohydrate	24.513 g	Calcium	18.389 mg	Ash	*N/A* g	104.856% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.145			3.456% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup

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# Recipe Prep Sheet

Tamalpais Union High School District

## 419 - Fruit Cup

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 2

Portion Size: 1/2 cup

Ingredient #	Ingredient Description	Measurements
009099	FRUIT COCKTAIL,CND,LT SYRUP,SOL&LIQUIDS	1/2 CUP
009240	PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS	1/2 CUP,slice/half

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

Calories <sup>1</sup>	68.370 kcal	Total Fat	0.061 g	Total Dietary Fiber	1.421 g	Vitamin C	2.656 mg	0.806% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.008 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.524 g	Iron	0.401 mg	0.104% Calories from Sat Fat
Sodium <sup>1</sup>	6.768 mg	Cholesterol	0.000 mg	Vitamin A	347.975 IU	Water	104.206 g	0.000% Calories from Trans Fat
Sugars	16.742 g	Carbohydrate	18.163 g	Calcium	5.512 mg	Ash	0.296 g	106.262% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.016			3.066% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup

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# Recipe Prep Sheet

Tamalpais Union High School District

## 313 - Fruit Juice Break Variety

Recipe HACCP Process: #1 No Cook

Source: lh

Number of Portions: 2

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
902713	Juice box orange tangerine 125ml	1 Box 125ml
902711	Juice box apple 125ml	1 Box 125ml

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

Calories <sup>1</sup>	60.000 kcal	Total Fat	0.000 g	Total Dietary Fiber	0.000 g	Vitamin C	60.000 mg	0.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.000 g	Iron	0.000 mg	0.000% Calories from Sat Fat
Sodium <sup>1</sup>	5.000 mg	Cholesterol	0.000 mg	Vitamin A	500.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	12.000 g	Carbohydrate	14.000 g	Calcium	20.000 mg	Ash	0.000 g	93.333% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.152			0.000% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup

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# Recipe Prep Sheet

Tamalpais Union High School District

## 565 - Fruit Juice Lunch Variety

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 2

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
902712	Juice box fruit punch 125ml	1 Box 125ml
902714	Juice box berry 125ml	1 Box 125ml

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

Calories <sup>1</sup>	59.958 kcal	Total Fat	0.000 g	Total Dietary Fiber	0.000 g	Vitamin C	59.958 mg	0.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.000 g	Iron	0.000 mg	0.000% Calories from Sat Fat
Sodium <sup>1</sup>	9.989 mg	Cholesterol	0.000 mg	Vitamin A	499.646 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	11.991 g	Carbohydrate	14.489 g	Calcium	19.986 mg	Ash	0.000 g	96.664% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.152			0.000% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 161 - Hamburger on a Bun

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902697	Beef Patty Smokie Grill Flame Broiled	1 Patty 3 oz
902687	Bread, Hamburger Bun	1 Bun

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

Calories <sup>1</sup>	382.871 kcal	Total Fat	19.212 g	Total Dietary Fiber	2.000 g	Vitamin C	9.000 mg	45.161% Calories from Total Fat
Saturated Fat <sup>1</sup>	7.587 g	Trans Fat <sup>2</sup>	1.013 g	Protein	21.200 g	Iron	2.898 mg	17.835% Calories from Sat Fat
Sodium <sup>1</sup>	614.618 mg	Cholesterol	70.874 mg	Vitamin A	0.000 IU	Water	0.000 g	2.380% Calories from Trans Fat
Sugars	3.000 g	Carbohydrate	29.000 g	Calcium	60.250 mg	Ash	0.000 g	30.297% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.370			22.148% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	3 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens							
Wheat							

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# Recipe Prep Sheet

Tamalpais Union High School District

## 495 - Hamburger with Cheese on a Bun

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902697	Beef Patty Smokie Grill Flame Broiled	1 Patty 3 oz
902690	Cheese American Sliced	1 Slice .5 oz
902687	Bread, Hamburger Bun	1 Bun

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

Calories <sup>1</sup>	438.558 kcal	Total Fat	23.768 g	Total Dietary Fiber	2.000 g	Vitamin C	9.000 mg	48.777% Calories from Total Fat
Saturated Fat <sup>1</sup>	10.119 g	Trans Fat <sup>2</sup>	1.013 g	Protein	23.731 g	Iron	2.954 mg	20.765% Calories from Sat Fat
Sodium <sup>1</sup>	751.304 mg	Cholesterol	83.530 mg	Vitamin A	138.711 IU	Water	0.000 g	2.078% Calories from Trans Fat
Sugars	3.506 g	Carbohydrate	30.013 g	Calcium	144.792 mg	Ash	0.000 g	27.374% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.422			21.645% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	3.5 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Wheat								
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990050 - Hummus To-Go Plate

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
990209	Original Hummus, 3 oz - Zee Zees	1 (3 OZ)
360905	PEANUT BUTTER,SMOOTH,REGULAR-COMMODITY	1 (2 TBSP SERVING)
902733	Tortilla Chip	1 Serving
011960	CARROTS,BABY,RAW	1 NLEA serving

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

Calories <sup>1</sup>	609.750 kcal	Total Fat	34.111 g	Total Dietary Fiber	12.465 g	Vitamin C	*2.210* mg	50.348% Calories from Total Fat
Saturated Fat <sup>1</sup>	5.520 g	Trans Fat <sup>2</sup>	0.000 g	Protein	15.544 g	Iron	4.017 mg	8.147% Calories from Sat Fat
Sodium <sup>1</sup>	536.300 mg	Cholesterol	0.000 mg	Vitamin A	*11721.500* IU	Water	*76.798* g	0.000% Calories from Trans Fat
Sugars	12.046 g	Carbohydrate	65.004 g	Calcium	112.200 mg	Ash	*N/A* g	42.643% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.864			10.197% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2.5 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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### Allergens

Peanut									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 150 - Macaroni and Cheese

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 10

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
900244	Macaroni & Cheese JTM	1 Bag 10 serv

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

Calories <sup>1</sup>	402.667 kcal	Total Fat	20.000 g	Total Dietary Fiber	2.667 g	Vitamin C	0.000 mg	44.702% Calories from Total Fat
Saturated Fat <sup>1</sup>	11.333 g	Trans Fat <sup>2</sup>	0.000 g	Protein	21.333 g	Iron	0.000 mg	25.331% Calories from Sat Fat
Sodium <sup>1</sup>	878.667 mg	Cholesterol	62.667 mg	Vitamin A	878.667 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	4.000 g	Carbohydrate	36.000 g	Calcium	474.667 mg	Ash	0.000 g	35.762% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.843			21.192% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.25 oz eq	Grain	1.25 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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### Allergens

Milk	Egg	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990053 - Manager's Choice Menu

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Portion Size: none

Ingredient #	Ingredient Description	Measurements
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\*Nutrients are based upon 1 Portion Size (none)

Calories <sup>1</sup>	0.000 kcal	Total Fat	0.000 g	Total Dietary Fiber	0.000 g	Vitamin C	0.000 mg	*N/A%* Calories from Total Fat
Saturated Fat <sup>1</sup>	0.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.000 g	Iron	0.000 mg	*N/A%* Calories from Sat Fat
Sodium <sup>1</sup>	0.000 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	*N/A%* Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	0.000 g	Calcium	0.000 mg	Ash	0.000 g	*N/A%* Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			*N/A%* Calories from Protein
Type of Fat	-							

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 380 - Meatball Marinara Sub

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902731	Meatball Tyson	1 CN Serv 3 ea
001146	CHEESE,PARMESAN,SHREDDED	1 1/2 tsp
902286	SPAGHETTI SAUCE,CND	1/4 CUP
902687	Bread, Hamburger Bun	1 Bun

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

Calories <sup>1</sup>	380.215 kcal	Total Fat	15.676 g	Total Dietary Fiber	3.498 g	Vitamin C	14.578 mg	37.105% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.932 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	12.445 g	Iron	3.225 mg	9.308% Calories from Sat Fat
Sodium <sup>1</sup>	554.651 mg	Cholesterol	56.800 mg	Vitamin A	732.671 IU	Water	38.159 g	*0.000%* Calories from Trans Fat
Sugars	6.011 g	Carbohydrate	40.065 g	Calcium	105.270 mg	Ash	1.216 g	42.150% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.719			13.093% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.5 oz eq	Grain	3 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Soy	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 477 - Milk 1% LF Clover

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902695	Milk 1% LF Clover	1 Half Pint

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

Calories <sup>1</sup>	120.000 kcal	Total Fat	2.500 g	Total Dietary Fiber	0.000 g	Vitamin C	0.000 mg	18.750% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.500 g	Trans Fat <sup>2</sup>	0.000 g	Protein	10.000 g	Iron	0.000 mg	11.250% Calories from Sat Fat
Sodium <sup>1</sup>	160.000 mg	Cholesterol	15.000 mg	Vitamin A	150.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	15.000 g	Carbohydrate	15.000 g	Calcium	380.000 mg	Ash	0.000 g	50.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.280			33.333% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	1 cup
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### Allergens

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

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 494 - Milk NF Chocolate Clover

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902696	Milk NF Chocolate Clover	1 Half Pint

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

Calories <sup>1</sup>	120.000 kcal	Total Fat	0.000 g	Total Dietary Fiber	0.000 g	Vitamin C	0.000 mg	0.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	8.000 g	Iron	0.720 mg	0.000% Calories from Sat Fat
Sodium <sup>1</sup>	200.000 mg	Cholesterol	5.000 mg	Vitamin A	500.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	21.000 g	Carbohydrate	21.000 g	Calcium	300.000 mg	Ash	0.000 g	70.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.300			26.667% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	1 cup
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### Allergens

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

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

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 183 - Milk Non Fat Clover

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: cup

Ingredient #	Ingredient Description	Measurements
990207	Milk Non Fat Clover	1 Half Pint

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

Calories <sup>1</sup>	90.000 kcal	Total Fat	0.000 g	Total Dietary Fiber	0.000 g	Vitamin C	0.000 mg	0.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	10.000 g	Iron	0.000 mg	0.000% Calories from Sat Fat
Sodium <sup>1</sup>	140.000 mg	Cholesterol	0.000 mg	Vitamin A	150.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	13.000 g	Carbohydrate	13.000 g	Calcium	350.000 mg	Ash	0.000 g	57.778% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.280			44.444% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	1 cup
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### Allergens

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

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

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 546 - Muffin - Blueberry

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902706	Muffin WG Blueberry	1 Muffin 3.15oz

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

Calories <sup>1</sup>	221.268 kcal	Total Fat	5.953 g	Total Dietary Fiber	3.274 g	Vitamin C	1.191 mg	24.215% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.893 g	Trans Fat <sup>2</sup>	0.000 g	Protein	3.870 g	Iron	1.091 mg	3.632% Calories from Sat Fat
Sodium <sup>1</sup>	114.107 mg	Cholesterol	29.767 mg	Vitamin A	51.596 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	16.372 g	Carbohydrate	38.201 g	Calcium	8.434 mg	Ash	0.000 g	69.058% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.425			6.996% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

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

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*<sup>1</sup> - denotes required nutrient values*

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# Recipe Prep Sheet

Tamalpais Union High School District

## 548 - Muffin - Chocolate Chip

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902707	Muffin WG Double Chocolate	1 Muffin 3.15 oz

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

Calories <sup>1</sup>	229.000 kcal	Total Fat	6.000 g	Total Dietary Fiber	3.100 g	Vitamin C	0.200 mg	23.581% Calories from Total Fat
Saturated Fat <sup>1</sup>	6.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	3.800 g	Iron	1.000 mg	23.581% Calories from Sat Fat
Sodium <sup>1</sup>	125.000 mg	Cholesterol	30.000 mg	Vitamin A	47.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	18.500 g	Carbohydrate	40.000 g	Calcium	3.500 mg	Ash	0.000 g	69.869% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.450			6.638% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 587 - Nacho, Chips, Tex Mex Beans

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 35

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902732	Nacho Cheese Sauce LOL	1 Bag 35/3oz
R-000007	Pinto Beans Tex Mex	35 (1/2 cup)
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	35 tsp
902733	Tortilla Chip	35 Serving

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

Calories <sup>1</sup>	533.122 kcal	Total Fat	28.686 g	Total Dietary Fiber	7.591 g	Vitamin C	1.241 mg	48.427% Calories from Total Fat
Saturated Fat <sup>1</sup>	9.819 g	Trans Fat <sup>2</sup>	0.000 g	Protein	18.382 g	Iron	4.409 mg	16.575% Calories from Sat Fat
Sodium <sup>1</sup>	1645.586 mg	Cholesterol	40.303 mg	Vitamin A	850.104 IU	Water	*0.744* g	0.000% Calories from Trans Fat
Sugars	*0.974* g	Carbohydrate	53.332 g	Calcium	470.481 mg	Ash	*N/A* g	40.014% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.763			13.792% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2.5 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Soy								
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990041 - Pancake IW

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Pancake IW

Ingredient #	Ingredient Description	Measurements
990202	Pancake IW	1 Pancake IW

\*Nutrients are based upon 1 Portion Size (Pancake IW)

Calories <sup>1</sup>	220.000 kcal	Total Fat	7.000 g	Total Dietary Fiber	2.000 g	Vitamin C	0.000 mg	28.636% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.500 g	Trans Fat <sup>2</sup>	0.000 g	Protein	4.000 g	Iron	8.000 mg	6.136% Calories from Sat Fat
Sodium <sup>1</sup>	260.000 mg	Cholesterol	10.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	11.000 g	Carbohydrate	35.000 g	Calcium	10.000 mg	Ash	0.000 g	63.636% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.359			7.273% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Egg	Peanut	Soy	Wheat					
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# Recipe Prep Sheet

Tamalpais Union High School District

## 13 - Pasta Alfredo

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 21

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
900251	Cheese Alfredo Sauce JTM	1 Bag 21 CN servings
902723	Pasta Rotini Cooked	42 Cup, Cooked

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

Calories <sup>1</sup>	580.000 kcal	Total Fat	10.000 g	Total Dietary Fiber	4.000 g	Vitamin C	0.000 mg	15.517% Calories from Total Fat
Saturated Fat <sup>1</sup>	6.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	26.000 g	Iron	3.600 mg	9.310% Calories from Sat Fat
Sodium <sup>1</sup>	748.000 mg	Cholesterol	38.000 mg	Vitamin A	450.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	8.000 g	Carbohydrate	94.000 g	Calcium	380.000 mg	Ash	0.000 g	64.828% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.716			17.931% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	4 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens							
Milk	Egg	Wheat					

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# Recipe Prep Sheet

Tamalpais Union High School District

## 575 - Pasta Italian w/ Cheese

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902723	Pasta Rotini Cooked	2 Cup, Cooked
902286	SPAGHETTI SAUCE,CND	1/2 CUP
001146	CHEESE,PARMESAN,SHREDDED	1/4 oz
902628	CHEESE BLEND,"SCHOOL CHOICE SHRD BLEND:MOZZ C	1 3/4 oz

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

Calories <sup>1</sup>	657.431 kcal	Total Fat	16.206 g	Total Dietary Fiber	4.996 g	Vitamin C	11.155 mg	22.186% Calories from Total Fat
Saturated Fat <sup>1</sup>	6.072 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	30.633 g	Iron	4.656 mg	8.312% Calories from Sat Fat
Sodium <sup>1</sup>	646.060 mg	Cholesterol	20.483 mg	Vitamin A	1933.310 IU	Water	100.118 g	*0.000%* Calories from Trans Fat
Sugars	8.040 g	Carbohydrate	95.219 g	Calcium	485.803 mg	Ash	4.589 g	57.934% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.572			18.638% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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### Allergens

Milk	Egg	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 14 - Pasta Italian w/ Meatballs

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902731	Meatball Tyson	1 CN Serv 3 ea
902723	Pasta Rotini Cooked	2 Cup, Cooked
902286	SPAGHETTI SAUCE,CND	1/2 CUP
001146	CHEESE,PARMESAN,SHREDDED	1/4 oz

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

Calories <sup>1</sup>	689.093 kcal	Total Fat	16.922 g	Total Dietary Fiber	5.996 g	Vitamin C	11.155 mg	22.101% Calories from Total Fat
Saturated Fat <sup>1</sup>	4.727 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	23.679 g	Iron	5.749 mg	6.174% Calories from Sat Fat
Sodium <sup>1</sup>	454.702 mg	Cholesterol	60.103 mg	Vitamin A	1383.398 IU	Water	76.840 g	*0.000%* Calories from Trans Fat
Sugars	8.040 g	Carbohydrate	100.202 g	Calcium	136.693 mg	Ash	2.564 g	58.164% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.864			13.745% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.25 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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### Allergens

Milk	Egg	Soy	Wheat					
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# Recipe Prep Sheet

Tamalpais Union High School District

## 524 - Pasta Salad Vegetarian/Vegan Entree

Recipe HACCP Process: #3 Complex Food Preparation

Source: LH

Number of Portions: 20

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902723	Pasta Rotini Cooked	40 Cup, Cooked
011313	PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT	5 CUP
011131	CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	5 CUP, sliced
799958	BEANS, CANNED, KIDNEY, LOW-SODIUM	5 CUP
902588	Italian Dressing	20 (2 Tbsp)
002047	SALT, TABLE	1 TBSP
002030	Spice Black Pepper	1 tsp, ground
001161	CHEESE SUB,MOZZARELLA	40 OZ

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

Calories <sup>1</sup>	655.112 kcal	Total Fat	8.006 g	Total Dietary Fiber	*11.136* g	Vitamin C	5.554 mg	10.999% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.201 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	26.147 g	Iron	5.449 mg	3.024% Calories from Sat Fat
Sodium <sup>1</sup>	1407.578 mg	Cholesterol	0.000 mg	Vitamin A	7845.468 IU	Water	*91.644* g	*0.000%* Calories from Trans Fat
Sugars	*18.671* g	Carbohydrate	117.998 g	Calcium	384.471 mg	Ash	*N/A* g	72.047% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.290			15.965% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	3 oz eq	Grain	4 oz eq	Fruit	cup
				Vegetable	.75 cup
				Milk	cup

Allergens							
Egg	Wheat						

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# Recipe Prep Sheet

Tamalpais Union High School District

## 437 - PEACHES: canned,light syrup

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Portion Size: 1/2 cup

Ingredient #	Ingredient Description	Measurements
009240	PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS	1/2 CUP

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

Calories <sup>1</sup>	67.770 kcal	Total Fat	0.038 g	Total Dietary Fiber	1.632 g	Vitamin C	3.012 mg	0.501% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.004 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.565 g	Iron	0.452 mg	0.050% Calories from Sat Fat
Sodium <sup>1</sup>	6.275 mg	Cholesterol	0.000 mg	Vitamin A	444.271 IU	Water	106.324 g	0.000% Calories from Trans Fat
Sugars	16.629 g	Carbohydrate	18.260 g	Calcium	3.765 mg	Ash	0.314 g	107.778% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.016			3.335% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 1065 - PEAS GREEN,CANNED,DRAINED

Recipe HACCP Process:

Source:

Number of Portions: 1

Portion Size: 1/2 cup

Ingredient #	Ingredient Description	Measurements
901755	PEAS,GRN,CND,DRND SOLIDS,HTD	1/2 CUP

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

Calories <sup>1</sup>	58.650 kcal	Total Fat	0.340 g	Total Dietary Fiber	3.485 g	Vitamin C	7.735 mg	5.217% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.051 g	Trans Fat <sup>2</sup>	*N/A* g	Protein	3.740 g	Iron	0.808 mg	0.783% Calories from Sat Fat
Sodium <sup>1</sup>	186.150 mg	Cholesterol	0.000 mg	Vitamin A	652.800 IU	Water	69.445 g	*N/A%* Calories from Trans Fat
Sugars	*N/A* g	Carbohydrate	10.710 g	Calcium	17.000 mg	Ash	0.824 g	73.043% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			25.507% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	1 cup	Milk	cup
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\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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# Recipe Prep Sheet

Tamalpais Union High School District

## 607 - Pesto Mediterranean Flatbread

Recipe HACCP Process: #2 Same Day Service

Source: lh

Number of Portions: 30

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902751	Loco Bread (Pita)	30 Pita
900050	Sauce Pesto	30 oz
902628	CHEESE BLEND,"SCHOOL CHOICE SHRD BLEND:MOZZ C	3 1/8 LB
001146	CHEESE,PARMESAN,SHREDDED	10 oz
902675	Italian Seasoning Mix	1 1/4 TBSP
990017	GARLIC,GRANULATED	2 1/2 tsp

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

Calories <sup>1</sup>	426.558 kcal	Total Fat	24.888 g	Total Dietary Fiber	3.567 g	Vitamin C	1.900 mg	52.511% Calories from Total Fat
Saturated Fat <sup>1</sup>	6.805 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	21.967 g	Iron	2.282 mg	14.358% Calories from Sat Fat
Sodium <sup>1</sup>	852.596 mg	Cholesterol	26.451 mg	Vitamin A	1083.934 IU	Water	*24.547* g	*0.000%* Calories from Trans Fat
Sugars	*1.085* g	Carbohydrate	28.527 g	Calcium	627.148 mg	Ash	*N/A* g	26.751% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.820			20.599% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

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

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 42 - PICKLES,DILL

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Description	Measurements
011937	PICKLES,CUCUMBER,DILL OR KOSHER DILL	1 medium

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

Calories <sup>1</sup>	7.800 kcal	Total Fat	0.195 g	Total Dietary Fiber	0.650 g	Vitamin C	1.495 mg	22.500% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.051 g	Trans Fat <sup>2</sup>	0.000 g	Protein	0.325 g	Iron	0.169 mg	5.919% Calories from Sat Fat
Sodium <sup>1</sup>	525.848 mg	Cholesterol	0.000 mg	Vitamin A	81.250 IU	Water	61.321 g	0.000% Calories from Trans Fat
Sugars	0.695 g	Carbohydrate	1.567 g	Calcium	37.050 mg	Ash	1.592 g	80.333% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.069			16.667% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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# Recipe Prep Sheet

Tamalpais Union High School District

## 7 - Pinto Beans Tex Mex

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 15

Portion Size: 1/2 cup

Ingredient #	Ingredient Description	Measurements
799957	BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM	1 #10 can drained
902364	Taco Seasoning GF	1/3 Cup

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

Calories <sup>1</sup>	93.476 kcal	Total Fat	1.428 g	Total Dietary Fiber	4.591 g	Vitamin C	1.241 mg	13.753% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.258 g	Trans Fat <sup>2</sup>	0.000 g	Protein	4.968 g	Iron	2.898 mg	2.482% Calories from Sat Fat
Sodium <sup>1</sup>	788.163 mg	Cholesterol	0.000 mg	Vitamin A	654.427 IU	Water	*0.744* g	0.000% Calories from Trans Fat
Sugars	*0.974* g	Carbohydrate	16.948 g	Calcium	59.451 mg	Ash	*N/A* g	72.523% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.131			21.259% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup

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# Recipe Prep Sheet

Tamalpais Union High School District

## 65 - Pizza Big D Four Cheese

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 8

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
900155	Pizza Big D Cheese	1 Pizza Whole Sliced

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

Calories <sup>1</sup>	360.000 kcal	Total Fat	16.000 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	40.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	7.000 g	Trans Fat <sup>2</sup>	0.500 g	Protein	21.000 g	Iron	2.700 mg	17.500% Calories from Sat Fat
Sodium <sup>1</sup>	470.000 mg	Cholesterol	35.000 mg	Vitamin A	400.000 IU	Water	0.000 g	1.250% Calories from Trans Fat
Sugars	9.000 g	Carbohydrate	36.000 g	Calcium	450.000 mg	Ash	0.000 g	40.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.991			23.333% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.125 cup	Milk	cup
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### Allergens

Milk	Soy	Wheat						
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<sup>1</sup> - denotes required nutrient values

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# Recipe Prep Sheet

Tamalpais Union High School District

## 67 - Pizza Big D Pepperoni

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 8

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
902691	Pizza Big D Pepperoni	1 Pizza Whole Sliced

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

Calories <sup>1</sup>	370.000 kcal	Total Fat	17.000 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	41.351% Calories from Total Fat
Saturated Fat <sup>1</sup>	7.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	21.000 g	Iron	2.700 mg	17.027% Calories from Sat Fat
Sodium <sup>1</sup>	550.000 mg	Cholesterol	45.000 mg	Vitamin A	400.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	9.000 g	Carbohydrate	35.000 g	Calcium	350.000 mg	Ash	0.000 g	37.838% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.032			22.703% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.125 cup	Milk	cup
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### Allergens

Milk	Soy	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 447 - Pizza Big D Veggie

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 8

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
900155	Pizza Big D Cheese	1 Pizza Whole Sliced
901711	ONIONS,RED,RAW	3/4 CUP, sliced
011333	PEPPERS,SWT,GRN,RAW	1 cup
011260	MUSHROOMS,WHITE,RAW	3/4 CUP, pieces
009193	OLIVES,RIPE,CND (SMALL-EXTRA LRG)	1/2 cup

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

Calories <sup>1</sup>	379.220 kcal	Total Fat	16.980 g	Total Dietary Fiber	3.700 g	Vitamin C	15.966 mg	40.299% Calories from Total Fat
Saturated Fat <sup>1</sup>	7.210 g	Trans Fat <sup>2</sup>	*0.500* g	Protein	21.552 g	Iron	3.346 mg	17.111% Calories from Sat Fat
Sodium <sup>1</sup>	533.057 mg	Cholesterol	35.000 mg	Vitamin A	496.756 IU	Water	39.857 g	*1.187%* Calories from Trans Fat
Sugars	*9.576* g	Carbohydrate	38.591 g	Calcium	461.929 mg	Ash	0.361 g	40.706% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.231			22.733% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.125 cup	Milk	cup
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### Allergens

Milk	Soy	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 497 - Pizza Galaxy 78368 WG

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902703	Pizza Galaxy 78368	1 Pizza

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

Calories <sup>1</sup>	310.000 kcal	Total Fat	13.000 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	37.742% Calories from Total Fat
Saturated Fat <sup>1</sup>	6.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	16.000 g	Iron	1.800 mg	17.419% Calories from Sat Fat
Sodium <sup>1</sup>	440.000 mg	Cholesterol	30.000 mg	Vitamin A	300.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	9.000 g	Carbohydrate	31.000 g	Calcium	200.000 mg	Ash	0.000 g	40.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.796			20.645% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	.125 cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Soy	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 593 - Pocket, Ham & Cheese

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902702	Dough, White Demi Loaf	1 Loaf 6oz
902724	Cheese Jack Sliced	1 Slice .75oz
902690	Cheese American Sliced	1 Slice .5 oz
902710	Turkey Ham Sliced	4 Slice

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

Calories <sup>1</sup>	623.099 kcal	Total Fat	20.509 g	Total Dietary Fiber	5.968 g	Vitamin C	45.956 mg	29.623% Calories from Total Fat
Saturated Fat <sup>1</sup>	11.010 g	Trans Fat <sup>2</sup>	0.000 g	Protein	32.399 g	Iron	5.069 mg	15.903% Calories from Sat Fat
Sodium <sup>1</sup>	1410.667 mg	Cholesterol	72.445 mg	Vitamin A	138.711 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	9.459 g	Carbohydrate	79.595 g	Calcium	303.226 mg	Ash	0.000 g	51.096% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.064			20.799% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.25 oz eq	Grain	3 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Soy	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 592 - Pocket, Pizza

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 48

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902628	CHEESE BLEND,"SCHOOL CHOICE SHRD BLEND:MOZZ C	5 LB
001146	CHEESE,PARMESAN,SHREDDED	1 LB
902737	Sauce Pizza	6 Cup
902702	Dough, White Demi Loaf	48 Loaf 6oz

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

Calories <sup>1</sup>	610.774 kcal	Total Fat	18.347 g	Total Dietary Fiber	6.968 g	Vitamin C	47.162 mg	27.035% Calories from Total Fat
Saturated Fat <sup>1</sup>	8.287 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	31.335 g	Iron	5.070 mg	12.212% Calories from Sat Fat
Sodium <sup>1</sup>	1443.396 mg	Cholesterol	21.451 mg	Vitamin A	800.705 IU	Water	24.532 g	*0.000%* Calories from Trans Fat
Sugars	10.538 g	Carbohydrate	81.379 g	Calcium	529.623 mg	Ash	2.532 g	53.296% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.642			20.522% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	3 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Soy	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 578 - Pork BBQ & Rice

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 32

Portion Size: serving

Ingredient #	Ingredient Description	Measurements
902722	Pork BBQ Sauce Shredded JTM	1 Bag 32 CN Serv
R-000190	Rice - Brown and White WG	1 (1.25 cup)

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

Calories <sup>1</sup>	176.300 kcal	Total Fat	6.036 g	Total Dietary Fiber	2.054 g	Vitamin C	5.000 mg	30.813% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.103 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	17.155 g	Iron	0.240 mg	10.734% Calories from Sat Fat
Sodium <sup>1</sup>	567.154 mg	Cholesterol	44.000 mg	Vitamin A	371.000 IU	Water	*4.496* g	*0.000%* Calories from Trans Fat
Sugars	*9.000* g	Carbohydrate	14.324 g	Calcium	37.578 mg	Ash	*N/A* g	32.499% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.384			38.922% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	2.25 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens							
Soy							

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# Recipe Prep Sheet

Tamalpais Union High School District

## 573 - Pork BBQ Sandwich

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 32

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
902722	Pork BBQ Sauce Shredded JTM	1 Bag 32 CN Serv
902687	Bread, Hamburger Bun	32 Bun

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

Calories <sup>1</sup>	320.000 kcal	Total Fat	8.000 g	Total Dietary Fiber	4.000 g	Vitamin C	14.000 mg	22.500% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.600 g	Trans Fat <sup>2</sup>	0.000 g	Protein	22.000 g	Iron	1.620 mg	7.312% Calories from Sat Fat
Sodium <sup>1</sup>	807.000 mg	Cholesterol	44.000 mg	Vitamin A	371.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	12.000 g	Carbohydrate	42.000 g	Calcium	77.000 mg	Ash	0.000 g	52.500% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.550			27.500% Calories from Protein
Type of Fat	-							

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

Allergens							
Soy	Wheat						

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 613 - Pork Cilantro Lime Burrito

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 23

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902749	Pork Cooked Pulled USDA	1 Bag 26/3.08 oz CN
902682	SALSA, LOW-SODIUM, CANNED	2 Cup
990017	GARLIC, GRANULATED	3 tsp
990016	SPICE CUMIN, GROUND	1 tbsp
002028	Spice Paprika	2 TSP
002047	SALT, TABLE	2 tsp
R-000190	Rice - Brown and White WG	18 (1.25 cup)
799968	CILANTRO	1/4 cup
901586	LIME JUICE	1/4 cup
990208	Beans, Black (Turtle), Low-sodium, Canned	5 3/4 cup
900151	Tortilla Flour 10"	23 Each 10 Inch Flour

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

Calories <sup>1</sup>	711.213 kcal	Total Fat	18.680 g	Total Dietary Fiber	7.787 g	Vitamin C	10.953 mg	23.639% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.211 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	32.001 g	Iron	9.306 mg	2.798% Calories from Sat Fat
Sodium <sup>1</sup>	1234.763 mg	Cholesterol	56.465 mg	Vitamin A	220.337 IU	Water	*160.862* g	*0.000%* Calories from Trans Fat
Sugars	*0.021* g	Carbohydrate	103.799 g	Calcium	357.129 mg	Ash	*N/A* g	58.379% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.704			17.998% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	2.5 oz eq	Fruit	cup	Vegetable	.25 cup	Milk	cup

Allergens							
Wheat							

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# Recipe Prep Sheet

Tamalpais Union High School District

## 602 - Pork Korean Banh Mi Bowl

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 26

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902749	Pork Cooked Pulled USDA	1 Bag 26/3.08 oz CN
902748	Sauce, Korean BBQ	1 1/2 cup
R-000190	Rice - Brown and White WG	23 (1.25 cup)
R-000600	Sauce Spicy Mayo	23 TBSP
012024	SESAME SEEDS,WHL,RSTD&TSTD	2 TBSP
799968	CILANTRO	1 cup
R-000601	Vegetables Banh Mi Pickled	16 Servings

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

Calories <sup>1</sup>	395.444 kcal	Total Fat	9.823 g	Total Dietary Fiber	2.529 g	Vitamin C	12.075 mg	22.357% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.549 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	19.916 g	Iron	3.519 mg	3.525% Calories from Sat Fat
Sodium <sup>1</sup>	805.106 mg	Cholesterol	49.950 mg	Vitamin A	2960.329 IU	Water	*144.518* g	*0.000%* Calories from Trans Fat
Sugars	*14.516* g	Carbohydrate	56.868 g	Calcium	73.938 mg	Ash	*N/A* g	57.523% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.723			20.145% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	3 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

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

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 598 - Pork Korean Banh Mi Sandwich

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 26

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902749	Pork Cooked Pulled USDA	1 Bag 26/3.08 oz CN
902748	Sauce, Korean BBQ	1 1/2 cup
R-000568	Bread Fresh Baked Roll	13 Loaf
R-000600	Sauce Spicy Mayo	26 TBSP
R-000601	Vegetables Banh Mi Pickled	18 Servings
901691	OIL,VEG,Canola	1/4 CUP

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

Calories <sup>1</sup>	451.790 kcal	Total Fat	14.173 g	Total Dietary Fiber	4.036 g	Vitamin C	35.965 mg	28.233% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.275 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	22.969 g	Iron	3.931 mg	6.524% Calories from Sat Fat
Sodium <sup>1</sup>	1241.955 mg	Cholesterol	49.950 mg	Vitamin A	3330.332 IU	Water	*19.403* g	*0.000%* Calories from Trans Fat
Sugars	*19.777* g	Carbohydrate	59.367 g	Calcium	68.957 mg	Ash	*N/A* g	52.561% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.831			20.336% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	3 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 611 - Pork Pulled Burrito Bowl

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 23

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902749	Pork Cooked Pulled USDA	1 Bag 26/3.08 oz CN
902682	SALSA, LOW-SODIUM, CANNED	2 Cup
990017	GARLIC, GRANULATED	3 tsp
990016	SPICE CUMIN, GROUND	2 tbsp
002028	Spice Paprika	4 TSP
002047	SALT, TABLE	2 TBSP
R-000190	Rice - Brown and White WG	23 (1.25 cup)
799968	CILANTRO	1/4 cup
901586	LIME JUICE	1/4 cup
990208	Beans, Black (Turtle), Low-sodium, Canned	11 1/4 cup

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

Calories <sup>1</sup>	448.759 kcal	Total Fat	7.017 g	Total Dietary Fiber	10.086 g	Vitamin C	10.976 mg	14.073% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.238 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	29.505 g	Iron	7.643 mg	2.482% Calories from Sat Fat
Sodium <sup>1</sup>	1107.813 mg	Cholesterol	56.465 mg	Vitamin A	322.323 IU	Water	*192.181* g	*0.000%* Calories from Trans Fat
Sugars	*0.041* g	Carbohydrate	67.799 g	Calcium	83.534 mg	Ash	*N/A* g	60.432% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.652			26.299% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.5 oz eq	Grain	3 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990029 - Pork Turkey Cheese Cuban Panini

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 26

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902749	Pork Cooked Pulled USDA	1 Bag 26/3.08 oz CN
990016	SPICE CUMIN,GROUND	1 tsp
990017	GARLIC,GRANULATED	1 1/4 tsp
002030	Spice Black Pepper	1/2 tsp, ground
901586	LIME JUICE	1 3/4 tbsp
902713	Juice box orange tangerine 125ml	1 Box 125ml
902687	Bread, Hamburger Bun	26 Bun
075003	MAYONNAISE,LoFat,No Cholesterol	13 TBSP
900218	Condiment, Mustard PC	1 cup
011937	PICKLES,CUCUMBER,DILL OR KOSHER DILL	52 slice
051778	Turkey, Deli Breast, Smoked, Sliced, Frozen	26 Slice .8 oz
122187	Shredded LMPS Mozzarella Cheese	13 oz

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

Calories <sup>1</sup>	358.536 kcal	Total Fat	12.569 g	Total Dietary Fiber	2.173 g	Vitamin C	*15.531* mg	31.551% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.650 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	28.419 g	Iron	*3.299* mg	9.163% Calories from Sat Fat
Sodium <sup>1</sup>	1055.557 mg	Cholesterol	69.064 mg	Vitamin A	*37.998* IU	Water	*38.847* g	*0.000%* Calories from Trans Fat
Sugars	*3.612* g	Carbohydrate	33.705 g	Calcium	*160.821* mg	Ash	*N/A* g	37.603% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.596			31.706% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	3.5 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Egg	Soy	Wheat					
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# Recipe Prep Sheet

Tamalpais Union High School District

## 610 - Potato Fries Ovation

Recipe HACCP Process: #2 Same Day Service

Source: H

Number of Portions: 22

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
990107	Potato Fries Ovation	1 Bag 5lbs

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

Calories <sup>1</sup>	168.776 kcal	Total Fat	5.370 g	Total Dietary Fiber	1.534 g	Vitamin C	0.000 mg	28.637% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	3.069 g	Iron	0.552 mg	0.000% Calories from Sat Fat
Sodium <sup>1</sup>	199.463 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	26.084 g	Calcium	0.000 mg	Ash	0.000 g	61.818% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.194			7.274% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 190 - Rice - Brown and White WG

Recipe HACCP Process: #2 Same Day Service

Source: High School

Number of Portions: 40

Portion Size: 1.25 cup

Ingredient #	Ingredient Description	Measurements
051426	RICE, BROWN, LONG GRAIN, PARBOILED, DRY	1 1/2 qt
902681	RICE, LONG GRAIN, WHITE, PARBOILED, ENRICHED,	1 1/2 qt
075012	WATER, HOT	6 qt

\*Nutrients are based upon 1 Portion Size (1.25 cup)

Calories <sup>1</sup>	201.600 kcal	Total Fat	1.151 g	Total Dietary Fiber	1.741 g	Vitamin C	0.000 mg	5.140% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.085 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	4.974 g	Iron	1.922 mg	0.378% Calories from Sat Fat
Sodium <sup>1</sup>	4.921 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	*143.857* g	*0.000%* Calories from Trans Fat
Sugars	*N/A* g	Carbohydrate	42.360 g	Calcium	18.480 mg	Ash	*N/A* g	84.048% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.052			9.869% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	2.25 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 1 - Rice Spanish

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 60

Portion Size: 1/4 cup

Ingredient #	Ingredient Description	Measurements
901691	OIL,VEG,Canola	2 tbsp
902681	RICE, LONG GRAIN, WHITE, PARBOILED, ENRICHED,	2 CUP
051426	RICE, BROWN, LONG GRAIN,PARBOILED, DRY	2 CUP
000001	WATER,BOILING	5 1/2 CUP
902682	SALSA, LOW-SODIUM, CANNED	3 1/2 Cup
002020	Spice Garlic Powder	1/2 TSP

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

Calories <sup>1</sup>	54.108 kcal	Total Fat	0.739 g	Total Dietary Fiber	0.586 g	Vitamin C	0.579 mg	12.294% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.083 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	1.327 g	Iron	0.750 mg	1.382% Calories from Sat Fat
Sodium <sup>1</sup>	17.012 mg	Cholesterol	0.000 mg	Vitamin A	79.393 IU	Water	*21.980* g	*0.000%* Calories from Trans Fat
Sugars	*0.001* g	Carbohydrate	10.442 g	Calcium	5.663 mg	Ash	*N/A* g	77.193% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.017			9.810% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	.25 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 595 - Rice Sushi

Recipe HACCP Process: #3 Complex Food Preparation

Source:

Number of Portions: 20

Portion Size: 1.25 cup

Ingredient #	Ingredient Description	Measurements
R-000190	Rice - Brown and White WG	20 (1.25 cup)
902739	Vinegar Sushi Seasoned	1 cup

\*Nutrients are based upon 1 Portion Size (1.25 cup)

Calories <sup>1</sup>	213.600 kcal	Total Fat	1.151 g	Total Dietary Fiber	1.741 g	Vitamin C	0.000 mg	4.851% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.085 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	4.974 g	Iron	1.922 mg	0.356% Calories from Sat Fat
Sodium <sup>1</sup>	204.921 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	*143.857* g	*0.000%* Calories from Trans Fat
Sugars	*3.200* g	Carbohydrate	45.560 g	Calcium	18.480 mg	Ash	*N/A* g	85.318% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.085			9.315% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	1 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

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# Recipe Prep Sheet

Tamalpais Union High School District

## 990054 - Rotini Mac & Cheese

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 21

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902723	Pasta Rotini Cooked	42 Cup, Cooked
990213	Cheddar Cheese Sauce JTM	1 Bag

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

Calories <sup>1</sup>	626.060 kcal	Total Fat	16.745 g	Total Dietary Fiber	4.000 g	Vitamin C	0.000 mg	24.072% Calories from Total Fat
Saturated Fat <sup>1</sup>	9.629 g	Trans Fat <sup>2</sup>	0.000 g	Protein	28.652 g	Iron	3.600 mg	13.842% Calories from Sat Fat
Sodium <sup>1</sup>	862.376 mg	Cholesterol	58.608 mg	Vitamin A	812.140 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	4.093 g	Carbohydrate	88.186 g	Calcium	422.815 mg	Ash	0.000 g	56.344% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.729			18.306% Calories from Protein
Type of Fat	-							

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

Allergens							
Milk	Egg	Wheat					

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 103 - Salad To-Go

Recipe HACCP Process: #1 No Cook

Source: High School

Number of Portions: 1

Portion Size: 1 Serving

Ingredient #	Ingredient Description	Measurements
799940	LETTUCE,COS OR ROMAINE,RAW	1 1/2 CUP, julienne cut
902726	Broccoli Slaw	1/8 Cup
011960	CARROTS,BABY,RAW	1/4 Cup
799960	BEANS, CANNED, GARBANZO (CHICKPEAS), LOW-SODI	1/8 CUP
902680	Ranch Dressing	2 TBSP

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

Calories <sup>1</sup>	105.705 kcal	Total Fat	2.542 g	Total Dietary Fiber	4.925 g	Vitamin C	14.941 mg	21.647% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.595 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	4.014 g	Iron	1.782 mg	5.063% Calories from Sat Fat
Sodium <sup>1</sup>	268.990 mg	Cholesterol	5.000 mg	Vitamin A	14086.340 IU	Water	*117.928* g	*0.000%* Calories from Trans Fat
Sugars	*2.949* g	Carbohydrate	17.900 g	Calcium	90.909 mg	Ash	*N/A* g	67.737% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.336			15.189% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	1 cup	Milk	cup

Allergens							
Milk	Egg						

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# Recipe Prep Sheet

Tamalpais Union High School District

## 1051 - SALSA:COMMODITY

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Portion Size: 1/4 cup

Ingredient #	Ingredient Description	Measurements
990191	USDA COMMODITY,SALSA	1 oz

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

Calories <sup>1</sup>	10.206 kcal	Total Fat	0.057 g	Total Dietary Fiber	0.397 g	Vitamin C	1.134 mg	5.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.008 g	Trans Fat <sup>2</sup>	*N/A* g	Protein	0.425 g	Iron	0.635 mg	0.723% Calories from Sat Fat
Sodium <sup>1</sup>	121.903 mg	Cholesterol	0.000 mg	Vitamin A	155.922 IU	Water	25.430 g	*N/A%* Calories from Trans Fat
Sugars	*N/A* g	Carbohydrate	1.985 g	Calcium	3.402 mg	Ash	0.454 g	77.778% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.057			16.657% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	.25 cup	Milk	cup
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\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 24 - Sandwich Caprese Panini

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902724	Cheese Jack Sliced	3 Slice .75oz
902730	Bread Sliced WG	2 Slice
002044	BASIL,FRESH	2 leaves
011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	2 slice, med (1/4" thick)

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

Calories <sup>1</sup>	447.430 kcal	Total Fat	23.086 g	Total Dietary Fiber	2.496 g	Vitamin C	5.660 mg	46.438% Calories from Total Fat
Saturated Fat <sup>1</sup>	13.512 g	Trans Fat <sup>2</sup>	0.000 g	Protein	23.384 g	Iron	2.300 mg	27.178% Calories from Sat Fat
Sodium <sup>1</sup>	782.040 mg	Cholesterol	60.000 mg	Vitamin A	385.950 IU	Water	38.729 g	0.000% Calories from Trans Fat
Sugars	5.055 g	Carbohydrate	39.583 g	Calcium	562.770 mg	Ash	0.215 g	35.387% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.857			20.905% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.25 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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### Allergens

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

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

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 612 - Sandwich Cheese & Turkey Panini

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902730	Bread Sliced WG	2 Slice
902690	Cheese American Sliced	1 Slice .5 oz
902710	Turkey Ham Sliced	1 oz
902586	Turkey, Roasted Breast, Sliced	4 Slice

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

Calories <sup>1</sup>	350.502 kcal	Total Fat	11.048 g	Total Dietary Fiber	2.000 g	Vitamin C	0.597 mg	28.369% Calories from Total Fat
Saturated Fat <sup>1</sup>	4.029 g	Trans Fat <sup>2</sup>	0.000 g	Protein	28.172 g	Iron	2.574 mg	10.344% Calories from Sat Fat
Sodium <sup>1</sup>	982.403 mg	Cholesterol	59.217 mg	Vitamin A	138.711 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	4.506 g	Carbohydrate	39.510 g	Calcium	164.543 mg	Ash	0.000 g	45.089% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.072			32.150% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Soy	Wheat						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 586 - Sandwich Cheese Panini

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902730	Bread Sliced WG	2 Slice
902690	Cheese American Sliced	2 Slice .5 oz

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

Calories <sup>1</sup>	311.373 kcal	Total Fat	11.112 g	Total Dietary Fiber	2.000 g	Vitamin C	0.000 mg	32.120% Calories from Total Fat
Saturated Fat <sup>1</sup>	5.062 g	Trans Fat <sup>2</sup>	0.000 g	Protein	13.062 g	Iron	2.271 mg	14.632% Calories from Sat Fat
Sodium <sup>1</sup>	633.371 mg	Cholesterol	25.312 mg	Vitamin A	277.421 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	5.012 g	Carbohydrate	40.025 g	Calcium	249.085 mg	Ash	0.000 g	51.417% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.248			16.780% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	1 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens							
Milk	Soy	Wheat					

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# Recipe Prep Sheet

Tamalpais Union High School District

## 418 - Sandwich Turkey

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902586	Turkey, Roasted Breast, Sliced	6 Slice
011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1/4 CUP, shredded
011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	2 slice, medium (1/4" thic
990224	Hoagie Roll	1 Hoagie Roll

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

Calories <sup>1</sup>	309.720 kcal	Total Fat	7.105 g	Total Dietary Fiber	3.696 g	Vitamin C	17.984 mg	20.647% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.014 g	Trans Fat <sup>2</sup>	0.000 g	Protein	26.514 g	Iron	1.982 mg	5.854% Calories from Sat Fat
Sodium <sup>1</sup>	743.802 mg	Cholesterol	40.000 mg	Vitamin A	423.560 IU	Water	*55.023* g	0.000% Calories from Trans Fat
Sugars	5.407 g	Carbohydrate	42.091 g	Calcium	87.240 mg	Ash	*N/A* g	54.360% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.313			34.243% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	3 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Wheat									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 569 - Sandwich Turkey & Pepper Jack

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902702	Dough, White Demi Loaf	1 Loaf 6oz
902586	Turkey, Roasted Breast, Sliced	6 Slice
902718	Cheese Pepper Jack Sliced	1 Slice .75oz
011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1/4 CUP, shredded
011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	2 slice, medium (1/4" thic

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

Calories <sup>1</sup>	607.502 kcal	Total Fat	17.574 g	Total Dietary Fiber	6.664 g	Vitamin C	50.746 mg	26.035% Calories from Total Fat
Saturated Fat <sup>1</sup>	8.999 g	Trans Fat <sup>2</sup>	0.000 g	Protein	39.435 g	Iron	4.479 mg	13.331% Calories from Sat Fat
Sodium <sup>1</sup>	1389.683 mg	Cholesterol	60.000 mg	Vitamin A	423.560 IU	Water	55.023 g	0.000% Calories from Trans Fat
Sugars	10.359 g	Carbohydrate	79.679 g	Calcium	215.923 mg	Ash	0.265 g	52.463% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.439			25.965% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	3 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens							
Milk	Soy	Wheat					

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# Recipe Prep Sheet

Tamalpais Union High School District

## 600 - Sauce Spicy Mayo

Recipe HACCP Process: #1 No Cook

Source: CM

Number of Portions: 32

Portion Size: TBSP

Ingredient #	Ingredient Description	Measurements
075003	MAYONNAISE,LoFat,No Cholesterol	2 cup
902742	Sauce Sriracha Hot Sauce	1/4 cup
902739	Vinegar Sushi Seasoned	2 3/4 TBSP
019335	SUGARS,GRANULATED	2 1/2 tbsp

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

Calories <sup>1</sup>	51.974 kcal	Total Fat	4.000 g	Total Dietary Fiber	0.000 g	Vitamin C	0.000 mg	69.265% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.500 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	0.000 g	Iron	0.000 mg	8.658% Calories from Sat Fat
Sodium <sup>1</sup>	181.494 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	*0.000%* Calories from Trans Fat
Sugars	*1.701* g	Carbohydrate	3.703 g	Calcium	0.010 mg	Ash	0.000 g	28.498% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.033			0.000% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Egg	Soy						
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# Recipe Prep Sheet

Tamalpais Union High School District

## 143 - Scones

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 2

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
900027	Scone Cinnamon Apple	1 Serving
900028	Scone Lemon Drop	1 Serving

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

Calories <sup>1</sup>	141.950 kcal	Total Fat	3.998 g	Total Dietary Fiber	2.317 g	Vitamin C	0.942 mg	25.350% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.556 g	Trans Fat <sup>2</sup>	0.000 g	Protein	2.071 g	Iron	0.932 mg	9.868% Calories from Sat Fat
Sodium <sup>1</sup>	96.527 mg	Cholesterol	5.912 mg	Vitamin A	77.646 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	10.106 g	Carbohydrate	25.417 g	Calcium	57.116 mg	Ash	0.000 g	71.623% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.194			5.836% Calories from Protein
Type of Fat	-							

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

Allergens							
Milk	Wheat						

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# Recipe Prep Sheet

Tamalpais Union High School District

## 990047 - Taco Bean & Cheese

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: serving

Ingredient #	Ingredient Description	Measurements
900248	Pinto Beans, Whole Canned USDA A079	1 Cup
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	1/2 OZ
902720	Tortilla Corn 6"	4 Tortilla

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

Calories <sup>1</sup>	477.499 kcal	Total Fat	8.617 g	Total Dietary Fiber	15.733 g	Vitamin C	2.200 mg	16.241% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	19.233 g	Iron	3.595 mg	5.655% Calories from Sat Fat
Sodium <sup>1</sup>	372.499 mg	Cholesterol	15.000 mg	Vitamin A	142.001 IU	Water	*0.000* g	0.000% Calories from Trans Fat
Sugars	*2.000* g	Carbohydrate	81.300 g	Calcium	483.866 mg	Ash	*N/A* g	68.105% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.474			16.111% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.5 oz eq	Grain	3 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk								
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# Recipe Prep Sheet

Tamalpais Union High School District

## 17 - Taco Chicken / vegan version

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 20

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
900829	CHICK,DICED,CKD,FROZEN-COMMOD	3 1/8 LB
902682	SALSA, LOW-SODIUM, CANNED	1 Cup
902364	Taco Seasoning GF	1/3 Cup
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	10 OZ
902720	Tortilla Corn 6"	80 Tortilla
900248	Pinto Beans, Whole Canned USDA A079	10 Cup

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

Calories <sup>1</sup>	537.633 kcal	Total Fat	13.646 g	Total Dietary Fiber	10.619 g	Vitamin C	1.979 mg	22.843% Calories from Total Fat
Saturated Fat <sup>1</sup>	4.584 g	Trans Fat <sup>2</sup>	0.000 g	Protein	34.650 g	Iron	4.284 mg	7.674% Calories from Sat Fat
Sodium <sup>1</sup>	829.428 mg	Cholesterol	78.432 mg	Vitamin A	739.711 IU	Water	*44.897* g	0.000% Calories from Trans Fat
Sugars	*1.730* g	Carbohydrate	67.797 g	Calcium	478.778 mg	Ash	*N/A* g	50.441% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.698			25.780% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.5 oz eq	Grain	3.5 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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### Allergens

Milk								
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# Recipe Prep Sheet

Tamalpais Union High School District

## 157 - Taco Pork Carnitas

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: serving

Ingredient #	Ingredient Description	Measurements
902719	Pork Carnitas JTM	1 CN serving 4.56oz
900248	Pinto Beans, Whole Canned USDA A079	1/2 Cup
902720	Tortilla Corn 6"	4 Tortilla
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	1/2 OZ

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

Calories <sup>1</sup>	547.499 kcal	Total Fat	14.617 g	Total Dietary Fiber	11.733 g	Vitamin C	9.100 mg	24.028% Calories from Total Fat
Saturated Fat <sup>1</sup>	5.400 g	Trans Fat <sup>2</sup>	0.000 g	Protein	31.233 g	Iron	3.845 mg	8.877% Calories from Sat Fat
Sodium <sup>1</sup>	719.499 mg	Cholesterol	65.000 mg	Vitamin A	1082.000 IU	Water	*0.000* g	0.000% Calories from Trans Fat
Sugars	*4.000* g	Carbohydrate	70.300 g	Calcium	490.866 mg	Ash	*N/A* g	51.361% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.767			22.819% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	3 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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### Allergens

Milk	Soy							
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# Recipe Prep Sheet

Tamalpais Union High School District

## 396 - Taco Salad

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	2 CUP, shredded
990208	Beans, Black (Turtle), Low-sodium, Canned	1/2 cup
902364	Taco Seasoning GF	1/2 tsp
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	1 OZ
902628	CHEESE BLEND,"SCHOOL CHOICE SHRD BLEND:MOZZ C	1 oz
902733	Tortilla Chip	1 Serving
990191	USDA COMMODITY,SALSA	1 1/2 oz

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

Calories <sup>1</sup>	626.121 kcal	Total Fat	31.032 g	Total Dietary Fiber	13.764 g	Vitamin C	5.973 mg	44.607% Calories from Total Fat
Saturated Fat <sup>1</sup>	9.793 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	26.853 g	Iron	6.168 mg	14.077% Calories from Sat Fat
Sodium <sup>1</sup>	1297.958 mg	Cholesterol	38.788 mg	Vitamin A	1919.211 IU	Water	*189.517* g	*0.000%* Calories from Trans Fat
Sugars	*3.294* g	Carbohydrate	62.099 g	Calcium	537.696 mg	Ash	*N/A* g	39.672% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.748			17.155% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	3 oz eq	Grain	2.5 oz eq	Fruit	cup
				Vegetable	1 cup
				Milk	cup

Allergens							
Milk							

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# Recipe Prep Sheet

Tamalpais Union High School District

## 567 - Tamale Grn Chili with Side Beans

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 12

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
902716	Tamale Green Chili Cheese	12 Tamale
902541	Beans Refried	1 (1/2 cup)
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	1/2 OZ

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

Calories <sup>1</sup>	383.815 kcal	Total Fat	24.560 g	Total Dietary Fiber	2.492 g	Vitamin C	9.000 mg	57.590% Calories from Total Fat
Saturated Fat <sup>1</sup>	10.250 g	Trans Fat <sup>2</sup>	0.000 g	Protein	16.784 g	Iron	0.156 mg	24.035% Calories from Sat Fat
Sodium <sup>1</sup>	522.005 mg	Cholesterol	36.250 mg	Vitamin A	761.833 IU	Water	*0.000* g	0.000% Calories from Trans Fat
Sugars	*2.000* g	Carbohydrate	30.518 g	Calcium	260.961 mg	Ash	*N/A* g	31.805% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.939			17.492% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.25 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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### Allergens

Milk	Soy								
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# Recipe Prep Sheet

Tamalpais Union High School District

## 3 - Teriyaki Chicken Rice Bowl

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 30

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
902698	Chicken Teriyaki Yangs GF	1 Bag 30 serv
011740	BROCCOLI, FLOWER CLUSTERS, RAW	1 1/2 LB
R-000190	Rice - Brown and White WG	30 (1.25 cup)

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

Calories <sup>1</sup>	394.617 kcal	Total Fat	6.256 g	Total Dietary Fiber	2.263 g	Vitamin C	21.137 mg	14.269% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.533 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	27.188 g	Iron	3.155 mg	3.496% Calories from Sat Fat
Sodium <sup>1</sup>	700.275 mg	Cholesterol	100.513 mg	Vitamin A	680.388 IU	Water	*164.425* g	*0.000%* Calories from Trans Fat
Sugars	*13.259* g	Carbohydrate	57.867 g	Calcium	29.366 mg	Ash	*N/A* g	58.656% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.952			27.559% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.5 oz eq	Grain	2.25 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Soy									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 566 - Teriyaki Edamame Stir Fry Rice Bowl

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: serving

Ingredient #	Ingredient Description	Measurements
902715	Edamame Soy Beans Shelled	1 (1/2 cup)
990218	Vegetable Stir Fry Blend	4 oz
R-000190	Rice - Brown and White WG	1 (1.25 cup)
902700	Sauce Teriyaki	2 TBSP

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

Calories <sup>1</sup>	538.645 kcal	Total Fat	4.651 g	Total Dietary Fiber	10.143 g	Vitamin C	33.628 mg	7.772% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.585 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	24.936 g	Iron	4.202 mg	0.977% Calories from Sat Fat
Sodium <sup>1</sup>	1776.708 mg	Cholesterol	0.000 mg	Vitamin A	200.000 IU	Water	*143.857* g	*0.000%* Calories from Trans Fat
Sugars	*33.642* g	Carbohydrate	105.329 g	Calcium	102.504 mg	Ash	*N/A* g	78.218% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.896			18.518% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2.25 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Soy									
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990056 - Teriyaki Sauce

Recipe HACCP Process:

Source:

Number of Portions: 12

Portion Size: 2 Tbsp

Ingredient #	Ingredient Description	Measurements
014411	BEVERAGES,H2O,TAP,DRINKING	1 cup (8 fl oz)
990216	SUGARS,BROWN,LIGHT	6 tbsp, packed
990004	SOY SAUCE GF	1/4 CUP
011215	GARLIC, Chopped in water	1 clove
002021	GINGER,GROUND	1/2 TSP
020027	CORNSTARCH	2 tbsp
014411	BEVERAGES,H2O,TAP,DRINKING	1/4 cup (8 fl oz)

\*Nutrients are based upon 1 Portion Size (2 Tbsp)

Calories <sup>1</sup>	36.003 kcal	Total Fat	0.005 g	Total Dietary Fiber	0.028 g	Vitamin C	0.079 mg	0.127% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.002 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	0.869 g	Iron	0.074 mg	0.057% Calories from Sat Fat
Sodium <sup>1</sup>	412.190 mg	Cholesterol	0.000 mg	Vitamin A	0.045 IU	Water	25.020 g	*0.000%* Calories from Trans Fat
Sugars	*0.005* g	Carbohydrate	8.514 g	Calcium	7.012 mg	Ash	0.064 g	94.597% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.038			9.655% Calories from Protein
Type of Fat	-							

### Components

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

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# Recipe Prep Sheet

Tamalpais Union High School District

## 69 - Tuna Salad

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 24

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
015121	FISH,TUNA,LT,CND IN H2O,DRND SOL	1 CAN (66.5)
075003	MAYONNAISE,LoFat,No Cholesterol	1 cup
011958	PICKLE RELISH,HAMBURGER	1 cup

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

Calories <sup>1</sup>	94.709 kcal	Total Fat	3.299 g	Total Dietary Fiber	0.320 g	Vitamin C	0.230 mg	31.350% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.466 g	Trans Fat <sup>2</sup>	*0.001* g	Protein	11.774 g	Iron	1.096 mg	4.425% Calories from Sat Fat
Sodium <sup>1</sup>	345.066 mg	Cholesterol	21.687 mg	Vitamin A	61.038 IU	Water	53.186 g	*0.011%* Calories from Trans Fat
Sugars	*0.000* g	Carbohydrate	4.781 g	Calcium	10.641 mg	Ash	0.894 g	20.194% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.095			49.727% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Egg	Fish	Soy					
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# Recipe Prep Sheet

Tamalpais Union High School District

## 601 - Vegetables Banh Mi Pickled

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 16

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
075012	WATER,HOT	1/4 CUP
019335	SUGARS,GRANULATED	1/4 CUP
002047	SALT,TABLE	1 tsp
902739	Vinegar Sushi Seasoned	1 cup
799938	CARROTS,RAW	4 CUP, shredded
799968	CILANTRO	1 cup
902726	Broccoli Slaw	4 Cup

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

Calories <sup>1</sup>	44.715 kcal	Total Fat	0.141 g	Total Dietary Fiber	1.520 g	Vitamin C	19.622 mg	2.838% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.011 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	0.756 g	Iron	0.266 mg	0.221% Calories from Sat Fat
Sodium <sup>1</sup>	420.711 mg	Cholesterol	0.000 mg	Vitamin A	4810.479 IU	Water	*28.027* g	*0.000%* Calories from Trans Fat
Sugars	*7.644* g	Carbohydrate	11.034 g	Calcium	49.271 mg	Ash	*N/A* g	98.703% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.276			6.763% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990040 - Waffle Maple IW

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
990201	Waffle Maple IW	1 Waffle IW

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

Calories <sup>1</sup>	200.000 kcal	Total Fat	15.000 g	Total Dietary Fiber	4.000 g	Vitamin C	0.000 mg	67.500% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.500 g	Trans Fat <sup>2</sup>	0.000 g	Protein	4.000 g	Iron	3.600 mg	6.750% Calories from Sat Fat
Sodium <sup>1</sup>	220.000 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	10.000 g	Carbohydrate	35.000 g	Calcium	260.000 mg	Ash	0.000 g	70.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.382			8.000% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Milk	Egg	Soy	Wheat					
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# Recipe Prep Sheet

Tamalpais Union High School District

## 990028 - Walking Taco w/ vegan version

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902749	Pork Cooked Pulled USDA	1 CN serving 3.08oz
902364	Taco Seasoning GF	1 tsp
900248	Pinto Beans, Whole Canned USDA A079	1 (1/2 CUP)
902670	CHEESE, CHEDDAR, YELLOW, SHREDDED	1/2 OZ
902733	Tortilla Chip	1 Serving

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

Calories <sup>1</sup>	561.298 kcal	Total Fat	27.088 g	Total Dietary Fiber	9.897 g	Vitamin C	1.579 mg	43.433% Calories from Total Fat
Saturated Fat <sup>1</sup>	5.736 g	Trans Fat <sup>2</sup>	0.000 g	Protein	30.344 g	Iron	5.989 mg	9.197% Calories from Sat Fat
Sodium <sup>1</sup>	1418.867 mg	Cholesterol	71.006 mg	Vitamin A	756.137 IU	Water	*0.698* g	0.000% Calories from Trans Fat
Sugars	*1.914* g	Carbohydrate	54.044 g	Calcium	207.114 mg	Ash	*N/A* g	38.514% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.943			21.624% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2.5 oz eq	Grain	2.5 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup

Allergens							
Milk							

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# Recipe Prep Sheet

Tamalpais Union High School District

## 597 - Wrap Chicken Sesame Cold/ Vegan Version

Recipe HACCP Process: #3 Complex Food Preparation

Source: LH

Number of Portions: 32

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
902700	Sauce Teriyaki	1/8 cup
011215	GARLIC, Chopped in water	1/2 TSP
002031	Spice PEPPER,RED OR CAYENNE	1/2 TSP
900829	CHICK,DICED,CKD,FROZEN-COMMOD	5 LB
799940	LETTUCE,COS OR ROMAINE,RAW	24 CUP, shredded
902726	Broccoli Slaw	7 Cup
799938	CARROTS,RAW	2 CUP, grated
900233	Dressing Sesame Oriental	1 Cup
012024	SESAME SEEDS,WHL,RSTD&TSTD	1/4 cup
902750	Tortilla white wheat 12 in Romeros	32 Tortilla 12in

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

Calories <sup>1</sup>	432.325 kcal	Total Fat	14.566 g	Total Dietary Fiber	5.685 g	Vitamin C	17.601 mg	30.322% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.991 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	28.681 g	Iron	3.813 mg	6.226% Calories from Sat Fat
Sodium <sup>1</sup>	456.497 mg	Cholesterol	63.432 mg	Vitamin A	4440.696 IU	Water	83.807 g	*0.000%* Calories from Trans Fat
Sugars	*3.715* g	Carbohydrate	47.850 g	Calcium	169.585 mg	Ash	1.034 g	44.272% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.622			26.537% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2.5 oz eq	Fruit	cup	Vegetable	1 cup	Milk	cup
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### Allergens

Soy	Wheat							
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# Recipe Prep Sheet

Tamalpais Union High School District

## 596 - Wrap Chicken Sesame Hot

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 54

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
075013	CHICKEN BREAST,Boneless,Skinless (avg 4 oz)	10 LB,raw wgt
R-000595	Rice Sushi	54 (1/4 cup)
900151	Tortilla Flour 10"	54 Each 10 Inch Flour
902726	Broccoli Slaw	13 1/2 Cup
799938	CARROTS,RAW	6 3/4 CUP, grated
900233	Dressing Sesame Oriental	3 1/2 Cup
012024	SESAME SEEDS,WHL,RSTD&TSTD	1/4 cup

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

Calories <sup>1</sup>	609.664 kcal	Total Fat	19.527 g	Total Dietary Fiber	4.057 g	Vitamin C	19.503 mg	28.826% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.991 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	25.164 g	Iron	5.252 mg	2.940% Calories from Sat Fat
Sodium <sup>1</sup>	968.183 mg	Cholesterol	37.465 mg	Vitamin A	2499.046 IU	Water	*84.081* g	*0.000%* Calories from Trans Fat
Sugars	*4.856* g	Carbohydrate	83.199 g	Calcium	327.440 mg	Ash	*N/A* g	54.587% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.778			16.510% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2.5 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Soy	Wheat							
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# Recipe Prep Sheet

Tamalpais Union High School District

## 594 - Wrap Chicken Teriyaki Hot

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 54

Portion Size: Serving

Ingredient #	Ingredient Description	Measurements
075013	CHICKEN BREAST,Boneless,Skinless (avg 4 oz)	10 LB,raw wgt
R-000595	Rice Sushi	54 (1/4 cup)
902750	Tortilla white wheat 12 in Romeros	54 Tortilla 12in
011740	BROCCOLI,FLOWER CLUSTERS,RAW	13 1/2 CUP,flowerets
902700	Sauce Teriyaki	1 1/4 cup
019334	SUGARS,BROWN	1 tbsp, unpacked
012024	SESAME SEEDS,WHL,RSTD&TSTD	1/4 cup

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

Calories <sup>1</sup>	463.662 kcal	Total Fat	7.968 g	Total Dietary Fiber	5.331 g	Vitamin C	17.235 mg	15.467% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.077 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	26.465 g	Iron	3.928 mg	2.090% Calories from Sat Fat
Sodium <sup>1</sup>	700.564 mg	Cholesterol	37.465 mg	Vitamin A	532.533 IU	Water	*88.040* g	*0.000%* Calories from Trans Fat
Sugars	*8.624* g	Carbohydrate	74.337 g	Calcium	151.561 mg	Ash	*N/A* g	64.130% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.826			22.831% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2.5 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Soy	Wheat							
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# Recipe Prep Sheet

Tamalpais Union High School District

## 137 - Wrap, Chicken Caesar

Recipe HACCP Process: #2 Same Day Service

Source: LH

Number of Portions: 32

Portion Size: Servings

Ingredient #	Ingredient Description	Measurements
900829	CHICK,DICED,CKD,FROZEN-COMMOD	5 LB
011251	LETTUCE,COS OR ROMAINE,RAW	48 CUP, shredded
001146	CHEESE,PARMESAN,SHREDDED	1/2 LB
990195	Dressing Caesar	1 3/4 cup
902750	Tortilla white wheat 12 in Romeros	32 Tortilla 12in

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

Calories <sup>1</sup>	473.558 kcal	Total Fat	19.251 g	Total Dietary Fiber	5.480 g	Vitamin C	2.820 mg	36.587% Calories from Total Fat
Saturated Fat <sup>1</sup>	4.841 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	31.385 g	Iron	3.943 mg	9.200% Calories from Sat Fat
Sodium <sup>1</sup>	537.719 mg	Cholesterol	70.285 mg	Vitamin A	6240.695 IU	Water	112.811 g	*0.000%* Calories from Trans Fat
Sugars	2.340 g	Carbohydrate	44.999 g	Calcium	252.701 mg	Ash	1.585 g	38.009% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.536			26.510% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2.5 oz eq	Grain	2.5 oz eq	Fruit	cup	Vegetable	.75 cup	Milk	cup

Allergens							
Milk	Fish	Soy	Wheat				

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# Recipe Prep Sheet

Tamalpais Union High School District

## 132 - Wrap, Chicken Chipotle / Vegan Version

Recipe HACCP Process: #1 No Cook

Source: LH

Number of Portions: 32

Portion Size: servings

Ingredient #	Ingredient Description	Measurements
900829	CHICK,DICED,CKD,FROZEN-COMMOD	5 LB
902680	Ranch Dressing	1 cup
900232	Chipotle Peppers in Adobo Sauce	2 oz
011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	5 LB, shredded
001009	CHEESE,CHEDDAR	1/2 lb
900063	Tortilla Chipotle 12" Flour	32 Each

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

Calories <sup>1</sup>	522.364 kcal	Total Fat	18.360 g	Total Dietary Fiber	14.906 g	Vitamin C	2.109 mg	31.633% Calories from Total Fat
Saturated Fat <sup>1</sup>	4.468 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	36.919 g	Iron	6.583 mg	7.698% Calories from Sat Fat
Sodium <sup>1</sup>	384.370 mg	Cholesterol	71.699 mg	Vitamin A	489.151 IU	Water	*114.727* g	*0.000%* Calories from Trans Fat
Sugars	*1.430* g	Carbohydrate	52.281 g	Calcium	332.460 mg	Ash	*N/A* g	40.034% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.557			28.271% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.75 oz eq	Grain	2.5 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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### Allergens

Milk	Egg	Soy	Wheat					
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<sup>1</sup> - denotes required nutrient values

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

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