

Recipe Prep Sheet

Simplified Culinary Services

450 - ABF CHICKEN & WAFFLES

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901646	ABF CHICKEN TENDER BREADED	3 1/2 oz	No Instructions Assigned
901647	WAFFLE, BELGIAN (2 WAFFLES)	4 7/8 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	520.000 kcal	Total Fat	15.000 g	Total Dietary Fiber	2.000 g	Vitamin C	0.000 mg	25.962% Calories from Total Fat
Saturated Fat ¹	4.000 g	Trans Fat ²	0.000 g	Protein	21.000 g	Iron	3.420 mg	6.923% Calories from Sat Fat
Sodium ¹	1770.000 mg	Cholesterol	80.000 mg	Vitamin A	50.000 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	10.000 g	Carbohydrate	74.000 g	Calcium	20.000 mg	Ash	*N/A* g	56.923% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			16.154% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

990062 - ABF CHICKEN TENDERS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901616	CHICKEN TENDERS SYSCO (4.5 oz)	3 oz	DEEP FRY CHICKEN IN FRYER UNTIL 165 DEGREES.

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	137.333 kcal	Total Fat	4.000 g	Total Dietary Fiber	0.667 g	Vitamin C	0.800 mg	26.214% Calories from Total Fat
Saturated Fat ¹	0.667 g	Trans Fat ²	0.333 g	Protein	11.333 g	Iron	*N/A* mg	4.369% Calories from Sat Fat
Sodium ¹	753.333 mg	Cholesterol	26.667 mg	Vitamin A	0.000 IU	Water	*N/A* g	2.184% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	14.667 g	Calcium	40.000 mg	Ash	*N/A* g	42.719% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			33.009% 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

Simplified Culinary Services

900065 - ABF TURKEY MELT

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901621	Turkey Breast Oven Browned JennieO	2 1/2 oz	SLICE TURKEY THIN. PLACE ON BREAD AND CUT IN HALF. WRAP SANDWICH WITH MEAT FACING OUT
901594	Anthony & Sons Ultragrñ Bread 2 slices 1.8 oz	1 7/8 oz	
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1 oz	
001001	BUTTER,W/SALT	1/4 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	306.690 kcal	Total Fat	12.429 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	36.475% Calories from Total Fat
Saturated Fat ¹	6.677 g	Trans Fat ²	0.232 g	Protein	28.398 g	Iron	1.181 mg	19.594% Calories from Sat Fat
Sodium ¹	1168.188 mg	Cholesterol	61.675 mg	Vitamin A	835.224 IU	Water	*15.166* g	0.682% Calories from Trans Fat
Sugars	0.004 g	Carbohydrate	23.028 g	Calcium	204.958 mg	Ash	*1.567* g	30.035% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			37.038% 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

Simplified Culinary Services

990037 - ACAI BOWL

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: 5 OUNCE

Ingredient #	Ingredient Name	Measurements	Instructions
014056	BEVERAGES,ACAI BERRY DRK,FORT	3 1/2 oz	No Instructions Assigned
009040	BANANAS,RAW	1/3 CUP, sliced	
009316	STRAWBERRIES,FRESH	1/3 CUP, sliced	
008189	CEREALS RTE,KELLOGG,KELLOGG'S LOFAT GRANOLA W	1 oz	
019080	CHOCOLATE CHIPS, SEMI SWEET	1/4 OZ (approx 60 pcs)	
075010	WATER,COLD	3 oz	

*Nutrients are based upon 1 Portion Size (5 OUNCE)

Calories ¹	268.444 kcal	Total Fat	4.903 g	Total Dietary Fiber	6.007 g	Vitamin C	80.650 mg	16.437% Calories from Total Fat
Saturated Fat ¹	1.716 g	Trans Fat ²	*0.000* g	Protein	4.509 g	Iron	1.796 mg	5.754% Calories from Sat Fat
Sodium ¹	90.242 mg	Cholesterol	0.000 mg	Vitamin A	10170.632 IU	Water	258.578 g	*0.000%* Calories from Trans Fat
Sugars	*31.798* g	Carbohydrate	55.948 g	Calcium	43.666 mg	Ash	1.761 g	83.366% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			6.719% 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

Simplified Culinary Services

64 - APPLE

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
009003	APPLES,FRESH,W/SKIN	1 each, 3/lb.	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	71.760 kcal	Total Fat	0.235 g	Total Dietary Fiber	3.312 g	Vitamin C	6.348 mg	2.942% Calories from Total Fat
Saturated Fat ¹	0.039 g	Trans Fat ²	0.000 g	Protein	0.359 g	Iron	0.166 mg	0.484% Calories from Sat Fat
Sodium ¹	1.380 mg	Cholesterol	0.000 mg	Vitamin A	74.520 IU	Water	118.073 g	0.000% Calories from Trans Fat
Sugars	14.338 g	Carbohydrate	19.058 g	Calcium	8.280 mg	Ash	0.262 g	106.231% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			2.001% 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

Simplified Culinary Services

247 - APPLESAUCE

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
900010	APPLESAUCE,CANNED,UNSWTND,W/+VIT C	1/2 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	52.460 kcal	Total Fat	0.061 g	Total Dietary Fiber	1.464 g	Vitamin C	25.864 mg	1.047% Calories from Total Fat
Saturated Fat ¹	0.010 g	Trans Fat ²	*N/A* g	Protein	0.207 g	Iron	0.146 mg	0.168% Calories from Sat Fat
Sodium ¹	2.440 mg	Cholesterol	0.000 mg	Vitamin A	35.380 IU	Water	107.788 g	*N/A%* Calories from Trans Fat
Sugars	*N/A* g	Carbohydrate	13.774 g	Calcium	3.660 mg	Ash	0.183 g	105.024% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			1.578% 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

Simplified Culinary Services

248 - APRICOTS Light Syrup

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
009026	APRICOTS,CANNED,LIGHT SYRUP,W/SKIN	1/2 CUP, halves	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	79.695 kcal	Total Fat	0.063 g	Total Dietary Fiber	2.024 g	Vitamin C	3.416 mg	0.714% Calories from Total Fat
Saturated Fat ¹	0.004 g	Trans Fat ²	0.000 g	Protein	0.670 g	Iron	0.493 mg	0.043% Calories from Sat Fat
Sodium ¹	5.060 mg	Cholesterol	0.000 mg	Vitamin A	1672.330 IU	Water	104.438 g	0.000% Calories from Trans Fat
Sugars	18.836 g	Carbohydrate	20.860 g	Calcium	13.915 mg	Ash	0.468 g	104.698% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			3.363% 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

Simplified Culinary Services

900052 - ARUGULA SALAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011959	ARUGULA,RAW	1 CUP	No Instructions Assigned
009152	LEMON JUICE,RAW	1/2 tsp	
004053	OIL,OLIVE	1/2 TSP	

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	25.449 kcal	Total Fat	2.388 g	Total Dietary Fiber	0.328 g	Vitamin C	3.984 mg	84.455% Calories from Total Fat
Saturated Fat ¹	0.329 g	Trans Fat ²	*0.000* g	Protein	0.525 g	Iron	0.307 mg	11.631% Calories from Sat Fat
Sodium ¹	5.470 mg	Cholesterol	0.000 mg	Vitamin A	474.752 IU	Water	20.688 g	*0.000%* Calories from Trans Fat
Sugars	0.474 g	Carbohydrate	0.905 g	Calcium	32.175 mg	Ash	0.285 g	14.231% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.252% 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

Simplified Culinary Services

250 - ASPARAGUS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011012	ASPARAGUS,FRESH,BOILED,DRAINED	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	39.600 kcal	Total Fat	0.396 g	Total Dietary Fiber	3.600 g	Vitamin C	13.860 mg	9.000% Calories from Total Fat
Saturated Fat ¹	0.086 g	Trans Fat ²	0.000 g	Protein	4.320 g	Iron	1.638 mg	1.964% Calories from Sat Fat
Sodium ¹	25.200 mg	Cholesterol	0.000 mg	Vitamin A	1810.800 IU	Water	166.734 g	0.000% Calories from Trans Fat
Sugars	2.340 g	Carbohydrate	7.398 g	Calcium	41.400 mg	Ash	1.134 g	74.727% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			43.636% 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

Simplified Culinary Services

245 - ASSORTED FRESH FRUIT

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
009003	APPLES,FRESH,W/SKIN	3 tbsp, sliced + 5/8 tsp, sliced	No Instructions Assigned
009131	GRAPES,FRESH	3 tbsp + 5/8 tsp	
009236	PEACHES,FRESH	3 tbsp, slices + 5/8 tsp, slices	
009252	PEARS,FRESH	3 tbsp, slices + 5/8 tsp, slices	
009040	BANANAS,RAW	3 tbsp, sliced + 5/8 tsp, sliced	
009200	ORANGES,FRESH	3 tbsp + 5/8 tsp	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	95.360 kcal	Total Fat	0.360 g	Total Dietary Fiber	3.668 g	Vitamin C	26.747 mg	3.400% Calories from Total Fat
Saturated Fat ¹	0.078 g	Trans Fat ²	0.000 g	Protein	1.220 g	Iron	0.321 mg	0.737% Calories from Sat Fat
Sodium ¹	1.168 mg	Cholesterol	0.000 mg	Vitamin A	237.888 IU	Water	138.366 g	0.000% Calories from Trans Fat
Sugars	17.625 g	Carbohydrate	24.479 g	Calcium	24.164 mg	Ash	0.773 g	102.678% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			5.117% 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

Simplified Culinary Services

351 - BACON LETTUCE AVOCADO TOMATO SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901631	Bacon Layflat Smoked Sysco (2 Fried Pieces)	2 1/2 oz	COOK BACON AND DRAIN. PLACE ON HARDROLL. PLACE LETTUCE, TOMATO AND AVOCADO ON TOP. WRAP AND SLICE .
011529	TOMATOES,FRESH,RED RIPE	1 oz	
011252	LETTUCE,ICEBERG,FRESH	1/4 CUP, shredded	
009037	AVOCADOS,RAW,ALL COMM VAR	1 1/2 oz	
901592	Anthony & Sons Kaiser Roll 2.3 oz	2 1/3 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	600.662 kcal	Total Fat	36.983 g	Total Dietary Fiber	6.405 g	Vitamin C	8.640 mg	55.413% Calories from Total Fat
Saturated Fat ¹	11.332 g	Trans Fat ²	0.000 g	Protein	31.262 g	Iron	*0.384* mg	16.979% Calories from Sat Fat
Sodium ¹	1556.194 mg	Cholesterol	83.333 mg	Vitamin A	393.597 IU	Water	*75.152* g	0.000% Calories from Trans Fat
Sugars	2.381 g	Carbohydrate	34.265 g	Calcium	91.178 mg	Ash	*0.878* g	22.818% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.818% 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

Simplified Culinary Services

341 - BAJA CHICKEN CAESAR

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011251	LETTUCE,COS OR ROMAINE,RAW	2 CUP, shredded	MIX TABASCO AND DRESSING. TOSS WITH LETTUCE. PUT GRILLED CHICKEN AND TORTILLA CHIPS ON TOP.
901655	CHICKEN BREAST 4/10# WHL	4 OZ	
901710	TORTILLA CHIP, 4/2.5# FRD YEL	1/2 OZ	
901667	DRESSING,CAESAR	2 oz	
006169	TABASCO SAUCE	1/4 TSP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	462.511 kcal	Total Fat	33.623 g	Total Dietary Fiber	3.182 g	Vitamin C	3.966 mg	65.426% Calories from Total Fat
Saturated Fat ¹	7.367 g	Trans Fat ²	*0.000* g	Protein	25.113 g	Iron	1.079 mg	14.335% Calories from Sat Fat
Sodium ¹	649.737 mg	Cholesterol	83.534 mg	Vitamin A	8238.841 IU	Water	120.902 g	*0.000%* Calories from Trans Fat
Sugars	1.120 g	Carbohydrate	15.708 g	Calcium	114.734 mg	Ash	0.999 g	13.585% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.719% 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

Simplified Culinary Services

249 - BAKED BEANS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 100

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
016006	BEANS,BAKED,CANNED,PLAIN/VEGETARIAN	4 1/4 #10 CAN	1. Pour canned beans into steamtable pans(12x20x4). Use 1 pan per 50 servings. 2. Combine onions, molasses, dry mustard, brown sugar, water, and tomato paste. Blend well. 3. Pour 2 lb. 11oz. of mixture over beans in each steamtable pan. Stir to combine. Cover pans. 4. Bake: Conventional oven: 350 F for 2 1/4 hours. Convection oven: 325 F for 1 1/4 hours. Remove cover during last half hour of baking to brown beans. 5. Portion with 4-oz ladle (1/2 cup). SERVING: 1/2 cup provides 1/2 cup of cooked dry beans.
011284	ONIONS,DEHYDRATED FLAKES	5 1/4 oz	
019304	MOLASSES	2 CUP	
000088	MUSTARD ,DRY	1/4 CUP	
019334	SUGAR,BROWN	7 1/2 oz	
014429	WATER	1 qt	
901473	TOMATO PASTE,CANNED,HEATED	2 CUP	

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

Calories ¹	160.920 kcal	Total Fat	0.511 g	Total Dietary Fiber	5.703 g	Vitamin C	4.119 mg	2.857% Calories from Total Fat
Saturated Fat ¹	0.097 g	Trans Fat ²	*0.000* g	Protein	6.574 g	Iron	2.015 mg	0.545% Calories from Sat Fat
Sodium ¹	451.899 mg	Cholesterol	0.000 mg	Vitamin A	270.649 IU	Water	108.572 g	*0.000%* Calories from Trans Fat
Sugars	*18.014* g	Carbohydrate	37.044 g	Calcium	65.663 mg	Ash	2.582 g	92.082% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			16.341% 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

Simplified Culinary Services

44 - BAKED POTATO

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011674	POTATO BAKED,FLESH & SKIN	1 ea. 2.33"x4.75"	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	187.859 kcal	Total Fat	0.263 g	Total Dietary Fiber	4.444 g	Vitamin C	19.392 mg	1.258% Calories from Total Fat
Saturated Fat ¹	0.069 g	Trans Fat ²	0.000 g	Protein	5.050 g	Iron	2.182 mg	0.329% Calories from Sat Fat
Sodium ¹	20.200 mg	Cholesterol	0.000 mg	Vitamin A	20.200 IU	Water	151.277 g	0.000% Calories from Trans Fat
Sugars	2.384 g	Carbohydrate	42.723 g	Calcium	30.300 mg	Ash	2.687 g	90.968% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			10.753% 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

Simplified Culinary Services

68 - BANANA

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
009040	BANANAS,RAW	1 EACH	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	89.891 kcal	Total Fat	0.333 g	Total Dietary Fiber	2.626 g	Vitamin C	8.787 mg	3.337% Calories from Total Fat
Saturated Fat ¹	0.113 g	Trans Fat ²	0.000 g	Protein	1.101 g	Iron	0.263 mg	1.132% Calories from Sat Fat
Sodium ¹	1.010 mg	Cholesterol	0.000 mg	Vitamin A	64.641 IU	Water	75.660 g	0.000% Calories from Trans Fat
Sugars	12.352 g	Carbohydrate	23.069 g	Calcium	5.050 mg	Ash	0.828 g	102.651% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			4.899% 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

Simplified Culinary Services

251 - BANANA SLICES

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 0.5

Portion Size: 1 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
009040	BANANAS,RAW	1/2 CUP, sliced	No Instructions Assigned

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

Calories ¹	133.500 kcal	Total Fat	0.495 g	Total Dietary Fiber	3.900 g	Vitamin C	13.050 mg	3.337% Calories from Total Fat
Saturated Fat ¹	0.168 g	Trans Fat ²	0.000 g	Protein	1.635 g	Iron	0.390 mg	1.133% Calories from Sat Fat
Sodium ¹	1.500 mg	Cholesterol	0.000 mg	Vitamin A	96.000 IU	Water	112.365 g	0.000% Calories from Trans Fat
Sugars	18.345 g	Carbohydrate	34.260 g	Calcium	7.500 mg	Ash	1.230 g	102.652% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			4.899% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

417 - BEEF BBQ STREET TACO

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	No Instructions Assigned
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	3/4 OZ	
901588	Barbacoa Beef	2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	248.817 kcal	Total Fat	9.098 g	Total Dietary Fiber	*4.000* g	Vitamin C	2.040 mg	32.909% Calories from Total Fat
Saturated Fat ¹	4.232 g	Trans Fat ²	*0.000* g	Protein	20.015 g	Iron	2.750 mg	15.308% Calories from Sat Fat
Sodium ¹	487.619 mg	Cholesterol	45.244 mg	Vitamin A	451.627 IU	Water	*9.748* g	*0.000%* Calories from Trans Fat
Sugars	*1.133* g	Carbohydrate	23.700 g	Calcium	201.330 mg	Ash	*0.750* g	38.100% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			32.176% 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

Simplified Culinary Services

900034 - BEEF BURRITO

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
050451	RICE, LONG GRAIN, BROWN, COOKED, WITHOUT SALT	1 oz	PLACE PRE WARMED BEEF AND CHEESE ON TORTILLA AND FOLD IN HALF . BRUSH WITH BUTTER AND GRILL.
901639	Tortilla, Whole Wheat (Wrap) 8 inches	1 5/8 oz	
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	1 OZ	
901605	BEEF TACO MEAT MAID-RITE	2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	314.858 kcal	Total Fat	11.860 g	Total Dietary Fiber	4.373 g	Vitamin C	*0.000* mg	33.901% Calories from Total Fat
Saturated Fat ¹	5.678 g	Trans Fat ²	0.000 g	Protein	21.941 g	Iron	2.532 mg	16.229% Calories from Sat Fat
Sodium ¹	634.211 mg	Cholesterol	40.532 mg	Vitamin A	560.317 IU	Water	*12.998* g	0.000% Calories from Trans Fat
Sugars	*1.851* g	Carbohydrate	29.031 g	Calcium	336.933 mg	Ash	*1.000* g	36.882% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			27.874% 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

Simplified Culinary Services

990068 - BEEF EMPANADA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
036403	RESTAURANT,LATINO,EMPANADAS,BF,PREP	1 PIECE	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	298.150 kcal	Total Fat	16.349 g	Total Dietary Fiber	1.780 g	Vitamin C	0.623 mg	49.352% Calories from Total Fat
Saturated Fat ¹	4.589 g	Trans Fat ²	0.735 g	Protein	10.066 g	Iron	2.403 mg	13.852% Calories from Sat Fat
Sodium ¹	391.600 mg	Cholesterol	23.140 mg	Vitamin A	162.870 IU	Water	33.375 g	2.219% Calories from Trans Fat
Sugars	1.638 g	Carbohydrate	27.759 g	Calcium	17.800 mg	Ash	1.451 g	37.242% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			13.505% 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

Simplified Culinary Services

900035 - BEEF QUESADILLA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
001001	BUTTER,W/SALT	1/2 tsp	PLACE PRE WARMED BEEF AND CHEESE ON TORTILLA AND FOLD IN HALF . BRUSH WITH BUTTER AND GRILL.
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	1 1/2 OZ	
901605	BEEF TACO MEAT MAID-RITE	2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	315.586 kcal	Total Fat	14.024 g	Total Dietary Fiber	4.851 g	Vitamin C	*0.000* mg	39.993% Calories from Total Fat
Saturated Fat ¹	7.842 g	Trans Fat ²	*0.078* g	Protein	24.733 g	Iron	2.587 mg	22.363% Calories from Sat Fat
Sodium ¹	497.982 mg	Cholesterol	53.120 mg	Vitamin A	764.458 IU	Water	*19.872* g	*0.221%* Calories from Trans Fat
Sugars	*0.852* g	Carbohydrate	24.555 g	Calcium	374.608 mg	Ash	*1.549* g	31.123% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			31.349% 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

Simplified Culinary Services

990066 - BEEF VEGETABLE BARLEY SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
020005	BARLEY,PEARLED,RAW	2 LB	No Instructions Assigned
014429	WATER	6 gal	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
900059	BEEF GROUND, REGULAR,BAKED,WELL DONE	9 LB	
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011124	CARROTS,FRESH,RAW	2 qt, chopped + 2 CUP, chopped	
011143	CELERY,FRESH,RAW	2 qt,chopped + 2 CUP,chopped	
901608	Soup Base, Beef Sysco 1tsp = .013 lbs	2 LB	
002047	SALT,TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
799903	GARLIC,GRANULATED	1 TBSP	
901684	PARSLEY FLAKES	1 tbsp	
006169	TABASCO SAUCE	1 tbsp	
901715	ZUCCHINI SQUASH	2 CUP	
901713	YELLOW SQUASH SLICED	2 CUP	
011463	SPINACH,FRZ,CHOPD OR LEAF,UNPREP	2 CUP	
050486	CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE	2 CUP	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	126.461 kcal	Total Fat	6.180 g	Total Dietary Fiber	1.668 g	Vitamin C	3.011 mg	43.981% Calories from Total Fat
Saturated Fat ¹	2.048 g	Trans Fat ²	*0.000* g	Protein	8.964 g	Iron	*0.945* mg	14.572% Calories from Sat Fat
Sodium ¹	855.059 mg	Cholesterol	25.935 mg	Vitamin A	1603.382 IU	Water	*164.231* g	*0.000%* Calories from Trans Fat
Sugars	*2.522* g	Carbohydrate	8.491 g	Calcium	17.223 mg	Ash	*0.750* g	26.858% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			28.353% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

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

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Recipe Prep Sheet

Simplified Culinary Services

900019 - BEEF VEGETABLE RICE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
014429	WATER	6 gal	BRING ALL INGREDIENTS TO BOIL IN LARGE STOCKPOT. SIMMER FOR AN HOUR. ADD RICE AND COOK UNTIL AL DENTE
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
900059	BEEF GROUND, REGULAR,BAKED,WELL DONE	9 LB	
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011124	CARROTS,FRESH,RAW	2 qt, chopped + 2 CUP, chopped	
011143	CELERY,FRESH,RAW	2 qt,chopped + 2 CUP,chopped	
901608	Soup Base, Beef Sysco 1tsp = .013 lbs	2 LB	
002047	SALT,TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
799903	GARLIC,GRANULATED	1 TBSP	
901684	PARSLEY FLAKES	1 tbsp	
006169	TABASCO SAUCE	1 tbsp	
901715	ZUCCHINI SQUASH	2 CUP	
901713	YELLOW SQUASH SLICED	2 CUP	
011463	SPINACH,FRZ,CHOPD OR LEAF,UNPREP	2 CUP	
050486	CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE	2 CUP	
901697	RICE, ORIGINAL CONVERTED	1 qt + 2 CUP	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	131.676 kcal	Total Fat	6.118 g	Total Dietary Fiber	0.836 g	Vitamin C	3.047 mg	41.816% Calories from Total Fat
Saturated Fat ¹	2.034 g	Trans Fat ²	*0.000* g	Protein	9.000 g	Iron	*1.178* mg	13.905% Calories from Sat Fat
Sodium ¹	854.579 mg	Cholesterol	25.935 mg	Vitamin A	1602.208 IU	Water	*163.692* g	*0.000%* Calories from Trans Fat
Sugars	*2.480* g	Carbohydrate	9.709 g	Calcium	22.451 mg	Ash	*0.691* g	29.492% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			27.340% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

253 - BEETS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011084	BEETS,CANNED,DRAINED	1 CUP, slices	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	52.700 kcal	Total Fat	0.238 g	Total Dietary Fiber	3.060 g	Vitamin C	6.970 mg	4.065% Calories from Total Fat
Saturated Fat ¹	0.037 g	Trans Fat ²	0.000 g	Protein	1.547 g	Iron	3.094 mg	0.639% Calories from Sat Fat
Sodium ¹	329.800 mg	Cholesterol	0.000 mg	Vitamin A	40.800 IU	Water	154.632 g	0.000% Calories from Trans Fat
Sugars	9.367 g	Carbohydrate	12.257 g	Calcium	25.500 mg	Ash	1.326 g	93.032% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			11.742% 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

Simplified Culinary Services

900058 - BLACK BEAN & CORN SALSA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 20

Portion Size: 1/2 CUPS

Ingredient #	Ingredient Name	Measurements	Instructions
011178	CORN,SWEET YELLOW,FROZEN,KERNELS	1 qt + 1 CUP	tHAW CORN,RINSE BEANS,TOSS ALL INGREDIENTS..
901531	BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUI	1 qt	
901695	RED PEPPER STRIPS	4 OZ	
900247	CILANTRO,RAW	1 CUP	
009160	LIME JUICE,RAW	2 tbsp	
901699	SALT, KOSHER	1/4 TSP	
901685	PEPPER BLACK, GROUND	1 TSP	

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

Calories ¹	75.394 kcal	Total Fat	0.417 g	Total Dietary Fiber	4.200 g	Vitamin C	6.094 mg	4.972% Calories from Total Fat
Saturated Fat ¹	0.079 g	Trans Fat ²	*0.000* g	Protein	4.021 g	Iron	1.109 mg	0.945% Calories from Sat Fat
Sodium ¹	206.194 mg	Cholesterol	0.000 mg	Vitamin A	320.686 IU	Water	*28.984* g	*0.000%* Calories from Trans Fat
Sugars	*0.876* g	Carbohydrate	15.406 g	Calcium	20.480 mg	Ash	*0.200* g	81.738% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.333% 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

Simplified Culinary Services

5039 - BLACK BEAN SALAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 100

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
900031	BEANS,BLACK,CND,DRND	10 LB	1. Combine black beans, corn, minced peppers, and minced onions in a large bowl.
011178	CORN,SWEET YELLOW,FROZEN,KERNELS	7 LB	
011333	PEPPERS,SWT,GREEN,RAW	1 LB + 8 oz	
011821	PEPPERS,SWT,RED,RAW	1 LB + 8 oz	
011282	ONIONS,FRESH	8 oz	
009153	LEMON JUICE,CANNED/BOTTLED	1 CUP	2. For dressing, combine the lemon juice, parsley, cumin, garlic powder, salsa, and oil.
002029	PARSLEY,DRIED	1/4 cup	
900280	CUMIN,GROUND	2 tbsp	3. Pour dressing over salad and toss lightly to combine.
002020	GARLIC POWDER	1 TBSP + 1 TSP	4. Chill 2 hours before serving.
006178	SALSA,COMMODITY	3 LB + 8 oz	YIELD: 100 servings: 23 Lb, 12 Oz
901293	OIL,VEG,TYPE A-COMMOD	1/2 CUP	SPECIAL TIPS: 1. This salad is a colorful accompaniment for Tacos (D-13) 2. Black beans can be rinsed to brighten their color.
			MARKETING GUIDE: 100 Servings Green Peppers: 1 Lb, 14 Oz purchased to yield 1 Lb, 8 Oz Red Peppers: 1 Lb, 14 Oz purchased to yield 1 Lb, 8 Oz Onions: 10 Oz purchased to yield 8 Oz

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

Calories ¹	156.643 kcal	Total Fat	1.642 g	Total Dietary Fiber	3.421 g	Vitamin C	18.563 mg	9.432% Calories from Total Fat
Saturated Fat ¹	0.251 g	Trans Fat ²	*0.000* g	Protein	5.083 g	Iron	1.649 mg	1.444% Calories from Sat Fat
Sodium ¹	246.922 mg	Cholesterol	0.000 mg	Vitamin A	394.225 IU	Water	88.324 g	*0.000%* Calories from Trans Fat
Sugars	*1.384* g	Carbohydrate	16.559 g	Calcium	28.825 mg	Ash	1.082 g	42.284% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			12.980% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	.375 cup	Vegetable	cup	Milk	cup
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Recipe Prep Sheet

Simplified Culinary Services

990031 - BLACK BEAN SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
901636	Soup Base, Chicken SYSCO	1 LB	No Instructions Assigned
799926	BEANS,BLACK,CND,DRND	3 #10 Can	
043154	ALCOHOLIC BEV,WINE,COOKING	2 cup	
900247	CILANTRO,RAW	1 CUP	
799902	CUMIN,GROUND	2 tbsp	
014429	WATER	6 gal	BRING ALL INGREDIENTS TO BOIL IN LARGE STOCKPOT. SIMMER FOR 45 MINUTES TO AN HOUR,UNTIL BARLEY AND VEGETABLES ARE SOFT
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011124	CARROTS,FRESH,RAW	3 qt, chopped + 3 CUP, chopped	
011143	CELERY,FRESH,RAW	3 qt,chopped + 3 CUP,chopped	
901608	Soup Base, Beef Sysco 1tsp = .013 lbs	1 LB	
002047	SALT,TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
799903	GARLIC,GRANULATED	1 TBSP	
901684	PARSLEY FLAKES	1 tbsp	
006169	TABASCO SAUCE	1 tbsp	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	156.404 kcal	Total Fat	0.769 g	Total Dietary Fiber	3.510 g	Vitamin C	4.633 mg	4.424% Calories from Total Fat
Saturated Fat ¹	0.077 g	Trans Fat ²	*0.000* g	Protein	5.474 g	Iron	*1.340* mg	0.445% Calories from Sat Fat
Sodium ¹	699.881 mg	Cholesterol	0.000 mg	Vitamin A	2044.553 IU	Water	*199.544* g	*0.000%* Calories from Trans Fat
Sugars	*2.276* g	Carbohydrate	13.289 g	Calcium	*39.999* mg	Ash	*1.177* g	33.987% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			14.000% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

900059 - BLACKENED CHICKEN FLATBREAD SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901655	CHICKEN BREAST 4/10# WHL	2 1/2 OZ	No Instructions Assigned
901703	SEASONING,CAJUN-STYLE,"RED LABEL CAJUN SEASON		
050385	OIL, VEGETABLE	1/2 tsp	
001168	CHEESE,CHEDDAR,LOFAT	1 OZ	
901640	Whole Grain Flat Bread - Rich's	2 1/4 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	359.074 kcal	Total Fat	16.768 g	Total Dietary Fiber	3.070 g	Vitamin C	*0.010* mg	42.028% Calories from Total Fat
Saturated Fat ¹	4.752 g	Trans Fat ²	*0.000* g	Protein	25.079 g	Iron	*0.166* mg	11.911% Calories from Sat Fat
Sodium ¹	628.672 mg	Cholesterol	55.958 mg	Vitamin A	94.384 IU	Water	*17.905* g	*0.000%* Calories from Trans Fat
Sugars	*2.147* g	Carbohydrate	26.766 g	Calcium	*118.772* mg	Ash	*1.220* g	29.817% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			27.937% 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

Simplified Culinary Services

416 - BLACKENED CHIX SANDWHICH ON WG ROL

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901655	CHICKEN BREAST 4/10# WHL	3 OZ	No Instructions Assigned
901703	SEASONING,CAJUN-STYLE,"RED LABEL CAJUN SEASON		
050385	OIL, VEGETABLE	1/2 tsp	
901589	Whole Grain Hamburger Roll	2 1/4 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	293.778 kcal	Total Fat	12.783 g	Total Dietary Fiber	3.070 g	Vitamin C	1.210 mg	39.161% Calories from Total Fat
Saturated Fat ¹	2.958 g	Trans Fat ²	0.000 g	Protein	19.801 g	Iron	1.487 mg	9.062% Calories from Sat Fat
Sodium ¹	346.176 mg	Cholesterol	60.003 mg	Vitamin A	35.700 IU	Water	*0.017* g	0.000% Calories from Trans Fat
Sugars	*2.000* g	Carbohydrate	27.225 g	Calcium	61.120 mg	Ash	*0.188* g	37.069% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			26.960% 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

Simplified Culinary Services

348 - BLT SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901631	Bacon Layflat Smoked Sysco (2 Fried Pieces)	2 1/2 oz	COOK BACON. PLACE ON ROLL. TOP WITH LETTUCE AND TOMATO. SLICE AND WRAP.
011252	LETTUCE,ICEBERG,FRESH	1/4 CUP, shredded	
011529	TOMATOES,FRESH,RED RIPE	1 oz	
901592	Anthony & Sons Kaiser Roll 2.3 oz	2 1/3 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	532.623 kcal	Total Fat	30.749 g	Total Dietary Fiber	3.556 g	Vitamin C	4.388 mg	51.957% Calories from Total Fat
Saturated Fat ¹	10.428 g	Trans Fat ²	0.000 g	Protein	30.411 g	Iron	*0.150* mg	17.620% Calories from Sat Fat
Sodium ¹	1553.217 mg	Cholesterol	83.333 mg	Vitamin A	331.511 IU	Water	*44.011* g	0.000% Calories from Trans Fat
Sugars	2.100 g	Carbohydrate	30.637 g	Calcium	86.075 mg	Ash	*0.207* g	23.009% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.839% 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

Simplified Culinary Services

255 - BLUEBERRIES

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
009050	BLUEBERRIES,RAW	1/2 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	42.180 kcal	Total Fat	0.244 g	Total Dietary Fiber	1.776 g	Vitamin C	7.178 mg	5.211% Calories from Total Fat
Saturated Fat ¹	0.021 g	Trans Fat ²	0.000 g	Protein	0.548 g	Iron	0.207 mg	0.442% Calories from Sat Fat
Sodium ¹	0.740 mg	Cholesterol	0.000 mg	Vitamin A	39.960 IU	Water	62.315 g	0.000% Calories from Trans Fat
Sugars	7.370 g	Carbohydrate	10.723 g	Calcium	4.440 mg	Ash	0.178 g	101.684% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			5.197% 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

Simplified Culinary Services

990051 - BOARDWALK PIZZA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901641	WOOD FIRED PIZZA CRUST (ITALCRUST)	2 oz	No Instructions Assigned
R-000305	PIZZA SAUCE	1/4 (5 OUNCES)	
001028	CHEESE,MOZZARELLA,PART SKIM	2 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	323.602 kcal	Total Fat	13.109 g	Total Dietary Fiber	2.324 g	Vitamin C	8.779 mg	36.459% Calories from Total Fat
Saturated Fat ¹	6.291 g	Trans Fat ²	*0.000* g	Protein	19.316 g	Iron	0.894 mg	17.497% Calories from Sat Fat
Sodium ¹	872.247 mg	Cholesterol	36.949 mg	Vitamin A	588.626 IU	Water	*39.968* g	*0.000%* Calories from Trans Fat
Sugars	*2.333* g	Carbohydrate	31.609 g	Calcium	450.557 mg	Ash	*1.926* g	39.071% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			23.876% 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

Simplified Culinary Services

392 - BOLOGN & CHEESE ON WG ROLL

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
007008	BOLOGNA,BEEF AND PORK	2 OZ	SLICE HAM THIN AND PLACE ON BREAD. TOP WITH CHEESE AND OTHER SLICE OF BREAD CUT AND WRAP.
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1 oz	
901592	Anthony & Sons Kaiser Roll 2.3 oz	2 1/3 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	395.874 kcal	Total Fat	20.027 g	Total Dietary Fiber	3.000 g	Vitamin C	0.455 mg	45.531% Calories from Total Fat
Saturated Fat ¹	8.321 g	Trans Fat ²	0.000 g	Protein	20.724 g	Iron	*0.787* mg	18.917% Calories from Sat Fat
Sodium ¹	1260.571 mg	Cholesterol	49.278 mg	Vitamin A	710.838 IU	Water	*43.513* g	0.000% Calories from Trans Fat
Sugars	3.511 g	Carbohydrate	34.144 g	Calcium	311.552 mg	Ash	*3.037* g	34.499% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.940% 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

Simplified Culinary Services

391 - BOLOGNA AND CHEESE ON WG BREAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
007008	BOLOGNA,BEEF AND PORK	3 OZ	SLICE HAM THIN AND PLACE ON BREAD. TOP WITH CHEESE AND OTHER SLICE OF BREAD CUT AND WRAP.
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1 oz	
901594	Anthony & Sons Ultragrñ Bread 2 slices 1.8 oz	1 7/8 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	443.374 kcal	Total Fat	27.013 g	Total Dietary Fiber	3.000 g	Vitamin C	0.682 mg	54.834% Calories from Total Fat
Saturated Fat ¹	10.963 g	Trans Fat ²	0.000 g	Protein	25.042 g	Iron	2.210 mg	22.254% Calories from Sat Fat
Sodium ¹	1453.298 mg	Cholesterol	66.323 mg	Vitamin A	729.702 IU	Water	*58.249* g	0.000% Calories from Trans Fat
Sugars	3.767 g	Carbohydrate	27.703 g	Calcium	275.700 mg	Ash	*3.846* g	24.993% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.592% 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

Simplified Culinary Services

990049 - BREAD SLICE

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: 1 EACH

Ingredient #	Ingredient Name	Measurements	Instructions
120309	Bread – Whole Wheat	1 slice	No Instructions Assigned

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

Calories ¹	50.000 kcal	Total Fat	0.750 g	Total Dietary Fiber	2.000 g	Vitamin C	0.000 mg	13.498% Calories from Total Fat
Saturated Fat ¹	0.250 g	Trans Fat ²	0.000 g	Protein	2.000 g	Iron	0.000 mg	4.500% Calories from Sat Fat
Sodium ¹	79.999 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	0.395 g	0.000% Calories from Trans Fat
Sugars	2.000 g	Carbohydrate	10.500 g	Calcium	0.000 mg	Ash	0.435 g	84.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			16.000% 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

Simplified Culinary Services

375 - BREADED BUFFALO CHIX FLATBREAD SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901640	Whole Grain Flat Bread - Rich's	2 1/4 oz	No Instructions Assigned
011251	LETTUCE,COS OR ROMAINE,RAW	3/4 CUP, shredded	HEAT CHICKEN TO 165 DEGREES. TOSS WITH HOT SAUCE. PLACE FLATBREAD ON PLATE. TOP WITH MIXED LETTUCE. PLACE CHICKEN AND CHEESE ON TOP
011252	LETTUCE,ICEBERG,FRESH	3/4 CUP, chopped	
901634	HOT SAUCE SYSCO 1 tsp	1 oz	
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	1 OZ	
901596	Tyson Whole Grain Popcorn Chicken (11 PIECES)	3 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	481.768 kcal	Total Fat	22.162 g	Total Dietary Fiber	7.235 g	Vitamin C	*2.565* mg	41.401% Calories from Total Fat
Saturated Fat ¹	6.520 g	Trans Fat ²	0.000 g	Protein	26.805 g	Iron	*2.499* mg	12.180% Calories from Sat Fat
Sodium ¹	1726.944 mg	Cholesterol	35.000 mg	Vitamin A	3687.351 IU	Water	*85.800* g	0.000% Calories from Trans Fat
Sugars	4.232 g	Carbohydrate	42.385 g	Calcium	*259.056* mg	Ash	*1.353* g	35.191% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.256% 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

Simplified Culinary Services

316 - BREADED CHICKEN CAESAR SALAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901635	Tyson Red Label FC Chix Filet 3.5 oz	4 oz	COOK CHICKEN IN OVEN. TOSS LETTUCE AND DRESSING. PLACE COOKED CHICKEN AND CROUTONS ON TOP.
901667	DRESSING,CAESAR	2 oz	
011251	LETTUCE,COS OR ROMAINE,RAW	2 CUP, shredded	
018243	CROUTONS,SEASONED	1/4 CUP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	521.088 kcal	Total Fat	35.153 g	Total Dietary Fiber	3.917 g	Vitamin C	3.913 mg	60.714% Calories from Total Fat
Saturated Fat ¹	6.232 g	Trans Fat ²	*0.000* g	Protein	24.849 g	Iron	2.170 mg	10.764% Calories from Sat Fat
Sodium ¹	1365.388 mg	Cholesterol	55.672 mg	Vitamin A	8222.771 IU	Water	*120.143* g	*0.000%* Calories from Trans Fat
Sugars	1.560 g	Carbohydrate	28.589 g	Calcium	129.033 mg	Ash	*1.356* g	21.946% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.075% 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

Simplified Culinary Services

397 - BREAKFAST PIZZA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901690	PIZZA, SFS RB 5" BACON SCRAMBLE	3 OZ	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	259.849 kcal	Total Fat	14.744 g	Total Dietary Fiber	1.225 g	Vitamin C	1.509 mg	51.068% Calories from Total Fat
Saturated Fat ¹	4.626 g	Trans Fat ²	0.000 g	Protein	10.869 g	Iron	1.767 mg	16.022% Calories from Sat Fat
Sodium ¹	575.008 mg	Cholesterol	39.549 mg	Vitamin A	233.669 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	21.029 g	Calcium	108.270 mg	Ash	0.000 g	32.371% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			16.731% 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

Simplified Culinary Services

256 - BROCCOLI

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011090	BROCCOLI,FRESH,RAW	1 CUP, chopped	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	30.940 kcal	Total Fat	0.337 g	Total Dietary Fiber	2.366 g	Vitamin C	81.172 mg	9.794% Calories from Total Fat
Saturated Fat ¹	0.036 g	Trans Fat ²	0.000 g	Protein	2.566 g	Iron	0.664 mg	1.033% Calories from Sat Fat
Sodium ¹	30.030 mg	Cholesterol	0.000 mg	Vitamin A	566.930 IU	Water	81.263 g	0.000% Calories from Trans Fat
Sugars	1.547 g	Carbohydrate	6.042 g	Calcium	42.770 mg	Ash	0.792 g	78.118% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			33.174% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

900036 - BUFFALO CHICKEN BURRITO

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	PLACE CHICKEN AND CHEESE ON TORTILLA AND FOLD IN HALF . BRUSH WITH BUTTER AND GRILL.
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	1 1/2 OZ	
901635	Tyson Red Label FC Chix Filet 3.5 oz	2 oz	
901697	RICE, ORIGINAL CONVERTED	1/2 .25 CUP	
901634	HOT SAUCE SYSCO 1 tsp	1 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	427.141 kcal	Total Fat	14.426 g	Total Dietary Fiber	4.571 g	Vitamin C	0.125 mg	30.396% Calories from Total Fat
Saturated Fat ¹	5.641 g	Trans Fat ²	*0.000* g	Protein	26.785 g	Iron	3.071 mg	11.886% Calories from Sat Fat
Sodium ¹	1612.855 mg	Cholesterol	48.214 mg	Vitamin A	449.996 IU	Water	*19.496* g	*0.000%* Calories from Trans Fat
Sugars	*0.000* g	Carbohydrate	49.000 g	Calcium	375.424 mg	Ash	*1.499* g	45.886% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			25.083% 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

Simplified Culinary Services

372 - BUFFALO CHICKEN FINGERS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901616	CHICKEN TENDERS SYSCO (4.5 oz)	9 oz	DEEP FRY CHICKEN TO 165 DGREES. WHEN DONE TOSS IN HOT PEPPER SAUCE.
901634	HOT SAUCE SYSCO 1 tsp	1 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	412.000 kcal	Total Fat	12.000 g	Total Dietary Fiber	2.000 g	Vitamin C	2.400 mg	26.214% Calories from Total Fat
Saturated Fat ¹	2.000 g	Trans Fat ²	1.000 g	Protein	34.000 g	Iron	*0.000* mg	4.369% Calories from Sat Fat
Sodium ¹	3260.000 mg	Cholesterol	80.000 mg	Vitamin A	0.000 IU	Water	*N/A* g	2.184% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	44.000 g	Calcium	120.000 mg	Ash	*N/A* g	42.718% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			33.010% 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

Simplified Culinary Services

990033 - BUFFALO CHICKEN NACHOS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901634	HOT SAUCE SYSCO 1 tsp	2 oz	No Instructions Assigned
901609	Cheddar Cheese Sauce Mild	1/2 oz	
901622	TORTILLA CHIP YELLO SYSCO (11 PIECES)	1 1/2 oz	
901656	CHICKEN BREAST FC B/S GRILLED	3 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	344.031 kcal	Total Fat	14.052 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	36.760% Calories from Total Fat
Saturated Fat ¹	3.041 g	Trans Fat ²	0.000 g	Protein	23.303 g	Iron	*0.000* mg	7.954% Calories from Sat Fat
Sodium ¹	2486.728 mg	Cholesterol	55.381 mg	Vitamin A	25.000 IU	Water	*0.000* g	0.000% Calories from Trans Fat
Sugars	0.250 g	Carbohydrate	31.500 g	Calcium	125.000 mg	Ash	*0.000* g	36.625% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			27.094% 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

Simplified Culinary Services

900050 - BUFFALO CHICKEN PIZZA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 8

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
001028	CHEESE,MOZZARELLA,PART SKIM	1 lb	STRETCH DOUGH. LADLE ON SAUCE. PLACE CHEESE ON TOP. BAKE IN PIZZA OVEN.
901627	DOUGH PIZZA DOUGH PRESHT OVN RSG SYSCO	1 LB + 10 oz	
901634	HOT SAUCE SYSCO 1 tsp	1 oz	
901630	Ranch Dressing Sysco (2 Tbsp = 1 ounce)	2 oz	
901635	Tyson Red Label FC Chix Filet 3.5 oz	3 1/2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	433.268 kcal	Total Fat	18.464 g	Total Dietary Fiber	0.938 g	Vitamin C	0.000 mg	38.354% Calories from Total Fat
Saturated Fat ¹	9.047 g	Trans Fat ²	*0.000* g	Protein	22.505 g	Iron	3.140 mg	18.793% Calories from Sat Fat
Sodium ¹	1168.473 mg	Cholesterol	43.163 mg	Vitamin A	278.040 IU	Water	*30.493* g	*0.000%* Calories from Trans Fat
Sugars	1.703 g	Carbohydrate	44.446 g	Calcium	445.894 mg	Ash	*1.854* g	41.033% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.777% 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

Simplified Culinary Services

900066 - CAESAR SIDE SALAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011251	LETTUCE,COS OR ROMAINE,RAW	1 CUP, shredded	TOSS LETTUCE AND DRESSING. PLACE GRILLED CHICKEN AND CROUTONS ON TOP
901633	CAESAR DRESSING SYSCO (2 Tbsp)	1 oz	
018243	CROUTONS,SEASONED	2 tbsp	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	191.240 kcal	Total Fat	18.056 g	Total Dietary Fiber	1.237 g	Vitamin C	1.880 mg	84.974% Calories from Total Fat
Saturated Fat ¹	3.281 g	Trans Fat ²	*0.000* g	Protein	2.118 g	Iron	0.597 mg	15.439% Calories from Sat Fat
Sodium ¹	458.210 mg	Cholesterol	5.350 mg	Vitamin A	4100.300 IU	Water	*44.647* g	*0.000%* Calories from Trans Fat
Sugars	1.780 g	Carbohydrate	5.721 g	Calcium	20.310 mg	Ash	*0.463* g	11.967% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			4.430% 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

Simplified Culinary Services

900053 - CAJUN FRIES

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
901693	POTATO, FRIES, LAMB'S NATURAL TWISTER, AP	4 OZ	No Instructions Assigned

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

Calories ¹	186.659 kcal	Total Fat	6.664 g	Total Dietary Fiber	2.666 g	Vitamin C	7.997 mg	32.131% Calories from Total Fat
Saturated Fat ¹	1.994 g	Trans Fat ²	0.000 g	Protein	2.666 g	Iron	0.952 mg	9.612% Calories from Sat Fat
Sodium ¹	26.667 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	28.000 g	Calcium	0.000 mg	Ash	0.000 g	60.002% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			5.713% 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

Simplified Culinary Services

990028 - CARNITA QUESADILLA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: each

Ingredient #	Ingredient Name	Measurements	Instructions
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	No Instructions Assigned
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	1 1/2 OZ	
001001	BUTTER,W/SALT	1/2 tsp	
903049	Pork Carnitas	2 oz	

*Nutrients are based upon 1 Portion Size (each)

Calories ¹	287.125 kcal	Total Fat	11.184 g	Total Dietary Fiber	4.000 g	Vitamin C	1.360 mg	35.055% Calories from Total Fat
Saturated Fat ¹	6.564 g	Trans Fat ²	*0.078* g	Protein	25.285 g	Iron	1.872 mg	20.574% Calories from Sat Fat
Sodium ¹	642.156 mg	Cholesterol	58.749 mg	Vitamin A	565.796 IU	Water	*19.872* g	*0.243%* Calories from Trans Fat
Sugars	*0.001* g	Carbohydrate	22.001 g	Calcium	351.897 mg	Ash	*1.549* g	30.651% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			35.225% 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

Simplified Culinary Services

22 - CARROT STICKS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011124	CARROTS,FRESH,RAW	1 CUP, sticks	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	72.064 kcal	Total Fat	0.422 g	Total Dietary Fiber	4.921 g	Vitamin C	10.370 mg	5.268% Calories from Total Fat
Saturated Fat ¹	0.065 g	Trans Fat ²	0.000 g	Protein	1.635 g	Iron	0.527 mg	0.812% Calories from Sat Fat
Sodium ¹	121.279 mg	Cholesterol	0.000 mg	Vitamin A	29363.618 IU	Water	155.185 g	0.000% Calories from Trans Fat
Sugars	8.331 g	Carbohydrate	16.839 g	Calcium	58.003 mg	Ash	1.705 g	93.464% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			9.075% 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

Simplified Culinary Services

262 - CARROTS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 0.5

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011125	CARROTS,FRESH,BOILED	1/2 cup	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	54.320 kcal	Total Fat	0.279 g	Total Dietary Fiber	4.656 g	Vitamin C	5.587 mg	4.629% Calories from Total Fat
Saturated Fat ¹	0.047 g	Trans Fat ²	0.000 g	Protein	1.180 g	Iron	0.528 mg	0.772% Calories from Sat Fat
Sodium ¹	90.016 mg	Cholesterol	0.000 mg	Vitamin A	26435.216 IU	Water	139.944 g	0.000% Calories from Trans Fat
Sugars	5.354 g	Carbohydrate	12.757 g	Calcium	46.560 mg	Ash	1.040 g	93.943% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.689% 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

Simplified Culinary Services

264 - CAULIFLOWER

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011135	CAULIFLOWER,FRESH,RAW	1 CUP, 1" pieces	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	25.000 kcal	Total Fat	0.280 g	Total Dietary Fiber	2.000 g	Vitamin C	48.200 mg	10.080% Calories from Total Fat
Saturated Fat ¹	0.130 g	Trans Fat ²	0.000 g	Protein	1.920 g	Iron	0.420 mg	4.680% Calories from Sat Fat
Sodium ¹	30.000 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	92.070 g	0.000% Calories from Trans Fat
Sugars	1.910 g	Carbohydrate	4.970 g	Calcium	22.000 mg	Ash	0.760 g	79.520% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			30.720% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

267 - CELERY STICKS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011143	CELERY,FRESH,RAW	1 CUP, sticks	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	23.768 kcal	Total Fat	0.253 g	Total Dietary Fiber	2.377 g	Vitamin C	4.605 mg	9.561% Calories from Total Fat
Saturated Fat ¹	0.062 g	Trans Fat ²	0.000 g	Protein	1.025 g	Iron	0.297 mg	2.363% Calories from Sat Fat
Sodium ¹	118.841 mg	Cholesterol	0.000 mg	Vitamin A	666.996 IU	Water	141.763 g	0.000% Calories from Trans Fat
Sugars	1.991 g	Carbohydrate	4.412 g	Calcium	59.421 mg	Ash	1.114 g	74.251% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.250% 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

Simplified Culinary Services

403 - CHEESE QUESADILLA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	No Instructions Assigned
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	2 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	240.000 kcal	Total Fat	8.997 g	Total Dietary Fiber	4.000 g	Vitamin C	0.000 mg	33.738% Calories from Total Fat
Saturated Fat ¹	5.998 g	Trans Fat ²	*0.000* g	Protein	18.000 g	Iron	1.455 mg	22.491% Calories from Sat Fat
Sodium ¹	309.998 mg	Cholesterol	29.999 mg	Vitamin A	599.995 IU	Water	25.995 g	*0.000%* Calories from Trans Fat
Sugars	*0.000* g	Carbohydrate	22.000 g	Calcium	439.997 mg	Ash	1.999 g	36.667% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			30.000% 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

Simplified Culinary Services

303 - CHEESE SAUCE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 80

Portion Size: 2 ounces

Ingredient #	Ingredient Name	Measurements	Instructions
901609	Cheddar Cheese Sauce Mild	6 LB + 9 oz	HEAT ALL INGREDIENTS IN DOUBLE BOILER UNTIL HOT AND SMOOTH
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	2 lb + 8 OZ	
001079	MILK 2% LOWFAT	1 QT + 2 CUP	

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

Calories ¹	90.088 kcal	Total Fat	5.643 g	Total Dietary Fiber	0.000 g	Vitamin C	0.037 mg	56.373% Calories from Total Fat
Saturated Fat ¹	3.370 g	Trans Fat ²	0.016 g	Protein	4.104 g	Iron	*0.097* mg	33.668% Calories from Sat Fat
Sodium ¹	416.100 mg	Cholesterol	8.964 mg	Vitamin A	250.394 IU	Water	*22.824* g	0.156% Calories from Trans Fat
Sugars	1.582 g	Carbohydrate	4.816 g	Calcium	135.084 mg	Ash	*0.630* g	21.383% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.222% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

320 - CHEESE STEAK SUB

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901595	Anthony & Sons Whole Wheat 5" Hero Roll	2 oz	COOK STEAK. MELT CHEESE AND PLACE ON ROLL
901606	MAID RITE STEAK SANDWICH	2 1/2 oz	
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1/2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	305.686 kcal	Total Fat	12.794 g	Total Dietary Fiber	3.000 g	Vitamin C	*0.000* mg	37.668% Calories from Total Fat
Saturated Fat ¹	5.525 g	Trans Fat ²	0.000 g	Protein	22.569 g	Iron	2.932 mg	16.267% Calories from Sat Fat
Sodium ¹	507.629 mg	Cholesterol	52.674 mg	Vitamin A	334.055 IU	Water	*7.021* g	0.000% Calories from Trans Fat
Sugars	1.000 g	Carbohydrate	26.012 g	Calcium	151.628 mg	Ash	*0.709* g	34.038% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			29.532% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

301 - CHEESEBURGER ON WG BUN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901589	Whole Grain Hamburger Roll	2 1/4 oz	COOK BURGER TO 165 DEGREES. PLACE CHEESE ON COOKED BURGER TO MELT. PLACE ON BUN
901604	BEEF PATTIES FULLY COOKED MAID-RITE (1 PATTY)	3 oz	
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1/2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	325.346 kcal	Total Fat	14.772 g	Total Dietary Fiber	3.000 g	Vitamin C	*1.200* mg	40.862% Calories from Total Fat
Saturated Fat ¹	6.515 g	Trans Fat ²	0.000 g	Protein	23.535 g	Iron	3.289 mg	18.023% Calories from Sat Fat
Sodium ¹	677.433 mg	Cholesterol	62.562 mg	Vitamin A	339.055 IU	Water	*7.021* g	0.000% Calories from Trans Fat
Sugars	2.000 g	Carbohydrate	28.012 g	Calcium	171.617 mg	Ash	*0.709* g	34.440% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			28.935% 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

Simplified Culinary Services

268 - CHERRIES

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
009070	CHERRIES,SWEET,FRESH	1/2 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	45.675 kcal	Total Fat	0.145 g	Total Dietary Fiber	1.522 g	Vitamin C	5.075 mg	2.857% Calories from Total Fat
Saturated Fat ¹	0.028 g	Trans Fat ²	0.000 g	Protein	0.768 g	Iron	0.261 mg	0.542% Calories from Sat Fat
Sodium ¹	0.000 mg	Cholesterol	0.000 mg	Vitamin A	46.400 IU	Water	59.631 g	0.000% Calories from Trans Fat
Sugars	9.294 g	Carbohydrate	11.607 g	Calcium	9.425 mg	Ash	0.348 g	101.650% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			6.726% 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

Simplified Culinary Services

357 - CHICKEN BARLEY SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	BRING ALL INGREDIENTS TO A BOIL. REDUCE AND SIMMER UNTIL VEGETABLES AND BARLY IS TENDER.
011124	CARROTS,FRESH,RAW	3 qt, chopped + 3 CUP, chopped	
011143	CELERY,FRESH,RAW	3 qt,chopped + 3 CUP,chopped	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	2 LB	
901660	CHICKEN,DICED MEAT,WHITE/DARK	5 lb	
014429	WATER	7 gal	
020004	BARLEY	2 LB	
002047	SALT,TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
901684	PARSLEY FLAKES	2 tbsp	
900765	THYME LEAF,DRIED	2 tbsp	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	68.778 kcal	Total Fat	2.037 g	Total Dietary Fiber	1.481 g	Vitamin C	1.316 mg	26.657% Calories from Total Fat
Saturated Fat ¹	0.428 g	Trans Fat ²	*0.000* g	Protein	5.558 g	Iron	*0.485* mg	5.605% Calories from Sat Fat
Sodium ¹	791.756 mg	Cholesterol	12.548 mg	Vitamin A	1945.685 IU	Water	*179.162* g	*0.000%* Calories from Trans Fat
Sugars	*0.897* g	Carbohydrate	6.645 g	Calcium	*15.801* mg	Ash	*0.583* g	38.644% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			32.324% 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

Simplified Culinary Services

990057 - CHICKEN CHEESE STEAK SUB

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901656	CHICKEN BREAST FC B/S GRILLED	4 OZ	No Instructions Assigned
901595	Anthony & Sons Whole Wheat 5" Hero Roll	2 oz	COOK STEAK. MELT CHEESE AND PLACE ON ROLL
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1/2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	300.811 kcal	Total Fat	6.847 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	20.485% Calories from Total Fat
Saturated Fat ¹	2.739 g	Trans Fat ²	0.000 g	Protein	35.614 g	Iron	1.490 mg	8.195% Calories from Sat Fat
Sodium ¹	799.862 mg	Cholesterol	81.435 mg	Vitamin A	334.055 IU	Water	*7.021* g	0.000% Calories from Trans Fat
Sugars	1.000 g	Carbohydrate	26.012 g	Calcium	151.628 mg	Ash	*0.709* g	34.589% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			47.357% 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

Simplified Culinary Services

360 - CHICKEN CHIPOTLE CLUB

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901635	Tyson Red Label FC Chix Filet 3.5 oz	4 oz	COOK CHICKEN TO 165 DEGREES. PLACE ON ROLL AND TOP WITH COOKED BACON. SPREAD CHIPOTLE AND SOUR CREAM MIXTURE ON TOP OF ROLL. TOP WITH LETTUCE AND SERVE.
901631	Bacon Layflat Smoked Sysco (2 Fried Pieces)	1/2 oz	
011252	LETTUCE,ICEBERG,FRESH	1 tbsp, shredded	
901661	CHIPOTLE PEPPERS/ADOBO SAUCE	1/4 tsp	
901592	Anthony & Sons Kaiser Roll 2.3 oz	2 1/3 oz	
001056	SOUR CREAM	1/4 tsp	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	503.146 kcal	Total Fat	22.432 g	Total Dietary Fiber	4.238 g	Vitamin C	0.185 mg	40.125% Calories from Total Fat
Saturated Fat ¹	4.471 g	Trans Fat ²	0.008 g	Protein	30.636 g	Iron	*0.857* mg	7.998% Calories from Sat Fat
Sodium ¹	1247.308 mg	Cholesterol	68.685 mg	Vitamin A	115.393 IU	Water	*5.034* g	0.014% Calories from Trans Fat
Sugars	1.123 g	Carbohydrate	45.388 g	Calcium	105.510 mg	Ash	*0.021* g	36.084% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			24.356% 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

Simplified Culinary Services

406 - CHICKEN CHIPOTLE RICE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	SAUTE ONIONS,CELERY AND CARROTS IN BUTTER UNTIL TENDER. ADD GARLIC. ADD FLOUR TO CREATE ROUX. MIX IN HOT TAP WATER AND BLEND IN CREAM SOUP BASE. ADD CHICKEN BASE,DICED CHICKEN,PEPPERS,AND SPICES. COOK 1 HOUR. COOK RICE ON SIDE AND ADD IN. ADD CREAM AND COOK HALF HOUR MORE . TIGHTEN WITH CORN STARCH AND COOK OUT.
011143	CELERY,FRESH,RAW	2 qt,chopped + 2 CUP,chopped	
011124	CARROTS,FRESH,RAW	2 qt, chopped + 2 CUP, chopped	
011215	GARLIC,FRESH	3 tbsp	
001001	BUTTER,W/SALT	1 LB	
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	
901660	CHICKEN,DICED MEAT,WHITE/DARK	4 lb	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
901697	RICE, ORIGINAL CONVERTED	1 qt + 2 CUP	
901661	CHIPOTLE PEPPERS/ADOBO SAUCE	1 cup	
014429	WATER	5 1/2 gal	
002047	SALT,TABLE	1 TBSP	
901684	PARSLEY FLAKES	2 tbsp	
001049	HALF & HALF, CREAM & MILK	3 qt	
020027	CORNSTARCH	2 CUP	
051433	FLOUR, WHOLE WHEAT	1 LB + 8 oz	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	169.655 kcal	Total Fat	8.520 g	Total Dietary Fiber	0.877 g	Vitamin C	1.268 mg	45.197% Calories from Total Fat
Saturated Fat ¹	5.723 g	Trans Fat ²	*0.166* g	Protein	5.298 g	Iron	*0.726* mg	30.361% Calories from Sat Fat
Sodium ¹	654.826 mg	Cholesterol	21.704 mg	Vitamin A	1518.363 IU	Water	*153.470* g	*0.881%* Calories from Trans Fat
Sugars	*1.339* g	Carbohydrate	17.203 g	Calcium	*37.769* mg	Ash	*0.509* g	40.560% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			12.491% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

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

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Recipe Prep Sheet

Simplified Culinary Services

412 - CHICKEN CHIPOTLE TACO

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	No Instructions Assigned
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	3/4 OZ	
901679	LIME JUICE		
901661	CHIPOTLE PEPPERS/ADOBO SAUCE		
002047	SALT, TABLE	1 dash	
002048	VINEGAR, CIDER		
901655	CHICKEN BREAST 4/10# WHL	2 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	247.991 kcal	Total Fat	10.007 g	Total Dietary Fiber	4.010 g	Vitamin C	0.085 mg	36.317% Calories from Total Fat
Saturated Fat ¹	3.996 g	Trans Fat ²	*0.000* g	Protein	19.752 g	Iron	1.229 mg	14.503% Calories from Sat Fat
Sodium ¹	387.902 mg	Cholesterol	51.245 mg	Vitamin A	245.998 IU	Water	10.392 g	*0.000%* Calories from Trans Fat
Sugars	*0.001* g	Carbohydrate	22.082 g	Calcium	190.369 mg	Ash	1.150 g	35.617% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			31.859% 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

Simplified Culinary Services

415 - CHICKEN FARRO SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	BRING ALL INGREDIENTS TO A BOIL. REDUCE AND SIMMER UNTIL VEGETABLES AND BARLY IS TENDER.
011124	CARROTS,FRESH,RAW	3 qt, chopped + 3 CUP, chopped	
011143	CELERY,FRESH,RAW	3 qt,chopped + 3 CUP,chopped	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	2 LB	
901660	CHICKEN,DICED MEAT,WHITE/DARK	5 lb	
014429	WATER	7 gal	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
901684	PARSLEY FLAKES	2 tbsp	
900765	THYME LEAF,DRIED	2 tbsp	
901669	FARRO SEMIPEARLED-ITALY	1 qt + 1 CUP	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	79.152 kcal	Total Fat	1.914 g	Total Dietary Fiber	1.219 g	Vitamin C	3.169 mg	21.768% Calories from Total Fat
Saturated Fat ¹	0.403 g	Trans Fat ²	*0.000* g	Protein	6.025 g	Iron	*0.378* mg	4.578% Calories from Sat Fat
Sodium ¹	822.439 mg	Cholesterol	12.548 mg	Vitamin A	2037.158 IU	Water	*178.659* g	*0.000%* Calories from Trans Fat
Sugars	*1.781* g	Carbohydrate	8.150 g	Calcium	*18.746* mg	Ash	*0.461* g	41.187% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			30.448% 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

Simplified Culinary Services

308 - CHICKEN FINGER MELT

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901616	CHICKEN TENDERS SYSCO (4.5 oz)	4 oz	FRY CHICKEN IN FRYER. PLACE COOKED CHICKEN ON ROLL. TOP WITH AMERICAN CHEESE AND MELT IN OVEN.
018353	HARD ROLLS(INCLUDES KAISER)	1 roll (3-1/2" dia)	
004582	OIL,CANOLA	1/2 TSP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	370.748 kcal	Total Fat	10.118 g	Total Dietary Fiber	2.200 g	Vitamin C	1.067 mg	24.561% Calories from Total Fat
Saturated Fat ¹	1.406 g	Trans Fat ²	*0.454* g	Protein	20.754 g	Iron	*1.870* mg	3.414% Calories from Sat Fat
Sodium ¹	1314.524 mg	Cholesterol	35.556 mg	Vitamin A	0.000 IU	Water	*17.670* g	*1.101%* Calories from Trans Fat
Sugars	1.009 g	Carbohydrate	49.595 g	Calcium	107.483 mg	Ash	*1.140* g	53.508% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.391% 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

Simplified Culinary Services

371 - CHICKEN FINGERS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901616	CHICKEN TENDERS SYSCO (4.5 oz)	8 oz	DEEP FRY CHICKEN IN FRYER UNTIL 165 DEGREES.
004582	OIL,CANOLA	1 TSP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	407.476 kcal	Total Fat	15.333 g	Total Dietary Fiber	1.778 g	Vitamin C	2.133 mg	33.867% Calories from Total Fat
Saturated Fat ¹	2.122 g	Trans Fat ²	0.907 g	Protein	30.222 g	Iron	*0.000* mg	4.686% Calories from Sat Fat
Sodium ¹	2008.889 mg	Cholesterol	71.111 mg	Vitamin A	0.000 IU	Water	*0.000* g	2.004% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	39.111 g	Calcium	106.667 mg	Ash	*0.000* g	38.394% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			29.668% 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

Simplified Culinary Services

900037 - CHICKEN FLORENTINE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
001001	BUTTER,W/SALT	1 LB	SAUTE ONIONS,CELERY,CARROTS AND GREEN PEPPERS IN BUTTER. WHEN TENDER ADD FRESH GARLIC. ADD FLOUR TO CREATE ROUX. ADD HOT TAP WATER AND BLEND IN CREAM SOUP BASE. ADD BROCCOLI,MIXED VEGGIES ,SPICES AND CHICKEN BASE AND COOK 1 HOUR. ADD CHEESES AND BLEND IN,COOK 15 MINUTES. ADD HALF AND HALF. TIGHTEN WITH CORNSTARCH SLUR AND COOK 30 MORE MINUTES. COOK TORTELLINI ON SIDE AND ADD TO FINISHED SOUP AS IT IS NEEDED.
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
011215	GARLIC,FRESH	2 tbsp	
014429	WATER	4 1/4 gal	
011143	CELERY,FRESH,RAW	1 qt,chopped + 1 CUP,chopped	
011124	CARROTS,FRESH,RAW	1 qt, chopped + 1 CUP, chopped	
011282	ONIONS,FRESH	3 CUP, chopped	
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	
901654	CHEESE, PARMESAN, GRATED	1 qt + 1 cup	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
001049	HALF & HALF, CREAM & MILK	3 qt	
901684	PARSLEY FLAKES	2 tbsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
020027	CORNSTARCH	2 CUP	
011458	SPINACH,CKD,BLD,DRND,WO/SALT	8 LB	
901660	CHICKEN,DICED MEAT,WHITE/DARK	6 lb	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	171.352 kcal	Total Fat	10.062 g	Total Dietary Fiber	0.801 g	Vitamin C	2.799 mg	52.846% Calories from Total Fat
Saturated Fat ¹	6.578 g	Trans Fat ²	*0.166* g	Protein	7.953 g	Iron	*1.157* mg	34.551% Calories from Sat Fat
Sodium ¹	683.607 mg	Cholesterol	30.253 mg	Vitamin A	3046.912 IU	Water	*137.925* g	*0.872%* Calories from Trans Fat
Sugars	*1.132* g	Carbohydrate	10.918 g	Calcium	*98.103* mg	Ash	*0.921* g	25.486% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.565% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

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

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Recipe Prep Sheet

Simplified Culinary Services

414 - CHICKEN LENTIL SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	BRING ALL INGREDIENTS TO A BOIL. REDUCE AND SIMMER UNTIL VEGETABLES AND BARLY IS TENDER.
011124	CARROTS,FRESH,RAW	3 qt, chopped + 3 CUP, chopped	
011143	CELERY,FRESH,RAW	3 qt,chopped + 3 CUP,chopped	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	2 LB	
901660	CHICKEN,DICED MEAT,WHITE/DARK	5 lb	
014429	WATER	6 1/2 gal	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
901684	PARSLEY FLAKES	2 tbsp	
900765	THYME LEAF,DRIED	2 tbsp	
016069	LENTILS,MATURE,RAW	1 qt + 2 CUP	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	83.006 kcal	Total Fat	1.986 g	Total Dietary Fiber	1.591 g	Vitamin C	3.474 mg	21.536% Calories from Total Fat
Saturated Fat ¹	0.413 g	Trans Fat ²	*0.000* g	Protein	6.870 g	Iron	*0.734* mg	4.479% Calories from Sat Fat
Sodium ¹	818.982 mg	Cholesterol	12.548 mg	Vitamin A	2039.801 IU	Water	*168.077* g	*0.000%* Calories from Trans Fat
Sugars	*1.918* g	Carbohydrate	8.561 g	Calcium	*16.077* mg	Ash	*0.633* g	41.252% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			33.106% 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

Simplified Culinary Services

900054 - CHICKEN NACHOS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901609	Cheddar Cheese Sauce Mild	1/2 oz	PLACE TORTILLA CHIPS ON PLATE. TOP WITH HOT MEAT AND THEN CHEESE.
901622	TORTILLA CHIP YELLO SYSCO (11 PIECES)	1 1/2 oz	
901656	CHICKEN BREAST FC B/S GRILLED	3 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	344.031 kcal	Total Fat	14.052 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	36.760% Calories from Total Fat
Saturated Fat ¹	3.041 g	Trans Fat ²	0.000 g	Protein	23.303 g	Iron	*0.000* mg	7.954% Calories from Sat Fat
Sodium ¹	486.728 mg	Cholesterol	55.381 mg	Vitamin A	25.000 IU	Water	*0.000* g	0.000% Calories from Trans Fat
Sugars	0.250 g	Carbohydrate	31.500 g	Calcium	125.000 mg	Ash	*0.000* g	36.625% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			27.094% 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

Simplified Culinary Services

4 - CHICKEN NOODLE SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	2 LB	BRING ALL INGREDIENTS EXCEPT PASTA TO A BOIL. REDUCE AND SIMMER UNTIL VEGETABLES ARE TENDER ADD RAW ELBOW NOODLES TO SIMMERING SOUP, COOK HALFWAY AND TURN OFF SOUP. ALTERNATE ELBOW COOKING. COOK ELBOWS ON THE SIDE AL DENTE AND ADD TO SOUP AS NEEDED DURING SERVICE.
014429	WATER	7 gal	
011282	ONIONS, FRESH	1 qt, chopped + 1 CUP, chopped	
011124	CARROTS, FRESH, RAW	3 qt, chopped + 3 CUP, chopped	
011143	CELERY, FRESH, RAW	3 qt, chopped + 3 CUP, chopped	
901660	CHICKEN, DICED MEAT, WHITE/DARK	5 lb	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	2 tbsp	
901684	PARSLEY FLAKES	2 tbsp	
900765	THYME LEAF, DRIED	2 tbsp	
050522	MACARONI, WHOLE GRAIN, COOKED, NO SALT ADDED	3 LB	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	59.837 kcal	Total Fat	1.958 g	Total Dietary Fiber	0.786 g	Vitamin C	1.316 mg	29.444% Calories from Total Fat
Saturated Fat ¹	0.413 g	Trans Fat ²	*0.000* g	Protein	5.319 g	Iron	*0.378* mg	6.212% Calories from Sat Fat
Sodium ¹	791.345 mg	Cholesterol	12.548 mg	Vitamin A	1944.740 IU	Water	*178.659* g	*0.000%* Calories from Trans Fat
Sugars	*0.854* g	Carbohydrate	4.850 g	Calcium	*15.184* mg	Ash	*0.461* g	32.423% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			35.557% 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

Simplified Culinary Services

82 - CHICKEN NUGGETS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: 5 NUGGETS

Ingredient #	Ingredient Name	Measurements	Instructions
901598	Tyson Whole Grain Chicken Nuggets (5 NUGGETS)	3 1/2 oz	HEAT NUGGETS IN 350 DEGREE OVEN UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES

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

Calories ¹	263.786 kcal	Total Fat	15.074 g	Total Dietary Fiber	2.512 g	Vitamin C	0.000 mg	51.429% Calories from Total Fat
Saturated Fat ¹	2.512 g	Trans Fat ²	0.000 g	Protein	16.330 g	Iron	1.809 mg	8.571% Calories from Sat Fat
Sodium ¹	401.959 mg	Cholesterol	25.122 mg	Vitamin A	100.490 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	1.256 g	Carbohydrate	16.330 g	Calcium	20.098 mg	Ash	*N/A* g	24.762% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			24.762% 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

Simplified Culinary Services

338 - CHICKEN PARM AND PASTA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901635	Tyson Red Label FC Chix Filet 3.5 oz	2 oz	COOK CHICKEN. TOP WITH SAUCE AND MELT CHEESE. PLACE ON PLATE WITH PASTA. TOP PASTA WITH SAUCE
001028	CHEESE,MOZZARELLA,PART SKIM	1/2 OZ	
R-000300	MARINARA SAUCE	1 1/2 (3 OUNCES)	
903060	MACARONI, SPIRAL (ROTINI), ENRICHED, COOKED,	1 CUP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	439.330 kcal	Total Fat	11.869 g	Total Dietary Fiber	4.809 g	Vitamin C	7.743 mg	24.315% Calories from Total Fat
Saturated Fat ¹	2.956 g	Trans Fat ²	*0.000* g	Protein	22.441 g	Iron	*2.824* mg	6.056% Calories from Sat Fat
Sodium ¹	826.257 mg	Cholesterol	34.786 mg	Vitamin A	790.004 IU	Water	*34.464* g	*0.000%* Calories from Trans Fat
Sugars	*5.620* g	Carbohydrate	58.975 g	Calcium	134.192 mg	Ash	*0.653* g	53.696% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.432% 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

Simplified Culinary Services

900067 - CHICKEN PARM SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901597	Tyson Whole Grain Chicken Patties	3 1/2 oz	No Instructions Assigned
R-000300	MARINARA SAUCE	1 (3 OUNCES)	
901589	Whole Grain Hamburger Roll	2 1/4 oz	
001028	CHEESE,MOZZARELLA,PART SKIM	1 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	507.523 kcal	Total Fat	21.605 g	Total Dietary Fiber	7.219 g	Vitamin C	8.757 mg	38.312% Calories from Total Fat
Saturated Fat ¹	5.454 g	Trans Fat ²	*0.000* g	Protein	27.463 g	Iron	*3.742* mg	9.672% Calories from Sat Fat
Sodium ¹	1087.027 mg	Cholesterol	43.088 mg	Vitamin A	727.354 IU	Water	*33.141* g	*0.000%* Calories from Trans Fat
Sugars	*6.958* g	Carbohydrate	49.894 g	Calcium	322.886 mg	Ash	*1.053* g	39.323% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.645% 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

Simplified Culinary Services

317 - CHICKEN QUESADILLA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	PLACE CHICKEN AND CHEESE ON TORTILLA AND FOLD IN HALF . BRUSH WITH BUTTER AND GRILL.
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	2 1/2 OZ	
901658	CHICKEN BREAST FC STHWST WM STP IF GRLD	2 1/2 OZ	
001001	BUTTER,W/SALT	1/2 tsp	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	375.297 kcal	Total Fat	14.582 g	Total Dietary Fiber	4.000 g	Vitamin C	0.000 mg	34.968% Calories from Total Fat
Saturated Fat ¹	9.126 g	Trans Fat ²	*0.078* g	Protein	36.514 g	Iron	1.549 mg	21.884% Calories from Sat Fat
Sodium ¹	848.544 mg	Cholesterol	80.086 mg	Vitamin A	809.137 IU	Water	32.870 g	*0.186%* Calories from Trans Fat
Sugars	*0.001* g	Carbohydrate	23.667 g	Calcium	557.231 mg	Ash	2.549 g	25.225% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			38.917% 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

Simplified Culinary Services

900020 - CHICKEN RICE SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	2 LB	BRING ALL INGREDIENTS EXCEPT RICE TO A BOIL. REDUCE AND SIMMER UNTIL VEGETABLES ARE TENDER ADD RICE TO SIMMERING SOUP, COOK HALFWAY AND TURN OFF SOUP.
014429	WATER	7 gal	
011282	ONIONS, FRESH	1 qt, chopped + 1 CUP, chopped	
011124	CARROTS, FRESH, RAW	3 qt, chopped + 3 CUP, chopped	
011143	CELERY, FRESH, RAW	3 qt, chopped + 3 CUP, chopped	
901660	CHICKEN, DICED MEAT, WHITE/DARK	5 lb	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	2 tbsp	
901684	PARSLEY FLAKES	2 tbsp	
900765	THYME LEAF, DRIED	2 tbsp	
901697	RICE, ORIGINAL CONVERTED	1 qt + 3 CUP	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	77.887 kcal	Total Fat	1.914 g	Total Dietary Fiber	0.558 g	Vitamin C	1.357 mg	22.121% Calories from Total Fat
Saturated Fat ¹	0.403 g	Trans Fat ²	*0.000* g	Protein	5.551 g	Iron	*0.721* mg	4.652% Calories from Sat Fat
Sodium ¹	791.116 mg	Cholesterol	12.548 mg	Vitamin A	1944.511 IU	Water	*178.659* g	*0.000%* Calories from Trans Fat
Sugars	*0.854* g	Carbohydrate	8.982 g	Calcium	*21.945* mg	Ash	*0.461* g	46.130% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			28.508% 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

Simplified Culinary Services

990040 - CHICKEN SALAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 50

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
903052	CHICKEN, DICED, COOKED, IQF, MEAT ONLY	6 lb + 6 OZ	1. Combine chicken,celery,onions,pickle relish,pepper,and dry mustard. Add salad dressing or mayonnaise. Mix lightly until well blended. Spread 5 lb 7 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings,use 2 pans. For 100 servings,use 4 pans. 2. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service. 3. Portion with No. 8 scoop (½ cup).
011143	CELERY,FRESH,RAW	1 LB, chopped + 5 oz, chopped	
011282	ONIONS,FRESH	12 oz, chopped	
011945	PICKLE RELISH,SWEET	15 oz	
002030	PEPPER,BLACK	2 tsp	
799904	MUSTARD,POWDER/DRY	1 1/2 TBSP	
004689	SALAD DRSNG,MAYO,LT,SMART BALANCE,OMEGA PLUS	3 1/4 cup	
Food as Purchased			
50 Servings 100 Servings			
Chicken,whole,w/out neck&giblets 17 lb 12 oz 35 lb 8 oz			
Celery 1 lb 10 oz 3 lb 4 oz			
Mature onions 14 oz 1 lb 12 oz			
Special Tip			
Serve on Salad greens or in sandwiches.			
Serving			
½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate.			

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

Calories ¹	153.677 kcal	Total Fat	7.508 g	Total Dietary Fiber	0.500 g	Vitamin C	0.968 mg	43.969% Calories from Total Fat
Saturated Fat ¹	1.171 g	Trans Fat ²	*0.022* g	Protein	18.045 g	Iron	0.936 mg	6.860% Calories from Sat Fat

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Recipe Prep Sheet

Simplified Culinary Services

Sodium ¹	228.795 mg	Cholesterol	57.846 mg	Vitamin A	157.862 IU	Water	*30.373* g	*0.127%* Calories from Trans Fat
Sugars	*3.709* g	Carbohydrate	5.510 g	Calcium	10.604 mg	Ash	*0.663* g	14.342% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			46.969% Calories from Protein
Type of Fat	-							

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

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Recipe Prep Sheet

Simplified Culinary Services

304 - CHICKEN SALAD ON WHEAT BREAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 20

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901659	CHICKEN, BREAST, ROASTED, GRILLED, FULLY COOK	5 lb	DICE CHICKEN BREAST UP. ADD ALL OTHER INGREDIENTS. MIX WELL. SPREAD SALAD EVENLY ON 1 PIECE BREAD AND TOP WITH ANOTHER, CUT IN HALF AND WRAP.
901680	MAYONNAISE, PROBE	2 1/2 cup	
011143	CELERY,FRESH,RAW	2 CUP,chopped	
002047	SALT, TABLE	1 1/2 TBSP	
901685	PEPPER BLACK, GROUND	2 TSP	
901684	PARSLEY FLAKES	1 tbsp	
799908	ONIONS,RED,RAW	1/2 CUP, chopped	
901594	Anthony & Sons Ultragrnm Bread 2 slices 1.8 oz	1 7/8 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	342.039 kcal	Total Fat	26.094 g	Total Dietary Fiber	0.380 g	Vitamin C	0.609 mg	68.661% Calories from Total Fat
Saturated Fat ¹	4.338 g	Trans Fat ²	*0.000* g	Protein	25.687 g	Iron	0.087 mg	11.413% Calories from Sat Fat
Sodium ¹	1342.461 mg	Cholesterol	63.322 mg	Vitamin A	45.429 IU	Water	*13.206* g	*0.000%* Calories from Trans Fat
Sugars	*0.135* g	Carbohydrate	3.723 g	Calcium	32.951 mg	Ash	*1.437* g	4.354% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			30.040% 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

Simplified Culinary Services

395 - CHICKEN SALAD ON WHEAT ROLL

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 20

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901659	CHICKEN, BREAST, ROASTED, GRILLED, FULLY COOK	5 lb	DICE CHICKEN BREAST UP. ADD ALL OTHER INGREDIENTS. MIX WELL. SPREAD SALAD EVENLY ON 1 PIECE BREAD AND TOP WITH ANOTHER, CUT IN HALF AND WRAP.
901680	MAYONNAISE, PROBE	2 1/2 cup	
011143	CELERY,FRESH,RAW	2 CUP,chopped	
002047	SALT, TABLE	1 1/2 TBSP	
901685	PEPPER BLACK, GROUND	2 TSP	
901684	PARSLEY FLAKES	1 tbsp	
799908	ONIONS,RED,RAW	1/2 CUP, chopped	
901592	Anthony & Sons Kaiser Roll 2.3 oz	2 1/3 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	344.039 kcal	Total Fat	26.094 g	Total Dietary Fiber	0.380 g	Vitamin C	0.609 mg	68.262% Calories from Total Fat
Saturated Fat ¹	4.338 g	Trans Fat ²	*0.000* g	Protein	25.687 g	Iron	*0.033* mg	11.347% Calories from Sat Fat
Sodium ¹	1346.461 mg	Cholesterol	63.322 mg	Vitamin A	45.679 IU	Water	*13.206* g	*0.000%* Calories from Trans Fat
Sugars	*0.185* g	Carbohydrate	4.123 g	Calcium	35.951 mg	Ash	*1.437* g	4.793% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			29.865% 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

Simplified Culinary Services

81 - CHICKEN SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901597	Tyson Whole Grain Chicken Patties	3 1/2 oz	HEAT CHICKEN PATTY IN 350 DEGREE OVEN UNTIL IT REACHES 165 DEGREES. PLACE ON BUN AND SERVE
901589	Whole Grain Hamburger Roll	2 1/4 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	399.393 kcal	Total Fat	16.466 g	Total Dietary Fiber	5.993 g	Vitamin C	3.595 mg	37.105% Calories from Total Fat
Saturated Fat ¹	2.494 g	Trans Fat ²	0.000 g	Protein	19.964 g	Iron	3.236 mg	5.621% Calories from Sat Fat
Sodium ¹	649.100 mg	Cholesterol	24.944 mg	Vitamin A	109.775 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	2.998 g	Carbohydrate	42.964 g	Calcium	99.910 mg	Ash	*N/A* g	43.029% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.994% 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

Simplified Culinary Services

402 - CHICKEN TENDER SNACK WRAP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901581	Chicken Tender, Whole Grain	1 1/4 oz	No Instructions Assigned
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	1 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	245.000 kcal	Total Fat	8.498 g	Total Dietary Fiber	4.500 g	Vitamin C	0.000 mg	31.219% Calories from Total Fat
Saturated Fat ¹	3.499 g	Trans Fat ²	*0.000* g	Protein	18.000 g	Iron	1.808 mg	12.853% Calories from Sat Fat
Sodium ¹	384.999 mg	Cholesterol	32.500 mg	Vitamin A	299.998 IU	Water	*12.998* g	*0.000%* Calories from Trans Fat
Sugars	*0.000* g	Carbohydrate	26.500 g	Calcium	239.998 mg	Ash	*1.000* g	43.265% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			29.388% 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

Simplified Culinary Services

900021 - CHICKEN TORTILLA SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011282	ONIONS,FRESH	3 CUP, chopped	SAUTE THE ONIONS,CELERY AND CARROTS IN BUTTER. THICKEN WITH MASA. ADD WATER. ADD ALL OTHER INGREDIENTS EXCEPT RICE AND CILANTRO. SIMMER FOR 1.5 HOURS. ADD RICE AND CILANTRO. TURN OFF WHEN RICE IS AL DENTE.
011143	CELERY,FRESH,RAW	2 qt,chopped + 2 CUP,chopped	
011124	CARROTS,FRESH,RAW	2 qt, chopped + 2 CUP, chopped	
001001	BUTTER,W/SALT	1 LB	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB + 12 oz	
901660	CHICKEN,DICED MEAT,WHITE/DARK	4 lb	
014429	WATER	6 gal	
002047	SALT,TABLE	2 tsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
901632	Salsa Chunky Mild Sysco (2 Tbsp)	3 LB + 4 oz	
901697	RICE, ORIGINAL CONVERTED	1 qt + 1 CUP	
011178	CORN,SWEET YELLOW,FROZEN,KERNELS	1 qt + 3 CUP	
020017	CORN FLOUR,MASA,ENRICHED	1 qt	
901662	CILANTRO	1 cup	
006169	TABASCO SAUCE	1 tbsp	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	96.497 kcal	Total Fat	3.863 g	Total Dietary Fiber	0.644 g	Vitamin C	1.229 mg	36.032% Calories from Total Fat
Saturated Fat ¹	1.711 g	Trans Fat ²	*0.088* g	Protein	4.836 g	Iron	*0.734* mg	15.960% Calories from Sat Fat
Sodium ¹	765.215 mg	Cholesterol	15.775 mg	Vitamin A	1406.825 IU	Water	*153.500* g	*0.816%* Calories from Trans Fat
Sugars	*1.047* g	Carbohydrate	10.252 g	Calcium	*22.589* mg	Ash	*0.456* g	42.497% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.046% Calories from Protein
Type of Fat	-							

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

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Recipe Prep Sheet

Simplified Culinary Services

900038 - CHILI BEAN AND RICE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
014429	WATER	6 gal	BRING ALL INGREDIENTS TO BOIL IN LARGE STOCKPOT. SIMMER FOR AN HOUR. ADD RICE AND COOK UNTIL AL DENTE
900059	BEEF GROUND, REGULAR,BAKED,WELL DONE	9 LB	
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011124	CARROTS,FRESH,RAW	2 qt, chopped + 2 CUP, chopped	
011143	CELERY,FRESH,RAW	2 qt,chopped + 2 CUP,chopped	
901608	Soup Base, Beef Sysco 1tsp = .013 lbs	2 LB	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
799903	GARLIC,GRANULATED	1 TBSP	
901684	PARSLEY FLAKES	1 tbsp	
006169	TABASCO SAUCE	1 tbsp	
011463	SPINACH,FRZ,CHOPD OR LEAF,UNPREP	2 CUP	
050486	CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE	2 CUP	
901697	RICE, ORIGINAL CONVERTED	1 qt + 2 CUP	
901632	Salsa Chunky Mild Sysco (2 Tbsp)	4 LB	
903054	BEANS, CANNED, KIDNEY, LOW-SODIUM	7 LB	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	141.547 kcal	Total Fat	6.182 g	Total Dietary Fiber	1.689 g	Vitamin C	1.397 mg	39.304% Calories from Total Fat
Saturated Fat ¹	2.044 g	Trans Fat ²	*0.000* g	Protein	9.654 g	Iron	1.411 mg	12.995% Calories from Sat Fat
Sodium ¹	929.503 mg	Cholesterol	25.935 mg	Vitamin A	1547.208 IU	Water	*163.692* g	*0.000%* Calories from Trans Fat
Sugars	*1.930* g	Carbohydrate	11.758 g	Calcium	26.629 mg	Ash	*0.691* g	33.227% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			27.281% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

990029 - CHOCOLATE MILK Fat Free

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: 8 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
903050	MILK CHOCOLATE FAT FREE	1 Carton	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (8 OUNCES)

Calories ¹	120.000 kcal	Total Fat	*N/A* g	Total Dietary Fiber	*N/A* g	Vitamin C	1.200 mg	*N/A%*	Calories from Total Fat
Saturated Fat ¹	*N/A* g	Trans Fat ²	*N/A* g	Protein	8.000 g	Iron	*N/A* mg	*N/A%*	Calories from Sat Fat
Sodium ¹	180.000 mg	Cholesterol	5.000 mg	Vitamin A	500.000 IU	Water	*N/A* g	*N/A%*	Calories from Trans Fat
Sugars	18.000 g	Carbohydrate	20.000 g	Calcium	300.000 mg	Ash	*N/A* g		66.667% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000				26.667% 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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Recipe Prep Sheet

Simplified Culinary Services

468 - COLE SLAW

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 50

Portion Size: 1/4 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011109	CABBAGE,FRESH,RAW	3 LB + 8 oz	1. Place all vegetables in large bowl and toss lightly to mix.
011124	CARROTS,FRESH,RAW	11 oz	
011284	ONIONS,DEHYDRATED FLAKES	1/4 cup	
004026	MAYONNAISE	1 LB + 1 1/2 oz	2. Combine mayonnaise, sugar, celery seed, dry mustard, and vinegar.
019335	SUGAR,GRANULATED	2 tbsp	3. Pour dressing over vegetables. Mix thoroughly.
002007	CELERY SEED	2 TSP	4. Cover. Refrigerate until ready to serve.
000088	MUSTARD ,DRY	1 tsp	5. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).
000705	VINEGAR,CIDER	2 tbsp	
			Serving: 1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable. Marketing Guide: Use 4# 1oz fresh cabbage to yield 3# 8oz coarsley chopped cabbage Use 1# fresh carrots to yield 11 oz finely shredded carrots

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

Calories ¹	85.608 kcal	Total Fat	7.947 g	Total Dietary Fiber	1.015 g	Vitamin C	12.303 mg	83.548% Calories from Total Fat
Saturated Fat ¹	0.869 g	Trans Fat ²	*0.000* g	Protein	0.636 g	Iron	0.260 mg	9.131% Calories from Sat Fat
Sodium ¹	66.601 mg	Cholesterol	5.854 mg	Vitamin A	1100.947 IU	Water	36.941 g	*0.000%* Calories from Trans Fat
Sugars	*2.012* g	Carbohydrate	3.629 g	Calcium	18.991 mg	Ash	0.434 g	16.954% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			2.972% Calories from Protein
Type of Fat	-							

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

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Recipe Prep Sheet

Simplified Culinary Services

413 - COLLARDS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011164	COLLARDS,FRZ,CHOPD,BOILED,DRAINED,WO/SALT	1 CUP, chopped	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	61.200 kcal	Total Fat	0.697 g	Total Dietary Fiber	4.760 g	Vitamin C	44.880 mg	10.250% Calories from Total Fat
Saturated Fat ¹	0.102 g	Trans Fat ²	0.000 g	Protein	5.049 g	Iron	1.904 mg	1.500% Calories from Sat Fat
Sodium ¹	85.000 mg	Cholesterol	0.000 mg	Vitamin A	19538.100 IU	Water	150.399 g	0.000% Calories from Trans Fat
Sugars	0.969 g	Carbohydrate	12.070 g	Calcium	357.000 mg	Ash	1.785 g	78.889% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			33.000% 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

Simplified Culinary Services

270 - CORN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011172	CORN,SWEET YELLOW,CANNED,DRAINED	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	109.880 kcal	Total Fat	2.001 g	Total Dietary Fiber	3.280 g	Vitamin C	2.952 mg	16.388% Calories from Total Fat
Saturated Fat ¹	0.402 g	Trans Fat ²	0.000 g	Protein	3.756 g	Iron	0.443 mg	3.291% Calories from Sat Fat
Sodium ¹	336.200 mg	Cholesterol	0.000 mg	Vitamin A	75.440 IU	Water	133.512 g	0.000% Calories from Trans Fat
Sugars	7.282 g	Carbohydrate	23.518 g	Calcium	4.920 mg	Ash	1.230 g	85.612% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			13.673% Calories from Protein
Type of Fat	-							

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

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Recipe Prep Sheet

Simplified Culinary Services

32 - CORN ON THE COB

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011775	CORN/COB,SWT,YEL,FRZ,BOILED,DRAINED,W/SALT	1 ear(s)	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	59.221 kcal	Total Fat	0.466 g	Total Dietary Fiber	1.764 g	Vitamin C	3.024 mg	7.085% Calories from Total Fat
Saturated Fat ¹	0.072 g	Trans Fat ²	0.000 g	Protein	1.959 g	Iron	0.384 mg	1.091% Calories from Sat Fat
Sodium ¹	151.203 mg	Cholesterol	0.000 mg	Vitamin A	146.163 IU	Water	46.117 g	0.000% Calories from Trans Fat
Sugars	2.262 g	Carbohydrate	14.068 g	Calcium	1.890 mg	Ash	0.391 g	95.021% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			13.232% 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

Simplified Culinary Services

272 - CRANBERRY SAUCE

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
009081	CRANBERRY SAUCE,CANNED,SWTND	1/2 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	220.215 kcal	Total Fat	0.208 g	Total Dietary Fiber	1.524 g	Vitamin C	1.385 mg	0.849% Calories from Total Fat
Saturated Fat ¹	0.010 g	Trans Fat ²	0.000 g	Protein	1.246 g	Iron	0.568 mg	0.040% Calories from Sat Fat
Sodium ¹	6.925 mg	Cholesterol	0.000 mg	Vitamin A	45.705 IU	Water	80.953 g	0.000% Calories from Trans Fat
Sugars	43.974 g	Carbohydrate	55.954 g	Calcium	4.155 mg	Ash	0.138 g	101.635% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			2.263% 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

Simplified Culinary Services

333 - CREAM OF BROCCOLI CHEDDAR SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	SAUTE CARROTS CELERY AND ONIONS IN BUTTER UNTIL TENDER. ADD GARLIC. ADD FLOUR AND MAKE ROUX. ADD 4.25 GALLONS OF HOT TAP WATER AND MIX. BLEND IN CREAM SOUP BASE. ADD BROCCOLI, SPICES AND CHICKEN BASE. COOK FOR AN HOUR ON SIMMER. ADD ALL CHEESES. COOK 20 MINUTES. ADD CREAM. BLEND IN CORNSTARCH AND WATER MIXTURE. COOK OUT CORNSTARCH.
011143	CELERY, FRESH, RAW	1 qt, chopped + 2 CUP, chopped	
011124	CARROTS, FRESH, RAW	1 qt, chopped + 2 CUP, chopped	
011282	ONIONS, FRESH	1 qt, chopped + 1 CUP, chopped	
014429	WATER	4 1/4 gal	
011092	BROCCOLI, FRZ, CHOPPED	6 LB	
001049	HALF & HALF, CREAM & MILK	3 qt	
901684	PARSLEY FLAKES	2 tbsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
002047	SALT, TABLE	1 TBSP	
001001	BUTTER, W/SALT	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
011215	GARLIC, FRESH	2 tbsp	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
020027	CORNSTARCH	2 CUP	
014429	WATER	2 cup 8 fl oz	
901609	Cheddar Cheese Sauce Mild	4 LB	
901653	CHEESE, MILD CHEDDAR	2 LB + 8 oz	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	159.615 kcal	Total Fat	10.390 g	Total Dietary Fiber	0.832 g	Vitamin C	9.938 mg	58.584% Calories from Total Fat
Saturated Fat ¹	7.301 g	Trans Fat ²	*0.166* g	Protein	3.539 g	Iron	*0.326* mg	41.168% Calories from Sat Fat
Sodium ¹	784.876 mg	Cholesterol	18.813 mg	Vitamin A	1135.436 IU	Water	*140.569* g	*0.937%* Calories from Trans Fat
Sugars	*1.568* g	Carbohydrate	12.516 g	Calcium	*84.330* mg	Ash	*0.806* g	31.365% Calories from Carbohydrates

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Recipe Prep Sheet

Simplified Culinary Services

Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000		8.869% 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

Simplified Culinary Services

318 - CREAM OF BROCCOLI SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	SAUTE ONIONS,CELERY AND CARROTS IN BUTTER UNTIL TENDER. ADD GARLIC. ADD FLOUR TO CREATE ROUX.. COOK ROUX. ADD HOT TAP WATER. MIX IN CREAM SOUP BASE. ADD THAWED BROCCOLI,CHICKEN BASE,SPICES. COOK ON LOW UNTIL BROCCOLI IS TENDER,ABOUT 1.5 HOURS. ADD IN CREAM. ADD IN 2 CUPS OF CORN STARCH TO TIGHTEN. COOK OUT CORN STARCH FOR 30 MINUTES.
011143	CELERY,FRESH,RAW	1 qt,chopped + 2 CUP,chopped	
011124	CARROTS,FRESH,RAW	1 qt, chopped + 2 CUP, chopped	
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
014429	WATER	5 gal	
011092	BROCCOLI,FRZ,CHOPPED	6 LB	
001049	HALF & HALF, CREAM & MILK	3 qt	
901684	PARSLEY FLAKES	2 tbsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
002047	SALT, TABLE	1 TBSP	
001001	BUTTER,W/SALT	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
011215	GARLIC,FRESH	2 tbsp	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
020027	CORNSTARCH	2 CUP	
014429	WATER	2 cup 8 fl oz	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	120.234 kcal	Total Fat	7.305 g	Total Dietary Fiber	0.832 g	Vitamin C	9.938 mg	54.680% Calories from Total Fat
Saturated Fat ¹	5.402 g	Trans Fat ²	*0.166* g	Protein	1.871 g	Iron	*0.302* mg	40.435% Calories from Sat Fat
Sodium ¹	637.085 mg	Cholesterol	11.666 mg	Vitamin A	1063.011 IU	Water	*154.800* g	*1.243%* Calories from Trans Fat
Sugars	*1.380* g	Carbohydrate	11.148 g	Calcium	*35.803* mg	Ash	*0.558* g	37.089% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			6.225% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

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

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Recipe Prep Sheet

Simplified Culinary Services

990030 - CREAM OF MUSHROOM SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011260	MUSHROOMS,FRESH	8 LB	No Instructions Assigned
901608	Soup Base, Beef Sysco 1tsp = .013 lbs	8 oz	
043154	ALCOHOLIC BEV,WINE,COOKING	2 cup	
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	SAUTE ONIONS,CELERY AND CARROTS IN BUTTER UNTIL TENDER. ADD GARLIC. ADD FLOUR TO CREATE ROUX.. COOK ROUX. ADD HOT TAP WATER. MIX IN CREAM SOUP BASE. ADD THAWED BROCCOLI,CHICKEN BASE,SPICES. COOK ON LOW UNTIL BROCCOLI IS TENDER,ABOUT 1.5 HOURS. ADD IN CREAM. ADD IN 2 CUPS OF CORN STARCH TO TIGHTEN. COOK OUT CORN STARCH FOR 30 MINUTES.
011143	CELERY,FRESH,RAW	1 qt,chopped + 2 CUP,chopped	
011124	CARROTS,FRESH,RAW	1 qt, chopped + 2 CUP, chopped	
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
014429	WATER	5 gal	
001049	HALF & HALF, CREAM & MILK	3 qt	
901684	PARSLEY FLAKES	2 tbsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
002047	SALT,TABLE	1 TBSP	
001001	BUTTER,W/SALT	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
011215	GARLIC,FRESH	2 tbsp	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	8 oz	
020027	CORNSTARCH	2 CUP	
014429	WATER	2 cup 8 fl oz	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	122.151 kcal	Total Fat	7.444 g	Total Dietary Fiber	0.565 g	Vitamin C	1.357 mg	54.848% Calories from Total Fat
Saturated Fat ¹	5.406 g	Trans Fat ²	*0.166* g	Protein	2.095 g	Iron	*0.290* mg	39.827% Calories from Sat Fat
Sodium ¹	658.419 mg	Cholesterol	11.666 mg	Vitamin A	898.608 IU	Water	*162.352* g	*1.224%* Calories from Trans Fat
Sugars	*1.855* g	Carbohydrate	11.253 g	Calcium	*27.728* mg	Ash	*0.662* g	36.850% Calories from Carbohydrates

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Recipe Prep Sheet

Simplified Culinary Services

Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000		6.860% 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

Simplified Culinary Services

337 - CREAM OF POTATO HAM

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011143	CELERY,FRESH,RAW	1 qt,chopped + 2 CUP,chopped	SAUTE ONIONS,CELERY AND CARROTS UNTIL TENDER IN BUTTER. ADD GARLIC. ADD FLOUR TO CREATE ROUX. ADD HOT TAP WATER. ADD CREAM SOUP BASE AND WHIP IN. ADD POTATOES AND SPICES AND COOK ONE HOUR. ADD CREAM AND HAM. TIGHTEN WITH INSTANT POTATOES.
011124	CARROTS,FRESH,RAW	1 qt, chopped + 2 CUP, chopped	
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	
014429	WATER	5 gal	
001049	HALF & HALF, CREAM & MILK	3 qt	
901684	PARSLEY FLAKES	2 tbsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
002047	SALT, TABLE	1 TBSP	
001001	BUTTER,W/SALT	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
011215	GARLIC,FRESH	2 tbsp	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
901642	Potato SYSCO Instant Mashed (used for soups)	1 LB + 8 oz	
011376	POTATO CANNED,DRAINED	2 #10 CAN	
901676	HAM, FULLY COOKED, CHOPPED	4 lb	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	164.606 kcal	Total Fat	8.813 g	Total Dietary Fiber	1.198 g	Vitamin C	6.752 mg	48.188% Calories from Total Fat
Saturated Fat ¹	5.972 g	Trans Fat ²	*0.166* g	Protein	3.569 g	Iron	*0.591* mg	32.650% Calories from Sat Fat
Sodium ¹	835.173 mg	Cholesterol	17.313 mg	Vitamin A	898.246 IU	Water	*157.486* g	*0.908%* Calories from Trans Fat
Sugars	*1.318* g	Carbohydrate	16.262 g	Calcium	*27.925* mg	Ash	*0.655* g	39.518% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.673% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

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

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Recipe Prep Sheet

Simplified Culinary Services

900022 - CREAM OF VEGETABLE SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
001001	BUTTER,W/SALT	1 LB	SAUTE ONIONS,CELERY,CARROTS AND GREEN PEPPERS IN BUTTER. WHEN TENDER ADD FRESH GARLIC. ADD FLOUR TO CREATE ROUX. ADD HOT TAP WATER AND BLEND IN CREAM SOUP BASE. ADD BROCCOLI,MIXED VEGGIES ,SPINACH,SPICES AND CHICKEN BASE AND COOK 1 HOUR. ADD CHEESE AND BLEND IN,COOK 15 MINUTES. ADD HALF AND HALF. TIGHTEN WITH CORNSTARCH SLUR AND COOK 30 MORE MINUTES..
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
011215	GARLIC,FRESH	2 tbsp	
014429	WATER	5 1/2 gal	
011143	CELERY,FRESH,RAW	1 qt,chopped + 1 CUP,chopped	
011124	CARROTS,FRESH,RAW	1 qt, chopped + 1 CUP, chopped	
011282	ONIONS,FRESH	3 CUP, chopped	
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	
011583	VEGETABLES,MIXED,FROZEN,UNPREPARED	5 LB	
011092	BROCCOLI,FRZ,CHOPPED	2 LB	
011333	PEPPERS,SWT,GREEN,RAW	1 CUP, chopped	
901654	CHEESE, PARMESAN, GRATED	1 qt + 1 cup	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
001049	HALF & HALF, CREAM & MILK	3 qt	
901684	PARSLEY FLAKES	2 tbsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
020027	CORNSTARCH	2 CUP	
011463	SPINACH,FRZ,CHOPD OR LEAF,UNPREP	1 qt	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	144.794 kcal	Total Fat	8.420 g	Total Dietary Fiber	1.104 g	Vitamin C	6.011 mg	52.335% Calories from Total Fat
Saturated Fat ¹	6.117 g	Trans Fat ²	*0.166* g	Protein	3.536 g	Iron	*0.435* mg	38.020% Calories from Sat Fat
Sodium ¹	672.267 mg	Cholesterol	15.195 mg	Vitamin A	1957.155 IU	Water	*166.274* g	*1.032%* Calories from Trans Fat
Sugars	*1.157* g	Carbohydrate	12.365 g	Calcium	*81.056* mg	Ash	*0.734* g	34.158% Calories from Carbohydrates

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Recipe Prep Sheet

Simplified Culinary Services

Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000		9.768% 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

Simplified Culinary Services

273 - CREAMED CORN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011174	CORN,SWEET YELLOW,CANNED,CREAM-STYLE,REG PACK	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	184.320 kcal	Total Fat	1.075 g	Total Dietary Fiber	3.072 g	Vitamin C	11.776 mg	5.250% Calories from Total Fat
Saturated Fat ¹	0.166 g	Trans Fat ²	0.000 g	Protein	4.454 g	Iron	0.973 mg	0.812% Calories from Sat Fat
Sodium ¹	668.160 mg	Cholesterol	0.000 mg	Vitamin A	189.440 IU	Water	201.549 g	0.000% Calories from Trans Fat
Sugars	8.269 g	Carbohydrate	46.413 g	Calcium	7.680 mg	Ash	2.509 g	100.722% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			9.666% 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

Simplified Culinary Services

900023 - CREAMY CORN CHOWDER

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011143	CELERY,FRESH,RAW	1 qt,chopped + 2 CUP,chopped	SAUTE ONIONS,CELERY AND CARROTS UNTIL TENDER IN BUTTER. ADD GARLIC. ADD FLOUR TO CREATE ROUX. ADD HOT TAP WATER. ADD CREAM SOUP BASE AND WHIP IN. ADD POTATOES ,CORN AND SPICES AND COOK ONE HOUR. ADD CREAM AND COOK HALF HOUR. TIGHTEN WITH INSTANT POTATOES.
011124	CARROTS,FRESH,RAW	1 qt, chopped + 2 CUP, chopped	
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	
014429	WATER	5 gal	
001049	HALF & HALF, CREAM & MILK	3 qt	
901684	PARSLEY FLAKES	2 tbsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
002047	SALT,TABLE	1 TBSP	
001001	BUTTER,W/SALT	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
011215	GARLIC,FRESH	2 tbsp	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	12 oz	
901694	POTATOES, INSTANT MASHED	3 CUP	
011376	POTATO CANNED,DRAINED	2 #10 CAN	
011178	CORN,SWEET YELLOW,FROZEN,KERNELS	2 qt + 2 CUP	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	132.203 kcal	Total Fat	7.314 g	Total Dietary Fiber	1.094 g	Vitamin C	2.688 mg	49.791% Calories from Total Fat
Saturated Fat ¹	5.417 g	Trans Fat ²	0.166 g	Protein	1.920 g	Iron	*0.502* mg	36.879% Calories from Sat Fat
Sodium ¹	596.238 mg	Cholesterol	11.666 mg	Vitamin A	913.077 IU	Water	*163.486* g	1.131% Calories from Trans Fat
Sugars	*1.364* g	Carbohydrate	14.279 g	Calcium	*28.245* mg	Ash	*0.693* g	43.204% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			5.809% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

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

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Recipe Prep Sheet

Simplified Culinary Services

990035 - CRUNCHY BEEF TACO

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
018360	TACO SHELLS,BAKED	2 shell	No Instructions Assigned
011252	LETTUCE,ICEBERG,FRESH	2 tbsp,chop(1/2"pcs,lose pkd	
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	1 OZ	PLACE PRE WARMED BEEF AND CHEESE ON TORTILLA AND FOLD IN HALF . BRUSH WITH BUTTER AND GRILL.
901605	BEEF TACO MEAT MAID-RITE	2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	287.423 kcal	Total Fat	14.737 g	Total Dietary Fiber	2.665 g	Vitamin C	*0.200* mg	46.144% Calories from Total Fat
Saturated Fat ¹	6.961 g	Trans Fat ²	0.044 g	Protein	18.931 g	Iron	1.865 mg	21.796% Calories from Sat Fat
Sodium ¹	377.069 mg	Cholesterol	40.532 mg	Vitamin A	595.470 IU	Water	*21.463* g	0.139% Calories from Trans Fat
Sugars	1.378 g	Carbohydrate	19.145 g	Calcium	261.123 mg	Ash	*1.515* g	26.644% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			26.346% 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

Simplified Culinary Services

382 - CURLY FRIES

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: 6 OUNCE

Ingredient #	Ingredient Name	Measurements	Instructions
901665	CURLEY FRIES	2 (3 OZ)	No Instructions Assigned
050382	OIL, VEGETABLE, SOYBEAN, LOW SATURATED FAT	1/2 oz	

*Nutrients are based upon 1 Portion Size (6 OUNCE)

Calories ¹	341.493 kcal	Total Fat	19.767 g	Total Dietary Fiber	3.998 g	Vitamin C	17.993 mg	52.096% Calories from Total Fat
Saturated Fat ¹	5.145 g	Trans Fat ²	0.000 g	Protein	3.998 g	Iron	1.428 mg	13.560% Calories from Sat Fat
Sodium ¹	59.993 mg	Cholesterol	9.996 mg	Vitamin A	0.000 IU	Water	*0.000* g	0.000% Calories from Trans Fat
Sugars	*0.000* g	Carbohydrate	35.986 g	Calcium	0.000 mg	Ash	*0.000* g	42.151% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			4.683% 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

Simplified Culinary Services

359 - DELUXE CHICKEN PARM

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 2

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901528	SCS SUB ROLL 12 INCH	5 1/2 oz	HEAT CHICKEN TO 165 DEGREES. CUT IN HALF AND PLACE ON SUB ROLL. TOP WITH SAUCE, THEN CHEESE. MELT CHEESE IN OVEN. CUT IN TWO AND SERVE
R-000300	MARINARA SAUCE	2 (3 OUNCES)	
001028	CHEESE,MOZZARELLA,PART SKIM	4 OZ	
901657	CHICKEN BREAST FC HMST NT FLT	2 (4.21 OZ)	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	580.132 kcal	Total Fat	19.643 g	Total Dietary Fiber	4.220 g	Vitamin C	7.557 mg	30.474% Calories from Total Fat
Saturated Fat ¹	7.821 g	Trans Fat ²	*0.000* g	Protein	42.369 g	Iron	*2.369* mg	12.134% Calories from Sat Fat
Sodium ¹	1423.408 mg	Cholesterol	91.288 mg	Vitamin A	753.942 IU	Water	*48.387* g	*0.000%* Calories from Trans Fat
Sugars	*4.281* g	Carbohydrate	60.704 g	Calcium	*444.673* mg	Ash	*1.980* g	41.855% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			29.213% 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

Simplified Culinary Services

364 - DELUXE GRILLED CHICKEN PARM

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 2

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901528	SCS SUB ROLL 12 INCH	5 1/2 oz	GRILL CHICKEN TO 165 DEGREES. PLACE ON SUB ROLL. TOP WITH MARINARA, THEN MOZZARELLA AND MELT CHEESE IN OVEN. CUT IN HALF.
R-000300	MARINARA SAUCE	2 (3 OUNCES)	
001028	CHEESE,MOZZARELLA,PART SKIM	4 OZ	
901655	CHICKEN BREAST 4/10# WHL	4 1/2 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	477.012 kcal	Total Fat	17.399 g	Total Dietary Fiber	2.226 g	Vitamin C	5.162 mg	32.827% Calories from Total Fat
Saturated Fat ¹	7.793 g	Trans Fat ²	*0.000* g	Protein	33.189 g	Iron	*2.369* mg	14.703% Calories from Sat Fat
Sodium ¹	955.910 mg	Cholesterol	81.283 mg	Vitamin A	753.942 IU	Water	*48.387* g	*0.000%* Calories from Trans Fat
Sugars	*4.281* g	Carbohydrate	48.715 g	Calcium	*444.673* mg	Ash	*1.980* g	40.850% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			27.831% 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

Simplified Culinary Services

362 - DELUXE PHILLY CHEESESTEAK

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 2

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901651	BEEF RIBEYE STK 6OZ	1 (6 OZ)	COOK AND CHOP STEAK ON GRIDDLE. ADD CHEESE AND MELT. PLACE ON SUB ROLL AND CUT IN TWO.
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	2 oz	
050385	OIL, VEGETABLE	1/2 tsp	
901528	SCS SUB ROLL 12 INCH	5 1/2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	475.867 kcal	Total Fat	23.682 g	Total Dietary Fiber	1.000 g	Vitamin C	0.000 mg	44.790% Calories from Total Fat
Saturated Fat ¹	10.696 g	Trans Fat ²	0.000 g	Protein	26.083 g	Iron	3.243 mg	20.229% Calories from Sat Fat
Sodium ¹	1135.116 mg	Cholesterol	65.184 mg	Vitamin A	658.111 IU	Water	*14.042* g	0.000% Calories from Trans Fat
Sugars	*0.000* g	Carbohydrate	43.520 g	Calcium	*193.253* mg	Ash	*1.417* g	36.581% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.925% 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

Simplified Culinary Services

990055 - DINNER ROLL

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
018347	ROLLS,DINNER,WHEAT	1 oz	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	77.394 kcal	Total Fat	1.786 g	Total Dietary Fiber	1.077 g	Vitamin C	0.000 mg	20.769% Calories from Total Fat
Saturated Fat ¹	0.424 g	Trans Fat ²	*N/A* g	Protein	2.438 g	Iron	1.006 mg	4.935% Calories from Sat Fat
Sodium ¹	148.551 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	10.489 g	*N/A%* Calories from Trans Fat
Sugars	0.462 g	Carbohydrate	13.041 g	Calcium	49.895 mg	Ash	0.595 g	67.400% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			12.600% 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

Simplified Culinary Services

900039 - DOUBLE CHEESEBURGER ON WGR BUN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901589	Whole Grain Hamburger Roll	2 oz	COOK BURGER TO 165 DEGREES. PLACE CHEESE ON COOKED BURGER TO MELT. PLACE ON BUN
901604	BEEF PATTIES FULLY COOKED MAID-RITE (1 PATTY)	3 oz	
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1/2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	316.367 kcal	Total Fat	14.673 g	Total Dietary Fiber	2.791 g	Vitamin C	*1.116* mg	41.742% Calories from Total Fat
Saturated Fat ¹	6.518 g	Trans Fat ²	0.000 g	Protein	23.265 g	Iron	3.189 mg	18.543% Calories from Sat Fat
Sodium ¹	660.116 mg	Cholesterol	62.593 mg	Vitamin A	338.358 IU	Water	*7.021* g	0.000% Calories from Trans Fat
Sugars	1.860 g	Carbohydrate	26.128 g	Calcium	167.442 mg	Ash	*0.709* g	33.036% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			29.415% 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

Simplified Culinary Services

401 - EGG & CHEESE ON WGR BUN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1/2 oz	No Instructions Assigned
901589	Whole Grain Hamburger Roll	2 oz	
901668	EGG,"OVEN BAKED PATTIE",AS	1 3/4 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	219.983 kcal	Total Fat	7.842 g	Total Dietary Fiber	2.791 g	Vitamin C	1.213 mg	32.083% Calories from Total Fat
Saturated Fat ¹	2.747 g	Trans Fat ²	0.000 g	Protein	12.392 g	Iron	1.963 mg	11.239% Calories from Sat Fat
Sodium ¹	605.904 mg	Cholesterol	175.791 mg	Vitamin A	598.124 IU	Water	*44.333* g	0.000% Calories from Trans Fat
Sugars	1.860 g	Carbohydrate	27.184 g	Calcium	176.359 mg	Ash	*1.403* g	49.429% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.533% 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

Simplified Culinary Services

990048 - FRENCH BREAD PIZZA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: each

Ingredient #	Ingredient Name	Measurements	Instructions
119992	6" WHOLE GRAIN FRENCH BREAD CHEESE 60CT CN	1 Piece/Portion/Unit/Item/	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (each)

Calories ¹	300.006 kcal	Total Fat	11.004 g	Total Dietary Fiber	2.996 g	Vitamin C	6.006 mg	33.011% Calories from Total Fat
Saturated Fat ¹	4.004 g	Trans Fat ²	0.000 g	Protein	16.996 g	Iron	1.806 mg	12.012% Calories from Sat Fat
Sodium ¹	569.996 mg	Cholesterol	20.006 mg	Vitamin A	499.996 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	4.004 g	Carbohydrate	34.006 g	Calcium	300.006 mg	Ash	*N/A* g	45.340% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.661% 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

Simplified Culinary Services

340 - FRENCH FRIES

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901672	FRENCH FRIES	4 OZ	DEEP FRY FRENCH FRIES. SHAKE OFF EXCESS OIL

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	186.659 kcal	Total Fat	7.997 g	Total Dietary Fiber	2.666 g	Vitamin C	3.192 mg	38.558% Calories from Total Fat
Saturated Fat ¹	3.998 g	Trans Fat ²	0.000 g	Protein	2.666 g	Iron	0.952 mg	19.279% Calories from Sat Fat
Sodium ¹	19.992 mg	Cholesterol	7.997 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	26.667 g	Calcium	0.000 mg	Ash	0.000 g	57.146% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			5.713% 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

Simplified Culinary Services

900024 - FRENCH TOAST STICKS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: each

Ingredient #	Ingredient Name	Measurements	Instructions
901673	French Toast Sticks made w/ whl grain	1 (4 PIECE)	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (each)

Calories ¹	310.000 kcal	Total Fat	13.000 g	Total Dietary Fiber	2.000 g	Vitamin C	0.000 mg	37.742% Calories from Total Fat
Saturated Fat ¹	3.000 g	Trans Fat ²	0.000 g	Protein	6.000 g	Iron	1.800 mg	8.710% Calories from Sat Fat
Sodium ¹	410.000 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	43.000 g	Calcium	60.000 mg	Ash	0.000 g	55.484% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			7.742% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

443 - FRIPS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: each

Ingredient #	Ingredient Name	Measurements	Instructions
901644	FRIPS	4 oz	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (each)

Calories ¹	226.667 kcal	Total Fat	10.667 g	Total Dietary Fiber	2.667 g	Vitamin C	4.800 mg	42.353% Calories from Total Fat
Saturated Fat ¹	1.333 g	Trans Fat ²	0.000 g	Protein	2.667 g	Iron	0.960 mg	5.294% Calories from Sat Fat
Sodium ¹	666.667 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	29.333 g	Calcium	0.000 mg	Ash	*N/A* g	51.765% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			4.706% 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

Simplified Culinary Services

366 - FRUIT AND YOGURT PARFAIT

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901714	YOGURT,DANNON LIGHT 'N FIT	6 OZ	RINSE AND SLICE STRAWBERRIES. PLACE HALF YOGURT ON BOTTOM OF CLEAR CUP. TOP WITH HALF STRAWBERRIES. TOP WITH OTHER HALF OF YOGURT, TOP WITH STRAWBERRIES. BREAK UP GRANOLA BAR. PLACE GRANOLA ON TOP. SERVE CHILLED
009316	STRAWBERRIES,FRESH	2 1/2 oz	
019015	GRANOLA BARS,HARD,PLAIN	1 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	246.476 kcal	Total Fat	5.826 g	Total Dietary Fiber	2.920 g	Vitamin C	41.929 mg	21.273% Calories from Total Fat
Saturated Fat ¹	0.683 g	Trans Fat ²	*0.000* g	Protein	10.818 g	Iron	1.127 mg	2.492% Calories from Sat Fat
Sodium ¹	211.896 mg	Cholesterol	7.480 mg	Vitamin A	770.109 IU	Water	65.565 g	*0.000%* Calories from Trans Fat
Sugars	11.565 g	Carbohydrate	38.660 g	Calcium	329.533 mg	Ash	0.822 g	62.741% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.556% 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

Simplified Culinary Services

419 - FRUIT COCKTAIL

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
009099	FRUIT COCKTAIL,CANNED,LIGHT SYRUP	1/2 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	68.970 kcal	Total Fat	0.085 g	Total Dietary Fiber	1.210 g	Vitamin C	2.299 mg	1.105% Calories from Total Fat
Saturated Fat ¹	0.012 g	Trans Fat ²	0.000 g	Protein	0.484 g	Iron	0.351 mg	0.158% Calories from Sat Fat
Sodium ¹	7.260 mg	Cholesterol	0.000 mg	Vitamin A	251.680 IU	Water	102.088 g	0.000% Calories from Trans Fat
Sugars	16.855 g	Carbohydrate	18.065 g	Calcium	7.260 mg	Ash	0.278 g	104.772% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			2.807% 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

Simplified Culinary Services

421 - GRAPEFRUIT CUP

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
009120	GRAPEFRUIT,CANNED,JUICE PACK	1/2 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	46.065 kcal	Total Fat	0.112 g	Total Dietary Fiber	0.498 g	Vitamin C	42.206 mg	2.188% Calories from Total Fat
Saturated Fat ¹	0.015 g	Trans Fat ²	0.000 g	Protein	0.872 g	Iron	0.261 mg	0.291% Calories from Sat Fat
Sodium ¹	8.715 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	111.639 g	0.000% Calories from Trans Fat
Sugars	10.956 g	Carbohydrate	11.466 g	Calcium	18.675 mg	Ash	0.423 g	99.567% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			7.572% 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

Simplified Culinary Services

80 - GRAPEFRUIT HALF

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: 1/2 EACH

Ingredient #	Ingredient Name	Measurements	Instructions
009111	GRAPEFRUIT,FRESH	1 (1/2 grapefruit)	No Instructions Assigned

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

Calories ¹	106.240 kcal	Total Fat	0.332 g	Total Dietary Fiber	3.652 g	Vitamin C	114.208 mg	2.812% Calories from Total Fat
Saturated Fat ¹	0.047 g	Trans Fat ²	0.000 g	Protein	2.092 g	Iron	0.299 mg	0.394% Calories from Sat Fat
Sodium ¹	0.000 mg	Cholesterol	0.000 mg	Vitamin A	3077.649 IU	Water	301.756 g	0.000% Calories from Trans Fat
Sugars	23.174 g	Carbohydrate	26.826 g	Calcium	39.840 mg	Ash	1.029 g	101.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			7.877% 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

Simplified Culinary Services

422 - GRAPES

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
009131	GRAPES,FRESH	1/2 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	30.820 kcal	Total Fat	0.161 g	Total Dietary Fiber	0.414 g	Vitamin C	1.840 mg	4.701% Calories from Total Fat
Saturated Fat ¹	0.052 g	Trans Fat ²	0.000 g	Protein	0.290 g	Iron	0.133 mg	1.530% Calories from Sat Fat
Sodium ¹	0.920 mg	Cholesterol	0.000 mg	Vitamin A	46.000 IU	Water	37.398 g	0.000% Calories from Trans Fat
Sugars	7.475 g	Carbohydrate	7.889 g	Calcium	6.440 mg	Ash	0.262 g	102.388% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			3.764% 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

Simplified Culinary Services

424 - GREEN BEANS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
900829	BEANS, GREEN, CANNED, DRAINED	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	27.000 kcal	Total Fat	0.135 g	Total Dietary Fiber	2.565 g	Vitamin C	5.805 mg	4.500% Calories from Total Fat
Saturated Fat ¹	0.027 g	Trans Fat ²	*N/A* g	Protein	1.620 g	Iron	1.215 mg	0.900% Calories from Sat Fat
Sodium ¹	338.851 mg	Cholesterol	0.000 mg	Vitamin A	471.151 IU	Water	125.955 g	*N/A%* Calories from Trans Fat
Sugars	*N/A* g	Carbohydrate	6.075 g	Calcium	35.100 mg	Ash	1.283 g	90.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			24.000% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	1 cup	Vegetable	cup	Milk	cup
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Recipe Prep Sheet

Simplified Culinary Services

425 - GREEN BEANS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011053	BEANS, GREEN, FRESH, BOILED, NO SALT	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	43.750 kcal	Total Fat	0.350 g	Total Dietary Fiber	4.000 g	Vitamin C	12.125 mg	7.200% Calories from Total Fat
Saturated Fat ¹	0.080 g	Trans Fat ²	0.000 g	Protein	2.362 g	Iron	0.812 mg	1.646% Calories from Sat Fat
Sodium ¹	1.250 mg	Cholesterol	0.000 mg	Vitamin A	791.250 IU	Water	111.525 g	0.000% Calories from Trans Fat
Sugars	4.538 g	Carbohydrate	9.850 g	Calcium	55.000 mg	Ash	0.912 g	90.057% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.595% 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

Simplified Culinary Services

404 - GRIDDLE BURGER

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1/2 oz	No Instructions Assigned
901589	Whole Grain Hamburger Roll	2 oz	
900075	BEEF GROUND, LN, CKD, BRLD, WELL DONE	1 3/4 oz, raw wgt	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	242.423 kcal	Total Fat	9.095 g	Total Dietary Fiber	2.791 g	Vitamin C	1.116 mg	33.765% Calories from Total Fat
Saturated Fat ¹	3.648 g	Trans Fat ²	*0.000* g	Protein	15.932 g	Iron	2.142 mg	13.543% Calories from Sat Fat
Sodium ¹	467.470 mg	Cholesterol	38.635 mg	Vitamin A	338.358 IU	Water	*23.267* g	*0.000%* Calories from Trans Fat
Sugars	*1.860* g	Carbohydrate	26.128 g	Calcium	151.130 mg	Ash	*1.108* g	43.112% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			26.288% 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

Simplified Culinary Services

900040 - GRIDDLE BURGER ON WGR BUN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901589	Whole Grain Hamburger Roll	2 oz	COOK BURGER TO 165 DEGREES. PLACE CHEESE ON COOKED BURGER TO MELT. PLACE ON BUN
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1/2 oz	
900065	BEEF GROUND,EX LN,CKD,BRLD,MED	3 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	374.091 kcal	Total Fat	17.562 g	Total Dietary Fiber	2.791 g	Vitamin C	1.116 mg	42.250% Calories from Total Fat
Saturated Fat ¹	6.978 g	Trans Fat ²	*0.000* g	Protein	28.867 g	Iron	3.388 mg	16.788% Calories from Sat Fat
Sodium ¹	499.650 mg	Cholesterol	79.034 mg	Vitamin A	338.358 IU	Water	*55.720* g	*0.000%* Calories from Trans Fat
Sugars	*1.860* g	Carbohydrate	26.128 g	Calcium	153.396 mg	Ash	*1.568* g	27.938% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			30.866% 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

Simplified Culinary Services

374 - GRILLED BUFF CHICKEN FLATBREAD SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011251	LETTUCE,COS OR ROMAINE,RAW	3/4 CUP, shredded	No Instructions Assigned
011252	LETTUCE,ICEBERG,FRESH	3/4 cup,chop(1/2"pcs,lose pkd	
901634	HOT SAUCE SYSCO 1 tsp	1 oz	
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	1 OZ	
900868	BREAD, FLATBREAD FLAVORALL	2 oz	
901656	CHICKEN BREAST FC B/S GRILLED	3 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	426.503 kcal	Total Fat	16.586 g	Total Dietary Fiber	1.253 g	Vitamin C	2.607 mg	35.000% Calories from Total Fat
Saturated Fat ¹	5.960 g	Trans Fat ²	*0.000* g	Protein	36.218 g	Iron	3.619 mg	12.577% Calories from Sat Fat
Sodium ¹	1943.806 mg	Cholesterol	86.580 mg	Vitamin A	3584.878 IU	Water	*87.234* g	*0.000%* Calories from Trans Fat
Sugars	*1.262* g	Carbohydrate	38.876 g	Calcium	219.326 mg	Ash	*1.358* g	36.460% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			33.967% 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

Simplified Culinary Services

900063 - GRILLED CHEESE & BACON SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	2 oz	No Instructions Assigned
901594	Anthony & Sons Ultragrñ Bread 2 slices 1.8 oz	1 7/8 oz	
901631	Bacon Layflat Smoked Sysco (2 Fried Pieces)	5/8 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	341.748 kcal	Total Fat	17.612 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	46.380% Calories from Total Fat
Saturated Fat ¹	8.573 g	Trans Fat ²	0.000 g	Protein	25.175 g	Iron	1.278 mg	22.576% Calories from Sat Fat
Sodium ¹	1350.232 mg	Cholesterol	50.374 mg	Vitamin A	1316.222 IU	Water	*28.083* g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	25.048 g	Calcium	386.514 mg	Ash	*2.835* g	29.318% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			29.466% 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

Simplified Culinary Services

307 - GRILLED CHEESE ON WHEAT

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901594	Anthony & Sons Ultragrñ Bread 2 slices 1.8 oz	1 7/8 oz	PLACE 4 SLICES OF CHEESE ON BREAD. BRUSH WITH BUTTER. COOK ON GRIDDLE OR IN OVEN.
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	2 oz	
001001	BUTTER,W/SALT	1/2 tsp	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	268.716 kcal	Total Fat	12.531 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	41.970% Calories from Total Fat
Saturated Fat ¹	7.288 g	Trans Fat ²	0.078 g	Protein	19.195 g	Iron	1.279 mg	24.410% Calories from Sat Fat
Sodium ¹	1065.450 mg	Cholesterol	35.462 mg	Vitamin A	1375.365 IU	Water	*28.459* g	0.260% Calories from Trans Fat
Sugars	0.001 g	Carbohydrate	25.050 g	Calcium	387.082 mg	Ash	*2.885* g	37.288% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			28.573% 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

Simplified Culinary Services

336 - GRILLED CHICKEN BURRITO

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901655	CHICKEN BREAST 4/10# WHL	2 1/2 OZ	GRILL CHICKEN AND SLICE. PLACE ON TORTILLA. ADD RICE AND BEANS AND CHEESE. WRAP.
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	
R-000335	RICE AND BEANS	1/2 EACH	
901609	Cheddar Cheese Sauce Mild	1 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	303.498 kcal	Total Fat	11.290 g	Total Dietary Fiber	6.427 g	Vitamin C	0.349 mg	33.478% Calories from Total Fat
Saturated Fat ¹	3.487 g	Trans Fat ²	*0.000* g	Protein	19.330 g	Iron	*1.569* mg	10.340% Calories from Sat Fat
Sodium ¹	565.040 mg	Cholesterol	49.994 mg	Vitamin A	50.000 IU	Water	*0.000* g	*0.000%* Calories from Trans Fat
Sugars	*0.500* g	Carbohydrate	34.654 g	Calcium	59.833 mg	Ash	*0.000* g	45.673% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			25.476% 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

Simplified Culinary Services

315 - GRILLED CHICKEN CAESAR SALAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011251	LETTUCE,COS OR ROMAINE,RAW	2 CUP, shredded	TOSS LETTUCE AND DRESSING. PLACE GRILLED CHICKEN AND CROUTONS ON TOP
901655	CHICKEN BREAST 4/10# WHL	4 OZ	
901633	CAESAR DRESSING SYSCO (2 Tbsp)	2 oz	
018243	CROUTONS,SEASONED	1/4 CUP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	572.477 kcal	Total Fat	48.107 g	Total Dietary Fiber	2.474 g	Vitamin C	3.760 mg	75.630% Calories from Total Fat
Saturated Fat ¹	10.056 g	Trans Fat ²	*0.000* g	Protein	25.236 g	Iron	1.194 mg	15.809% Calories from Sat Fat
Sodium ¹	956.415 mg	Cholesterol	90.690 mg	Vitamin A	8200.600 IU	Water	*89.293* g	*0.000%* Calories from Trans Fat
Sugars	3.560 g	Carbohydrate	11.443 g	Calcium	40.620 mg	Ash	*0.925* g	7.995% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.633% 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

Simplified Culinary Services

990063 - GRILLED CHICKEN CAESAR WRAP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901581	Chicken Tender, Whole Grain	2 1/2 oz	No Instructions Assigned
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	
901633	CAESAR DRESSING SYSCO (2 Tbsp)	3/4 oz	
799940	LETTUCE,COS OR ROMAINE,RAW	1/4 CUP, shredded	
018243	CROUTONS,SEASONED	1/4 CUP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	416.151 kcal	Total Fat	22.506 g	Total Dietary Fiber	5.731 g	Vitamin C	0.470 mg	48.673% Calories from Total Fat
Saturated Fat ¹	3.764 g	Trans Fat ²	*0.000* g	Protein	19.756 g	Iron	2.539 mg	8.139% Calories from Sat Fat
Sodium ¹	864.991 mg	Cholesterol	38.903 mg	Vitamin A	1030.375 IU	Water	*11.477* g	*0.000%* Calories from Trans Fat
Sugars	*1.191* g	Carbohydrate	38.346 g	Calcium	53.478 mg	Ash	*0.448* g	36.858% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.989% 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

Simplified Culinary Services

418 - GRILLED CHICKEN FLATBREAD SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901640	Whole Grain Flat Bread - Rich's	2 1/4 oz	No Instructions Assigned
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	1 OZ	
901655	CHICKEN BREAST 4/10# WHL	2 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	334.998 kcal	Total Fat	14.996 g	Total Dietary Fiber	3.000 g	Vitamin C	*0.000* mg	40.288% Calories from Total Fat
Saturated Fat ¹	5.746 g	Trans Fat ²	0.000 g	Protein	22.500 g	Iron	*0.188* mg	15.437% Calories from Sat Fat
Sodium ¹	389.996 mg	Cholesterol	54.995 mg	Vitamin A	309.998 IU	Water	*12.998* g	0.000% Calories from Trans Fat
Sugars	2.000 g	Carbohydrate	26.000 g	Calcium	*199.998* mg	Ash	*1.000* g	31.045% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			26.866% 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

Simplified Culinary Services

410 - GRILLED CHICKEN SALAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901655	CHICKEN BREAST 4/10# WHL	2 OZ	No Instructions Assigned
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	1 OZ	
011251	LETTUCE,COS OR ROMAINE,RAW	1 CUP, shredded	
011206	CUCUMBER,RAW,PEELED	1/4 CUP, sliced	
799943	TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1/4 CUP, chopped or sliced	
901585	MULTIGRAIN CHEESE GARLIC CROUTON	1/4 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	214.658 kcal	Total Fat	11.275 g	Total Dietary Fiber	1.735 g	Vitamin C	8.997 mg	47.271% Calories from Total Fat
Saturated Fat ¹	4.782 g	Trans Fat ²	*0.000* g	Protein	19.650 g	Iron	0.830 mg	20.048% Calories from Sat Fat
Sodium ¹	186.601 mg	Cholesterol	54.995 mg	Vitamin A	4789.968 IU	Water	*128.775* g	*0.000%* Calories from Trans Fat
Sugars	*0.970* g	Carbohydrate	8.939 g	Calcium	224.173 mg	Ash	*1.604* g	16.658% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			36.616% 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

Simplified Culinary Services

365 - GRILLED RANCH CHICKEN WRAP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	GRILL CHICKEN TO 165 DEGREES. SLICE IN TWO AND PLACE ON TORTILLA. TOP WITH RICE,RANCH AND CHEDDAR AND WRAP.
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	1 1/2 OZ	
901630	Ranch Dressing Sysco (2 Tbsp = 1 ounce)	1 1/2 oz	
903059	RICE, MEDIUM GRAIN, WHITE, ENRICHED, COOKED,	3 tbsp	
901655	CHICKEN BREAST 4/10# WHL	4 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	650.373 kcal	Total Fat	41.570 g	Total Dietary Fiber	4.112 g	Vitamin C	0.000 mg	57.525% Calories from Total Fat
Saturated Fat ¹	11.760 g	Trans Fat ²	*0.000* g	Protein	36.330 g	Iron	1.881 mg	16.274% Calories from Sat Fat
Sodium ¹	699.993 mg	Cholesterol	109.990 mg	Vitamin A	457.496 IU	Water	*19.496* g	*0.000%* Calories from Trans Fat
Sugars	*1.500* g	Carbohydrate	34.971 g	Calcium	341.124 mg	Ash	*1.499* g	21.508% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.344% 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

Simplified Culinary Services

900064 - GRILLED TURKEY MELT

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901621	Turkey Breast Oven Browned JennieO	2 1/2 oz	No Instructions Assigned
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1 oz	
901594	Anthony & Sons Ultragrñ Bread 2 slices 1.8 oz	1 7/8 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	255.874 kcal	Total Fat	6.681 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	23.499% Calories from Total Fat
Saturated Fat ¹	3.036 g	Trans Fat ²	0.000 g	Protein	28.337 g	Iron	1.179 mg	10.679% Calories from Sat Fat
Sodium ¹	1122.616 mg	Cholesterol	46.437 mg	Vitamin A	658.111 IU	Water	*14.042* g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	23.024 g	Calcium	203.257 mg	Ash	*1.417* g	35.993% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			44.298% 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

Simplified Culinary Services

900055 - GUACOMOLE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 20

Portion Size: 1/2 CUPS

Ingredient #	Ingredient Name	Measurements	Instructions
799980	AVOCADOS,RAW,ALL COMM VAR	2 qt, cubes	No Instructions Assigned
900770	TOMATOES,PLUM+ITALIAN,RAW	1 CUP, chop/dice	
901662	CILANTRO	1/4 cup	
011282	ONIONS,FRESH	1/2 CUP, chopped	
901679	LIME JUICE	2 tbsp	
011670	PEPPERS,HOT CHILI,GRN,RAW	2 tbsp, chopped/diced	
901699	SALT, KOSHER	1 TSP	

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

Calories ¹	100.398 kcal	Total Fat	8.832 g	Total Dietary Fiber	4.201 g	Vitamin C	10.633 mg	79.169% Calories from Total Fat
Saturated Fat ¹	1.282 g	Trans Fat ²	*0.000* g	Protein	1.346 g	Iron	0.401 mg	11.488% Calories from Sat Fat
Sodium ¹	83.845 mg	Cholesterol	0.000 mg	Vitamin A	154.803 IU	Water	58.427 g	*0.000%* Calories from Trans Fat
Sugars	*0.217* g	Carbohydrate	6.124 g	Calcium	14.939 mg	Ash	1.009 g	24.398% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			5.363% 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

Simplified Culinary Services

393 - HAM & CHEESE ON WG ROLL

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901676	HAM, FULLY COOKED, CHOPPED	2 1/2 OZ	SLICE HAM THIN AND PLACE ON BREAD. TOP WITH CHEESE AND OTHER SLICE OF BREAD CUT AND WRAP.
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1 oz	
901592	Anthony & Sons Kaiser Roll 2.3 oz	2 1/3 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	383.372 kcal	Total Fat	16.052 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	37.683% Calories from Total Fat
Saturated Fat ¹	6.781 g	Trans Fat ²	0.000 g	Protein	22.083 g	Iron	*0.547* mg	15.919% Calories from Sat Fat
Sodium ¹	1677.616 mg	Cholesterol	52.686 mg	Vitamin A	663.111 IU	Water	*14.042* g	0.000% Calories from Trans Fat
Sugars	1.000 g	Carbohydrate	36.022 g	Calcium	263.257 mg	Ash	*1.417* g	37.585% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			23.041% 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

Simplified Culinary Services

990061 - HAM & CHEESE PANINI

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901640	Whole Grain Flat Bread - Rich's	2 1/4 oz	No Instructions Assigned
901676	HAM, FULLY COOKED, CHOPPED	2 1/2 OZ	
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	408.270 kcal	Total Fat	19.696 g	Total Dietary Fiber	3.086 g	Vitamin C	*0.000* mg	43.418% Calories from Total Fat
Saturated Fat ¹	7.810 g	Trans Fat ²	0.000 g	Protein	22.227 g	Iron	*0.547* mg	17.217% Calories from Sat Fat
Sodium ¹	1675.972 mg	Cholesterol	52.686 mg	Vitamin A	668.399 IU	Water	*14.042* g	0.000% Calories from Trans Fat
Sugars	2.058 g	Carbohydrate	33.771 g	Calcium	*183.257* mg	Ash	*1.417* g	33.087% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.777% 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

Simplified Culinary Services

312 - HAM AND CHEESE ON WG BREAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901676	HAM, FULLY COOKED, CHOPPED	2 1/2 OZ	SLICE HAM THIN AND PLACE ON BREAD. TOP WITH CHEESE AND OTHER SLICE OF BREAD CUT AND WRAP.
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1 oz	
901594	Anthony & Sons Ultragrñ Bread 2 slices 1.8 oz	2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	355.594 kcal	Total Fat	16.218 g	Total Dietary Fiber	3.333 g	Vitamin C	0.000 mg	41.048% Calories from Total Fat
Saturated Fat ¹	6.781 g	Trans Fat ²	0.000 g	Protein	22.639 g	Iron	1.747 mg	17.163% Calories from Sat Fat
Sodium ¹	1622.061 mg	Cholesterol	52.686 mg	Vitamin A	658.111 IU	Water	*14.042* g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	30.356 g	Calcium	205.479 mg	Ash	*1.417* g	34.146% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			25.466% 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

Simplified Culinary Services

334 - HAND TOSSED PIZZA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 8

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
R-000305	PIZZA SAUCE	1 1/4 (5 OUNCES)	STRETCH DOUGH. LADLE ON SAUCE. PLACE CHEESE ON TOP. BAKE IN PIZZA OVEN.
001028	CHEESE,MOZZARELLA,PART SKIM	1 lb	
901627	DOUGH PIZZA DOUGH PRESHT OVN RSG SYSCO	1 LB + 10 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	379.206 kcal	Total Fat	13.264 g	Total Dietary Fiber	1.318 g	Vitamin C	5.595 mg	31.480% Calories from Total Fat
Saturated Fat ¹	8.177 g	Trans Fat ²	*0.000* g	Protein	20.713 g	Iron	3.181 mg	19.407% Calories from Sat Fat
Sodium ¹	947.928 mg	Cholesterol	36.784 mg	Vitamin A	507.526 IU	Water	*37.599* g	*0.000%* Calories from Trans Fat
Sugars	*1.485* g	Carbohydrate	44.099 g	Calcium	448.766 mg	Ash	*1.908* g	46.518% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.849% 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

Simplified Culinary Services

900025 - HASHBROWN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901678	HASHBROWN PATTIE	1 PIECE	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	120.000 kcal	Total Fat	6.995 g	Total Dietary Fiber	1.997 g	Vitamin C	4.947 mg	52.464% Calories from Total Fat
Saturated Fat ¹	1.498 g	Trans Fat ²	0.000 g	Protein	0.998 g	Iron	0.390 mg	11.232% Calories from Sat Fat
Sodium ¹	120.000 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	13.997 g	Calcium	11.757 mg	Ash	0.000 g	46.656% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			3.327% 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

Simplified Culinary Services

191 - HOT DOG on BUN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 50

Portion Size: EACH 2 oz.

Ingredient #	Ingredient Name	Measurements	Instructions
018375	YEAST,BAKER'S,ACTIVE DRY	1 5/8 oz	For best results, have all ingredients and utensils at room temperature.
075009	WATER,WARM	1 1/2 CUP	
020081	FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED	3 LB + 10 oz	1. Dissolve dry yeast in warm water. Let stand 4-5 minutes.
001091	MILK,DRY,NON FAT POWDER,W/O VITAMIN A ADDED	3 1/4 oz	
019335	SUGAR,GRANULATED	5 3/4 oz	
002047	SALT,TABLE	2 TBSP	
901293	OIL,VEG,TYPE A-COMMOD	3/4 CUP + 2 tbsp	2. Place all dry ingredients (flour,dry milk,sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
014429	WATER	2 1/2 CUP	3. Add oil and blend on low speed about 2 minutes.
			4. Add water. Mix on low speed for 1 minute.
			5. Add dissolved yeast and mix on low speed for 2 minutes.
			6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.
			7. Place dough in warm area (about 90 F) for 45-60 minutes.
			8. Punch down dough to remove air bubbles.
			9. Form rolls from dough by pinching off 2-OZ piece and shaping.(2 1/2"x6 1/2") Place rolls on lightly oiled sheet pans (18"x29"x1") in rows of 8 down and 4 across.
			10. Place in a warm area (about 90 F) until double in size, 30-50 minutes.
			11. Bake until lightly browned: Conventional Oven: 400 F for 18-20 minutes. Convection Oven: 350 F for 12-14 minutes.
			12. Optional: Brush lightly with melted butter (approximately 1 Tbsp per pan) while warm.
			Serving: 1 2-ounce roll provides 2 servings of bread.

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Recipe Prep Sheet

Simplified Culinary Services

*Nutrients are based upon 1 Portion Size (EACH 2 oz.)

Calories ¹	175.709 kcal	Total Fat	4.222 g	Total Dietary Fiber	1.136 g	Vitamin C	0.128 mg	21.623% Calories from Total Fat
Saturated Fat ¹	0.572 g	Trans Fat ²	*0.000* g	Protein	4.436 g	Iron	1.556 mg	2.931% Calories from Sat Fat
Sodium ¹	290.648 mg	Cholesterol	0.369 mg	Vitamin A	0.405 IU	Water	23.058 g	*0.000%* Calories from Trans Fat
Sugars	*4.300* g	Carbohydrate	29.692 g	Calcium	29.077 mg	Ash	1.091 g	67.594% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			10.099% 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

Simplified Culinary Services

990047 - HOT DOG on BUN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: each

Ingredient #	Ingredient Name	Measurements	Instructions
007022	HOTDOG,BEEF	1 frankfurter	No Instructions Assigned
901590	Whole Grain Hot Dog Bun	2 oz	

*Nutrients are based upon 1 Portion Size (each)

Calories ¹	280.222 kcal	Total Fat	15.261 g	Total Dietary Fiber	2.222 g	Vitamin C	1.333 mg	49.015% Calories from Total Fat
Saturated Fat ¹	5.490 g	Trans Fat ²	*0.000* g	Protein	8.913 g	Iron	2.200 mg	17.631% Calories from Sat Fat
Sodium ¹	729.333 mg	Cholesterol	27.500 mg	Vitamin A	11.111 IU	Water	*26.970* g	*0.000%* Calories from Trans Fat
Sugars	2.877 g	Carbohydrate	27.236 g	Calcium	50.444 mg	Ash	*1.620* g	38.877% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			12.723% 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

Simplified Culinary Services

990041 - HUMMUS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 50

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
016058	CHICKPEAS (GARBANZO BNS,BENGAL GM),MATURE SEE	2 #10 can,drained	1. Combine all ingredients in a food processor and puree to a smooth consistency. 2. Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings,use 2 pans. For 100 servings,use 4 pans. 3. CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service. 4. Portion with No. 8 scoop (½ cup).
009154	LEMON JUICE,FROZEN,UNSWEETEND	3 1/4 CUP	
016167	USDA CMDTY,PNUT BUTTER,SMOOTH	1 LB + 8 oz	
011215	GARLIC,FRESH	1 CUP + 1 tbsp	
014429	WATER	3 1/4 CUP	
002030	PEPPER,BLACK	1 TBSP	
			Food as Purchased
			50 Servings 100 Servings Garlic 17 cloves 34 cloves
			Special Tip
			Serve with pita bread; warning for service - contains peanut butter.
			Serving
			½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate.

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

Calories ¹	192.910 kcal	Total Fat	9.133 g	Total Dietary Fiber	6.171 g	Vitamin C	6.017 mg	42.607% Calories from Total Fat
Saturated Fat ¹	1.549 g	Trans Fat ²	0.000 g	Protein	9.112 g	Iron	1.839 mg	7.229% Calories from Sat Fat
Sodium ¹	396.919 mg	Cholesterol	0.000 mg	Vitamin A	20.882 IU	Water	125.490 g	0.000% Calories from Trans Fat
Sugars	*1.295* g	Carbohydrate	21.394 g	Calcium	56.551 mg	Ash	1.823 g	44.360% Calories from Carbohydrates
Meat/Meat Alternate	0.000 g	Protein	9.112 g	Protein	9.112 g			Calories from Protein

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Recipe Prep Sheet

Simplified Culinary Services

Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000	18.894%	Calories from Protein
Type of Fat	-						

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

440 - ITALIAN CHICKEN NOODLE FARRO

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011124	CARROTS,FRESH,RAW	3 qt, chopped + 3 CUP, chopped	ADD ALL INGREDIENTS TO STOCK POT EXCEPT NOODLES,BRING TO A BOIL AND THEN SIMMER 1 HOUR. ADD PASTA AND COOK HALFWAY. TURN OFF SOUP
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011143	CELERY,FRESH,RAW	3 qt,chopped + 3 CUP,chopped	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	2 LB	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
901660	CHICKEN,DICED MEAT,WHITE/DARK	5 lb	
014429	WATER	6 gal	
901650	BASIL LEAF	2 tbsp	
002047	SALT,TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
799903	GARLIC,GRANULATED	1 TBSP	
901687	PEPPERS, CRUSHED RED	1 tbsp	
799905	OREGANO LEAVES,DRIED	1 tbsp, leaves	
901669	FARRO SEMIPEARLED-ITALY	2 qt	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	91.231 kcal	Total Fat	1.913 g	Total Dietary Fiber	1.425 g	Vitamin C	3.162 mg	18.870% Calories from Total Fat
Saturated Fat ¹	0.402 g	Trans Fat ²	*0.000* g	Protein	6.524 g	Iron	*0.375* mg	3.964% Calories from Sat Fat
Sodium ¹	823.875 mg	Cholesterol	12.548 mg	Vitamin A	2043.795 IU	Water	*156.376* g	*0.000%* Calories from Trans Fat
Sugars	*1.781* g	Carbohydrate	10.494 g	Calcium	*20.262* mg	Ash	*0.435* g	46.012% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			28.604% 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

Simplified Culinary Services

314 - ITALIAN CHICKEN NOODLE SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011124	CARROTS,FRESH,RAW	3 qt, chopped + 3 CUP, chopped	ADD ALL INGREDIENTS TO STOCK POT EXCEPT NOODLES,BRING TO A BOIL AND THEN SIMMER 1 HOUR. ADD PASTA AND COOK HALFWAY. TURN OFF SOUP
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011143	CELERY,FRESH,RAW	3 qt,chopped + 3 CUP,chopped	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	2 LB	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
901660	CHICKEN,DICED MEAT,WHITE/DARK	5 lb	
014429	WATER	6 gal	
901650	BASIL LEAF	2 tbsp	
002047	SALT,TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
799903	GARLIC,GRANULATED	1 TBSP	
901687	PEPPERS, CRUSHED RED	1 tbsp	
799905	OREGANO LEAVES,DRIED	1 tbsp, leaves	
903057	MACARONI, ELBOW, ENRICHED, DRY	3 LB	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	88.681 kcal	Total Fat	2.032 g	Total Dietary Fiber	1.117 g	Vitamin C	3.162 mg	20.623% Calories from Total Fat
Saturated Fat ¹	0.424 g	Trans Fat ²	*0.000* g	Protein	6.241 g	Iron	*0.501* mg	4.305% Calories from Sat Fat
Sodium ¹	818.681 mg	Cholesterol	12.548 mg	Vitamin A	2043.795 IU	Water	*156.376* g	*0.000%* Calories from Trans Fat
Sugars	*1.781* g	Carbohydrate	10.203 g	Calcium	*14.393* mg	Ash	*0.435* g	46.020% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			28.150% 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

Simplified Culinary Services

434 - ITALIAN CHICKEN RICE SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011124	CARROTS,FRESH,RAW	3 qt, chopped + 3 CUP, chopped	ADD ALL INGREDIENTS TO STOCK POT EXCEPT NOODLES,BRING TO A BOIL AND THEN SIMMER 1 HOUR. ADD PASTA AND COOK HALFWAY. TURN OFF SOUP
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011143	CELERY,FRESH,RAW	3 qt,chopped + 3 CUP,chopped	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	2 LB	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
901660	CHICKEN,DICED MEAT,WHITE/DARK	5 lb	
014429	WATER	6 gal	
901650	BASIL LEAF	2 tbsp	
002047	SALT,TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
799903	GARLIC,GRANULATED	1 TBSP	
901687	PEPPERS, CRUSHED RED	1 tbsp	
799905	OREGANO LEAVES,DRIED	1 tbsp, leaves	
050451	RICE, LONG GRAIN, BROWN, COOKED, WITHOUT SALT	2 qt	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	69.395 kcal	Total Fat	1.996 g	Total Dietary Fiber	1.030 g	Vitamin C	3.162 mg	25.884% Calories from Total Fat
Saturated Fat ¹	0.418 g	Trans Fat ²	*0.000* g	Protein	5.444 g	Iron	*0.278* mg	5.426% Calories from Sat Fat
Sodium ¹	818.699 mg	Cholesterol	12.548 mg	Vitamin A	2043.795 IU	Water	*156.376* g	*0.000%* Calories from Trans Fat
Sugars	*1.781* g	Carbohydrate	6.390 g	Calcium	*13.673* mg	Ash	*0.435* g	36.834% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			31.380% 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

Simplified Culinary Services

309 - ITALIAN GRILLED CHEESE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 4

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901591	Anthony & Sons Whole Wht 16" Hero 5 oz.	5 oz	SLICE OPEN SUB ROLL AND PLACE ON SHEET PAN. BRUSH ON BUTTER AND GARLIC. PLACE MOZZARELLA ON BOTH SIDES. BAKE OPEN FACED UNTIL GOLDEN BROWN, SERVE WITH SCS MARINARA DIP, 3 OUNCES.
001028	CHEESE,MOZZARELLA,PART SKIM	10 OZ	
001001	BUTTER,W/SALT	1 tsp	
011215	GARLIC,FRESH	1 TSP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	217.062 kcal	Total Fat	12.497 g	Total Dietary Fiber	0.515 g	Vitamin C	0.221 mg	51.814% Calories from Total Fat
Saturated Fat ¹	7.777 g	Trans Fat ²	*0.039* g	Protein	18.249 g	Iron	*0.168* mg	32.245% Calories from Sat Fat
Sodium ¹	503.945 mg	Cholesterol	47.904 mg	Vitamin A	371.794 IU	Water	*38.719* g	*0.161%* Calories from Trans Fat
Sugars	1.059 g	Carbohydrate	7.698 g	Calcium	570.809 mg	Ash	*2.353* g	14.186% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			33.629% 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

Simplified Culinary Services

386 - ITALIAN SUB ON WG HERO

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: 6 OZ

Ingredient #	Ingredient Name	Measurements	Instructions
007028	HAM,SLICED,EX LN,(APPROX 5% FAT)	2 oz	No Instructions Assigned
901698	SALAMI, HARD, SLICED, FC	1/2 OZ	
901584	PROVOLONE CHEESE	1/2 oz	
901595	Anthony & Sons Whole Wheat 5" Hero Roll	2 oz	

*Nutrients are based upon 1 Portion Size (6 OZ)

Calories ¹	303.398 kcal	Total Fat	12.680 g	Total Dietary Fiber	3.000 g	Vitamin C	0.599 mg	37.613% Calories from Total Fat
Saturated Fat ¹	4.959 g	Trans Fat ²	*0.009* g	Protein	20.416 g	Iron	2.047 mg	14.711% Calories from Sat Fat
Sodium ¹	1305.229 mg	Cholesterol	49.921 mg	Vitamin A	168.718 IU	Water	*50.832* g	*0.027%* Calories from Trans Fat
Sugars	*1.000* g	Carbohydrate	25.812 g	Calcium	214.505 mg	Ash	*3.216* g	34.030% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			26.916% 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

Simplified Culinary Services

900041 - JERSEY BURGER ON A WGR BUN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901589	Whole Grain Hamburger Roll	2 oz	COOK BURGER TO 165 DEGREES. PLACE HOT PORK ROLL AND CHEESE ON COOKED BURGER TO MELT. PLACE ON BUN
901607	Beef Patty		
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1/2 oz	
901692	PORK, "PORK ROLL", AS	3/4 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	217.389 kcal	Total Fat	9.031 g	Total Dietary Fiber	2.791 g	Vitamin C	1.244 mg	37.390% Calories from Total Fat
Saturated Fat ¹	3.485 g	Trans Fat ²	0.000 g	Protein	10.056 g	Iron	1.536 mg	14.428% Calories from Sat Fat
Sodium ¹	642.744 mg	Cholesterol	19.288 mg	Vitamin A	339.846 IU	Water	*19.036* g	0.000% Calories from Trans Fat
Sugars	1.860 g	Carbohydrate	26.677 g	Calcium	148.505 mg	Ash	*1.257* g	49.086% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.503% 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

Simplified Culinary Services

427 - KIDNEY BEANS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
016029	BEANS,KIDNEY,ALL TYPES,CANNED,DRAINED	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	215.040 kcal	Total Fat	1.536 g	Total Dietary Fiber	11.008 g	Vitamin C	3.072 mg	6.429% Calories from Total Fat
Saturated Fat ¹	0.361 g	Trans Fat ²	0.000 g	Protein	13.363 g	Iron	2.995 mg	1.511% Calories from Sat Fat
Sodium ¹	757.760 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	199.782 g	0.000% Calories from Trans Fat
Sugars	4.736 g	Carbohydrate	37.120 g	Calcium	87.040 mg	Ash	4.198 g	69.048% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			24.857% 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

Simplified Culinary Services

381 - LENTIL BARLEY SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011124	CARROTS,FRESH,RAW	2 qt, chopped + 2 CUP, chopped	Add all ingredients except cheese to a large stockpot. Bring to a boil. Reduce and simmer until lentils are tender and cooked. Whisk in cheese.
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011143	CELERY,FRESH,RAW	2 qt,chopped + 2 CUP,chopped	
901705	SOUP BASE,VEG,WO/MSG,"RED LABEL VEG BASE DARK	1 LB	
016069	LENTILS,MATURE,RAW	8 LB	
020004	BARLEY	2 LB	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
014429	WATER	6 gal	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
901650	BASIL LEAF	1 tbsp	
799905	OREGANO LEAVES,DRIED	1 tbsp, leaves	
799903	GARLIC,GRANULATED	2 TBSP	
901654	CHEESE, PARMESAN, GRATED	3 cup	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	133.106 kcal	Total Fat	1.290 g	Total Dietary Fiber	3.959 g	Vitamin C	3.843 mg	8.724% Calories from Total Fat
Saturated Fat ¹	0.497 g	Trans Fat ²	*0.000* g	Protein	7.870 g	Iron	*1.669* mg	3.358% Calories from Sat Fat
Sodium ¹	908.102 mg	Cholesterol	2.144 mg	Vitamin A	1401.634 IU	Water	*152.950* g	*0.000%* Calories from Trans Fat
Sugars	*2.039* g	Carbohydrate	22.140 g	Calcium	*47.993* mg	Ash	*2.363* g	66.533% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			23.650% 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

Simplified Culinary Services

900042 - LENTIL QUINOA SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011124	CARROTS,FRESH,RAW	2 qt, chopped + 2 CUP, chopped	Add all ingredients except cheese to a large stockpot. Bring to a boil. Reduce and simmer until lentils are tender and cooked. Whisk in cheese.
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011143	CELERY,FRESH,RAW	2 qt,chopped + 2 CUP,chopped	
901705	SOUP BASE,VEG,WO/MSG,"RED LABEL VEG BASE DARK	1 LB	
016069	LENTILS,MATURE,RAW	8 LB	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
014429	WATER	6 gal	
002047	SALT,TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
901650	BASIL LEAF	1 tbsp	
799905	OREGANO LEAVES,DRIED	1 tbsp, leaves	
799903	GARLIC,GRANULATED	2 TBSP	
901654	CHEESE, PARMESAN, GRATED	3 cup	
020137	QUINOA,CKD	2 qt	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	124.662 kcal	Total Fat	1.335 g	Total Dietary Fiber	3.280 g	Vitamin C	3.843 mg	9.636% Calories from Total Fat
Saturated Fat ¹	0.491 g	Trans Fat ²	*0.000* g	Protein	7.587 g	Iron	*1.607* mg	3.545% Calories from Sat Fat
Sodium ¹	908.071 mg	Cholesterol	2.144 mg	Vitamin A	1400.895 IU	Water	*158.680* g	*0.000%* Calories from Trans Fat
Sugars	*2.072* g	Carbohydrate	20.073 g	Calcium	*47.712* mg	Ash	*2.307* g	64.408% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			24.344% 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

Simplified Culinary Services

346 - LOADED BAKED POTATO SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	No Instructions Assigned
011143	CELERY,FRESH,RAW	1 qt,chopped	
011282	ONIONS,FRESH	3 CUP, chopped	
011124	CARROTS,FRESH,RAW	1 qt, chopped	
010123	PORK,CURED,BACON,RAW	1 LB	
001001	BUTTER,W/SALT	1 LB + 4 oz	
011215	GARLIC,FRESH	3 tbsp	
011092	BROCCOLI,FRZ,CHOPPED	3 LB	
901609	Cheddar Cheese Sauce Mild	2 LB	
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	2 lb	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
014429	WATER	4 1/4 gal	
011376	POTATO CANNED,DRAINED	2 #10 CAN	
901694	POTATOES, INSTANT MASHED	3 CUP	
001049	HALF & HALF, CREAM & MILK	3 qt	
901685	PEPPER BLACK, GROUND	1 tbsp	
901684	PARSLEY FLAKES	2 tbsp	
051433	FLOUR, WHOLE WHEAT	1 LB + 8 oz	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	167.024 kcal	Total Fat	10.221 g	Total Dietary Fiber	1.428 g	Vitamin C	6.441 mg	55.076% Calories from Total Fat
Saturated Fat ¹	6.920 g	Trans Fat ²	0.192 g	Protein	3.889 g	Iron	*0.589* mg	37.286% Calories from Sat Fat
Sodium ¹	734.628 mg	Cholesterol	17.685 mg	Vitamin A	807.242 IU	Water	*147.715* g	1.032% Calories from Trans Fat
Sugars	*1.226* g	Carbohydrate	14.223 g	Calcium	*71.317* mg	Ash	*0.816* g	34.062% Calories from Carbohydrates

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Recipe Prep Sheet

Simplified Culinary Services

Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000		9.314% 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

Simplified Culinary Services

990059 - LOCAL TOMATO BISQUE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011282	ONIONS,FRESH	3 CUP, chopped	SAUTE MIREPOIX IN BUTTER UNTIL TENDER. ADD GARLIC AND SAUTE. TIGHTEN WITH FLOUR TO MAKE ROUX. ADD 1/2 THE WATER. MIX WELL. ADD CREAM SOUP BASE AND WHIP. ADD TOMATOES AND STIR. ADD SOUP BASES AND SALT AND PEPERRS. ADD REST OF WATER. COOK FOR 2 HOURS ON SIMMER. FINISH WITH 1/2 AND 1/2,BASIL AND PARMESAN CHEESE
011143	CELERY,FRESH,RAW	2 qt,chopped	
011124	CARROTS,FRESH,RAW	2 qt, chopped	
011215	GARLIC,FRESH	3 tbsp	
001001	BUTTER,W/SALT	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
900809	SYSCO CREAM SOUP BASE	1/4 (10 CUPS)	
901624	TOMATOES CRUSHED RED PACK	19 LB + 11 oz	
014429	WATER	4 gal	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	8 oz	
901608	Soup Base, Beef Sysco 1tsp = .013 lbs	8 oz	
901686	PEPPER, RED, GROUND	2 TSP	
001049	HALF & HALF, CREAM & MILK	3 qt	
002047	SALT, TABLE	2 tsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
002044	BASIL,FRESH	1 cup, chopped	
901654	CHEESE, PARMESAN, GRATED	2 cup	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	102.138 kcal	Total Fat	5.124 g	Total Dietary Fiber	1.299 g	Vitamin C	6.515 mg	45.146% Calories from Total Fat
Saturated Fat ¹	3.207 g	Trans Fat ²	0.166 g	Protein	2.911 g	Iron	*0.188* mg	28.257% Calories from Sat Fat
Sodium ¹	570.189 mg	Cholesterol	13.078 mg	Vitamin A	1471.427 IU	Water	*116.291* g	1.464% Calories from Trans Fat
Sugars	*4.178* g	Carbohydrate	9.550 g	Calcium	*44.624* mg	Ash	*0.503* g	37.401% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			11.400% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

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

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Recipe Prep Sheet

Simplified Culinary Services

477 - MACARONI SALAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 100

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
014429	WATER	6 gal	1. Heat water to rolling boil.
004026	MAYONNAISE	3 LB	
020100	MACARONI,COOKED,ENRICHED	5 LB,dry wgt + 4 oz,dry wgt	2. Slowly add macaroni. Stir constantly until water boils again. Cook for 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. ^3^ 3. Add mayonnaise. Mix.
011124	CARROTS,FRESH,RAW	1 qt, shredded	4. Add shredded carrots, chopped celery, chopped onions, relish, and seasonings. Toss lightly.
011143	CELERY,FRESH,RAW	3 3/4 CUP, diced	
011282	ONIONS,FRESH	1 1/3 CUP, chopped	
011945	PICKLE RELISH,SWEET	8 oz	
002030	PEPPER,BLACK	2 tsp	
000088	MUSTARD ,DRY	2 tbsp	
002047	SALT,TABLE	2 tsp	
002028	PAPRIKA	1 TBSP	5. Garnish with paprika. 6. Cover. Refrigerate until ready to serve. 7. Portion with No. 8 scoop (1/2 cup). SERVING: 1/2 cup (No. 8 scoop) provides 1 serving of bread alternate. YIELD: 100 Servings: about 3 gallons MARKETING GUIDE: 100 Servings Carrots: Use 1 Lb, 7oz fresh carrots to yield 1 LB of shredded carrots Celery: Use 1 Lb, 3.5 oz fresh celery to yield 1 Lb of chopped celery Mature Onions: Use 9 oz of fresh onion to yield 8oz of chopped onions

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

Calories ¹	218.113 kcal	Total Fat	11.512 g	Total Dietary Fiber	1.581 g	Vitamin C	0.580 mg	47.503% Calories from Total Fat
Saturated Fat ¹	1.304 g	Trans Fat ²	*0.000* g	Protein	4.461 g	Iron	1.051 mg	5.381% Calories from Sat Fat

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Recipe Prep Sheet

Simplified Culinary Services

Sodium ¹	156.514 mg	Cholesterol	8.029 mg	Vitamin A	855.248 IU	Water	285.396 g	*0.000%* Calories from Trans Fat
Sugars	*1.494* g	Carbohydrate	24.152 g	Calcium	18.477 mg	Ash	0.882 g	44.292% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.181% 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

Simplified Culinary Services

447 - MANASQUAN CLAM CHOWDER

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
010123	PORK,CURED,BACON,RAW	1 LB	CHOP BACON AND COOK IN STOCK POT. ADD BUTTER AND CELERY,CARROTS,ONIONS,AND GREEN PEPPERS. COOK UNTIL TENDER. ADD GARLIC. ADD FLOUR TO MAKE ROUX. ADD HOT TAP WATER AND BLEND IN CREAM SOUP BASE. ADD CHICKEN BASE,SPICES,TOMATOES AND CLAMS AND COOK 1 HOUR. ADD POTATOES AND HALF AND HALF AND COOK 30 MORE MINUTES. BLEND IN INSTANT POTATOES TO THICKEN.
011124	CARROTS,FRESH,RAW	1 qt, chopped + 2 CUP, chopped	
011143	CELERY,FRESH,RAW	1 qt,chopped + 2 CUP,chopped	
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
001001	BUTTER,W/SALT	1 LB	
011215	GARLIC,FRESH	3 tbsp	
014429	WATER	4 1/2 gal	
011333	PEPPERS,SWT,GREEN,RAW	2 CUP, chopped	
901618	SOUP BASE CREAM SYSCO .5 cups = .079 lbs	5 LB	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
011376	POTATO CANNED,DRAINED	1 #10 CAN	
015160	CLAM,MXD SP,CND,DRND SOL	2 qt	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
001049	HALF & HALF, CREAM & MILK	3 qt	
006169	TABASCO SAUCE	1 tbsp	
901684	PARSLEY FLAKES	1 tbsp	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
900765	THYME LEAF,DRIED	1 tbsp	
901694	POTATOES, INSTANT MASHED	3 CUP	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	165.123 kcal	Total Fat	9.132 g	Total Dietary Fiber	0.999 g	Vitamin C	4.858 mg	49.771% Calories from Total Fat
Saturated Fat ¹	6.308 g	Trans Fat ²	*0.171* g	Protein	4.476 g	Iron	*0.568* mg	34.383% Calories from Sat Fat
Sodium ¹	mg	Cholesterol	mg	Vitamin A	IU	Water	g	Calories from Trans Fat

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Recipe Prep Sheet

Simplified Culinary Services

Sodium ¹	744.796 mg	Cholesterol	17.192 mg	Vitamin A	1042.853 IU	Water	*144.075* g	*0.934%* Calories from Trans Fat
Sugars	*3.276* g	Carbohydrate	15.979 g	Calcium	*40.217* mg	Ash	*0.837* g	38.708% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			10.843% 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

Simplified Culinary Services

300 - MARINARA SAUCE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 175

Portion Size: 3 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
901625	TOMATO SAUCE RED GOLD	13 LB + 2 oz	SAUTE ONIONS IN OIL UNTIL TENDER. ADD CHOPPED FRESH GARLIC . WHEN GARLIC TENDER ADD SPICES ALL TOMATO PRODUCTS AND WATER. COOK MINIMUM HOURS ON A SIMMER.
901624	TOMATOES CRUSHED RED PACK	13 LB + 2 oz	
050385	OIL, VEGETABLE	1/2 cup	
011282	ONIONS,FRESH	1 CUP, chopped	
011215	GARLIC,FRESH	3 tbsp	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
901650	BASIL LEAF	1 tbsp	
799905	OREGANO LEAVES,DRIED	1 tbsp, leaves	
014429	WATER	6 LB + 9 oz	

*Nutrients are based upon 1 Portion Size (3 OUNCES)

Calories ¹	36.121 kcal	Total Fat	0.625 g	Total Dietary Fiber	1.226 g	Vitamin C	5.162 mg	15.575% Calories from Total Fat
Saturated Fat ¹	0.092 g	Trans Fat ²	*0.000* g	Protein	0.621 g	Iron	*0.444* mg	2.302% Calories from Sat Fat
Sodium ¹	262.440 mg	Cholesterol	0.000 mg	Vitamin A	481.215 IU	Water	*17.894* g	*0.000%* Calories from Trans Fat
Sugars	*3.640* g	Carbohydrate	6.145 g	Calcium	1.279 mg	Ash	*0.126* g	68.045% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			6.877% 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

Simplified Culinary Services

448 - MASHED POTATOES

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 45

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
900619	POTATOES,INSTANT/DRY,PEALRS,EXCEL,12/28 OZ	1 BAG (28oz)	No Instructions Assigned
901642	Potato SYSCO Instant Mashed (used for soups)	1 LB	
014429	WATER	1 1/2 gal	
001001	BUTTER,W/SALT	1/2 stick	
002047	SALT, TABLE	1 tsp	
901685	PEPPER BLACK, GROUND	1 TSP	
011215	GARLIC,FRESH	1 TSP	
901684	PARSLEY FLAKES	1 TSP	
901708	SOUR CREAM	4 OZ	
901654	CHEESE, PARMESAN, GRATED	1/4 cup	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	123.789 kcal	Total Fat	2.639 g	Total Dietary Fiber	2.047 g	Vitamin C	14.455 mg	19.187% Calories from Total Fat
Saturated Fat ¹	1.301 g	Trans Fat ²	*0.041* g	Protein	2.622 g	Iron	0.411 mg	9.459% Calories from Sat Fat
Sodium ¹	396.176 mg	Cholesterol	4.624 mg	Vitamin A	54.225 IU	Water	*128.478* g	*0.300%* Calories from Trans Fat
Sugars	*0.389* g	Carbohydrate	21.737 g	Calcium	22.297 mg	Ash	*0.350* g	70.238% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.472% 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

Simplified Culinary Services

990034 - MEATBALL PARM FLATBREAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901640	Whole Grain Flat Bread - Rich's	2 1/4 oz	No Instructions Assigned
901612	Beef Meatballs Fully Cooked Maid-Rite	3 oz	
R-000300	MARINARA SAUCE	1/2 (3 OUNCES)	
001028	CHEESE,MOZZARELLA,PART SKIM	3/4 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	410.067 kcal	Total Fat	17.098 g	Total Dietary Fiber	3.613 g	Vitamin C	*2.581* mg	37.525% Calories from Total Fat
Saturated Fat ¹	6.797 g	Trans Fat ²	*0.000* g	Protein	26.069 g	Iron	*1.565* mg	14.917% Calories from Sat Fat
Sodium ¹	828.835 mg	Cholesterol	49.608 mg	Vitamin A	364.880 IU	Water	*20.382* g	*0.000%* Calories from Trans Fat
Sugars	*6.460* g	Carbohydrate	36.861 g	Calcium	*214.912* mg	Ash	*0.758* g	35.956% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			25.429% 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

Simplified Culinary Services

342 - MEATBALL PARMIGIANA SUB

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901612	Beef Meatballs Fully Cooked Maid-Rite	3 oz	COOK MEATBALLS. PLACE ALL 6 ON SUB BREAD. TOP WITH HOT MARINARA AND MOZZARELAA. MELT IN OVEN. CUT IN HALF
R-000300	MARINARA SAUCE	1/2 (3 OUNCES)	
001028	CHEESE,MOZZARELLA,PART SKIM	3/4 OZ	
901595	Anthony & Sons Whole Wheat 5" Hero Roll	2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	370.067 kcal	Total Fat	13.598 g	Total Dietary Fiber	3.613 g	Vitamin C	2.581 mg	33.069% Calories from Total Fat
Saturated Fat ¹	5.797 g	Trans Fat ²	*0.000* g	Protein	26.069 g	Iron	*3.005* mg	14.098% Calories from Sat Fat
Sodium ¹	798.835 mg	Cholesterol	49.608 mg	Vitamin A	359.880 IU	Water	*20.382* g	*0.000%* Calories from Trans Fat
Sugars	*5.460* g	Carbohydrate	35.861 g	Calcium	274.912 mg	Ash	*0.758* g	38.762% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			28.178% 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

Simplified Culinary Services

990065 - MEATLOAF SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
900552	PIERRE,FLAME BRLD MEATLOAF,PROD CD 3724,USDA	3 oz	No Instructions Assigned
901589	Whole Grain Hamburger Roll	2 1/4 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	322.303 kcal	Total Fat	12.039 g	Total Dietary Fiber	3.735 g	Vitamin C	3.127 mg	33.618% Calories from Total Fat
Saturated Fat ¹	4.133 g	Trans Fat ²	*0.000* g	Protein	22.523 g	Iron	3.174 mg	11.542% Calories from Sat Fat
Sodium ¹	678.366 mg	Cholesterol	46.777 mg	Vitamin A	136.337 IU	Water	*49.830* g	*0.000%* Calories from Trans Fat
Sugars	*2.093* g	Carbohydrate	32.763 g	Calcium	85.754 mg	Ash	*1.905* g	40.662% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			27.953% 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

Simplified Culinary Services

430 - MELON BALLS

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
009185	MELON BALLS,FRZ	1/2 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	28.545 kcal	Total Fat	0.216 g	Total Dietary Fiber	0.606 g	Vitamin C	5.363 mg	6.817% Calories from Total Fat
Saturated Fat ¹	0.055 g	Trans Fat ²	0.000 g	Protein	0.727 g	Iron	0.251 mg	1.747% Calories from Sat Fat
Sodium ¹	26.815 mg	Cholesterol	0.000 mg	Vitamin A	1534.510 IU	Water	78.075 g	0.000% Calories from Trans Fat
Sugars	*N/A* g	Carbohydrate	6.868 g	Calcium	8.650 mg	Ash	0.614 g	96.242% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			10.187% 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

Simplified Culinary Services

380 - MEXISTRONE SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
901705	SOUP BASE,VEG,WO/MSG,"RED LABEL VEG BASE DARK	2 LB	Bring all ingredients EXCEPT kidney beans,string beans ,rice and parmesan cheese to a boil in large stockpot. Reduce and simmer 1 hour. Add beans and whisk in parmesan cheese. Add in rice and cook until firm. Turn off heat and serve.
901682	ONION, CHOPPED, DRY	3 cup	
011143	CELERY,FRESH,RAW	1 qt,chopped + 1 CUP,chopped	
011124	CARROTS,FRESH,RAW	2 qt, diced	
016029	BEANS,KIDNEY,ALL TYPES,CANNED,DRAINED	13 LB + 2 oz	
011463	SPINACH,FRZ,CHOPD OR LEAF,UNPREP	2 LB + 8 oz	
901535	BEANS, GREEN, CANNED, WHOLE, DRAINED SOLIDS	1 qt + 1 CUP	
901715	ZUCCHINI SQUASH	1 qt + 1 CUP	
011641	SQUASH,SMMR,ALL VAR,RAW	1 qt, sliced + 1 CUP, sliced	
014429	WATER	6 gal	
901632	Salsa Chunky Mild Sysco (2 Tbsp)	6 LB + 6 oz	
901663	CRUSHED TOMATOES	1 qt + 2 CUP	
901697	RICE, ORIGINAL CONVERTED	1 qt + 2 CUP	
901654	CHEESE, PARMESAN, GRATED	1 cup	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	2 tbsp	
799903	GARLIC, GRANULATED	2 TBSP	
799905	OREGANO LEAVES, DRIED	1 tbsp, leaves	
901650	BASIL LEAF	1 tbsp	
901686	PEPPER, RED, GROUND	1 tbsp	
006169	TABASCO SAUCE	1 tbsp	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	86.678 kcal	Total Fat	0.589 g	Total Dietary Fiber	2.330 g	Vitamin C	3.895 mg	6.113% Calories from Total Fat
Saturated Fat ¹	0.215 g	Trans Fat ²	*0.000* g	Protein	3.630 g	Iron	1.115 mg	2.228% Calories from Sat Fat
Sodium ¹	mg	Cholesterol	mg	Vitamin A	IU	Water	g	Calories from Trans Fat

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¹ - denotes required nutrient values

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Recipe Prep Sheet

Simplified Culinary Services

Sodium ¹	1184.379 mg	Cholesterol	0.759 mg	Vitamin A	2529.478 IU	Water	*181.436* g	*0.000%* Calories from Trans Fat
Sugars	*1.839* g	Carbohydrate	16.414 g	Calcium	53.385 mg	Ash	*3.390* g	75.748% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			16.752% 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

Simplified Culinary Services

230 - MILK, 1%

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: HALF PINT

Ingredient #	Ingredient Name	Measurements	Instructions
001082	MILK 1% LOWFAT	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (HALF PINT)

Calories ¹	102.480 kcal	Total Fat	2.367 g	Total Dietary Fiber	0.000 g	Vitamin C	0.000 mg	20.786% Calories from Total Fat
Saturated Fat ¹	1.545 g	Trans Fat ²	*N/A* g	Protein	8.223 g	Iron	0.073 mg	13.564% Calories from Sat Fat
Sodium ¹	107.360 mg	Cholesterol	12.200 mg	Vitamin A	478.240 IU	Water	219.405 g	*N/A%* Calories from Trans Fat
Sugars	12.688 g	Carbohydrate	12.176 g	Calcium	305.000 mg	Ash	1.830 g	47.524% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			32.096% 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

Simplified Culinary Services

376 - MINESTRONE SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
901705	SOUP BASE,VEG,WO/MSG,"RED LABEL VEG BASE DARK	2 LB	Add all ingredients except white beans,green beans,pasta and cheese to a large stockpot. Bring to a boil. Reduce and simmer for 1 hour. Add beans and whisk in cheese. Cook pasta on side and add as soup is placed in steam table.
901682	ONION, CHOPPED, DRY	3 cup	
011143	CELERY,FRESH,RAW	1 qt,chopped + 1 CUP,chopped	
011124	CARROTS,FRESH,RAW	2 qt, diced	
900042	BEANS,WHITE,CANNED,DRAINED	13 LB + 2 oz	
011463	SPINACH,FRZ,CHOPD OR LEAF,UNPREP	2 LB + 8 oz	
901535	BEANS, GREEN, CANNED, WHOLE, DRAINED SOLIDS	1 qt + 1 CUP	
901715	ZUCCHINI SQUASH	1 qt + 1 CUP	
011641	SQUASH,SMMR,ALL VAR,RAW	1 qt, sliced + 1 CUP, sliced	
014429	WATER	6 gal	
901666	DICED TOMATOES	6 LB + 6 oz	
901624	TOMATOES CRUSHED RED PACK	3 LB	
903057	MACARONI, ELBOW, ENRICHED, DRY	3 LB	
901654	CHEESE, PARMESAN, GRATED	1 cup	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	2 tbsp	
799903	GARLIC, GRANULATED	2 TBSP	
799905	OREGANO LEAVES, DRIED	1 tbsp, leaves	
901650	BASIL LEAF	1 tbsp	
901686	PEPPER, RED, GROUND	1 tbsp	
006169	TABASCO SAUCE	1 tbsp	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	101.543 kcal	Total Fat	0.663 g	Total Dietary Fiber	2.973 g	Vitamin C	5.236 mg	5.872% Calories from Total Fat
Saturated Fat ¹	0.229 g	Trans Fat ²	*0.000* g	Protein	5.818 g	Iron	*1.869* mg	2.032% Calories from Sat Fat
Sodium ¹	mg	Cholesterol	mg	Vitamin A	IU	Water	g	Calories from Trans Fat

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Recipe Prep Sheet

Simplified Culinary Services

Sodium*	975.349 mg	Cholesterol	0.759 mg	Vitamin A	2526.516 IU	Water	*177.920* g	*0.000%* Calories from Trans Fat
Sugars	*1.015* g	Carbohydrate	19.115 g	Calcium	80.112 mg	Ash	*2.942* g	75.299% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.918% 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

Simplified Culinary Services

432 - MIXED VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011581	VEGETABLES,MIXED,CANNED,DRAINED	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	79.870 kcal	Total Fat	0.408 g	Total Dietary Fiber	4.890 g	Vitamin C	8.150 mg	4.592% Calories from Total Fat
Saturated Fat ¹	0.083 g	Trans Fat ²	0.000 g	Protein	4.222 g	Iron	1.712 mg	0.936% Calories from Sat Fat
Sodium ¹	348.820 mg	Cholesterol	0.000 mg	Vitamin A	18991.130 IU	Water	141.826 g	0.000% Calories from Trans Fat
Sugars	3.928 g	Carbohydrate	15.094 g	Calcium	44.010 mg	Ash	1.451 g	75.592% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.144% 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

Simplified Culinary Services

433 - MIXED VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011584	VEGETABLES,MIXED,FROZEN,BOILED,DRAINED	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	118.300 kcal	Total Fat	0.273 g	Total Dietary Fiber	8.008 g	Vitamin C	5.824 mg	2.077% Calories from Total Fat
Saturated Fat ¹	0.056 g	Trans Fat ²	0.000 g	Protein	5.205 g	Iron	1.492 mg	0.429% Calories from Sat Fat
Sodium ¹	63.700 mg	Cholesterol	0.000 mg	Vitamin A	7784.140 IU	Water	151.479 g	0.000% Calories from Trans Fat
Sugars	5.678 g	Carbohydrate	23.824 g	Calcium	45.500 mg	Ash	1.219 g	80.554% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.599% 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

Simplified Culinary Services

339 - MOZZARELLA STICKS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901681	MOZZARELLA STICKS, 3" BREADED	6 1/4 oz	DEEP FRY MOZZARELLA STICKS. SERVE WITH SIDE OF WARM MARINARA
004582	OIL,CANOLA	1/2 TSP	
R-000300	MARINARA SAUCE	2/3 (3 OUNCES)	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	464.110 kcal	Total Fat	21.386 g	Total Dietary Fiber	0.809 g	Vitamin C	4.328 mg	41.471% Calories from Total Fat
Saturated Fat ¹	9.553 g	Trans Fat ²	*0.009* g	Protein	23.710 g	Iron	*1.214* mg	18.525% Calories from Sat Fat
Sodium ¹	1711.915 mg	Cholesterol	46.617 mg	Vitamin A	1035.659 IU	Water	*95.725* g	*0.018%* Calories from Trans Fat
Sugars	*2.402* g	Carbohydrate	46.013 g	Calcium	518.400 mg	Ash	*6.143* g	39.657% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.435% 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

Simplified Culinary Services

409 - MOZZARELLA STICKS AND PASTA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901586	WHOLE GRAIN MOZZARELLA STICK 4 per serving	3 1/2 oz	DEEP FRY MOZZARELLA STICKS. SERVE WITH SIDE OF WARM MARINARA
004582	OIL,CANOLA	1/2 TSP	
R-000300	MARINARA SAUCE	2/3 (3 OUNCES)	
050522	MACARONI, WHOLE GRAIN, COOKED, NO SALT ADDED	1 .5 CUP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	427.470 kcal	Total Fat	17.524 g	Total Dietary Fiber	5.211 g	Vitamin C	3.407 mg	36.895% Calories from Total Fat
Saturated Fat ¹	5.924 g	Trans Fat ²	*0.009* g	Protein	19.341 g	Iron	*4.275* mg	12.472% Calories from Sat Fat
Sodium ¹	503.212 mg	Cholesterol	20.000 mg	Vitamin A	819.604 IU	Water	*11.810* g	*0.019%* Calories from Trans Fat
Sugars	*3.202* g	Carbohydrate	50.654 g	Calcium	510.847 mg	Ash	*0.083* g	47.399% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.098% 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

Simplified Culinary Services

900043 - MUSHROOM BARLEY SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
014429	WATER	6 gal	BRING ALL INGREDIENTS TO BOIL IN LARGE STOCKPOT. SIMMER FOR 45 MINUTES TO AN HOUR, UNTIL BARLEY AND VEGETABLES ARE SOFT
901624	TOMATOES CRUSHED RED PACK	13 LB + 2 oz	
020004	BARLEY	2 LB	
011282	ONIONS, FRESH	1 qt, chopped + 1 CUP, chopped	
011124	CARROTS, FRESH, RAW	3 qt, chopped + 3 CUP, chopped	
011143	CELERY, FRESH, RAW	3 qt, chopped + 3 CUP, chopped	
901608	Soup Base, Beef Sysco 1tsp = .013 lbs	1 LB	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
799903	GARLIC, GRANULATED	1 TBSP	
901684	PARSLEY FLAKES	1 tbsp	
006169	TABASCO SAUCE	1 tbsp	
011264	MUSHROOMS, CANNED, DRAINED	7 LB	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	63.777 kcal	Total Fat	0.904 g	Total Dietary Fiber	2.533 g	Vitamin C	5.009 mg	12.751% Calories from Total Fat
Saturated Fat ¹	0.043 g	Trans Fat ²	*0.000* g	Protein	2.766 g	Iron	*0.404* mg	0.605% Calories from Sat Fat
Sodium ¹	933.865 mg	Cholesterol	0.000 mg	Vitamin A	2116.994 IU	Water	*173.968* g	*0.000%* Calories from Trans Fat
Sugars	*3.640* g	Carbohydrate	10.688 g	Calcium	*16.280* mg	Ash	*0.870* g	67.032% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.348% 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

Simplified Culinary Services

900068 - MUSHROOM BEEF BARLEY SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
014429	WATER	5 1/2 gal	BRING ALL INGREDIENTS TO BOIL IN LARGE STOCKPOT. SIMMER FOR 45 MINUTES TO AN HOUR, UNTIL BARLEY AND VEGETABLES ARE SOFT
901624	TOMATOES CRUSHED RED PACK	13 LB + 2 oz	
020004	BARLEY	2 LB	
011282	ONIONS, FRESH	1 qt, chopped + 1 CUP, chopped	
011124	CARROTS, FRESH, RAW	3 qt, chopped + 3 CUP, chopped	
011143	CELERY, FRESH, RAW	3 qt, chopped + 3 CUP, chopped	
901608	Soup Base, Beef Sysco 1tsp = .013 lbs	1 LB + 8 oz	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
799903	GARLIC, GRANULATED	1 TBSP	
901684	PARSLEY FLAKES	1 tbsp	
006169	TABASCO SAUCE	1 tbsp	
011264	MUSHROOMS, CANNED, DRAINED	7 LB	
901613	BEEF CRUMBLES (COOKED) MAID-RITE	5 LB	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	85.033 kcal	Total Fat	2.696 g	Total Dietary Fiber	2.533 g	Vitamin C	5.009 mg	28.538% Calories from Total Fat
Saturated Fat ¹	0.827 g	Trans Fat ²	*0.000* g	Protein	5.004 g	Iron	*0.646* mg	8.755% Calories from Sat Fat
Sodium ¹	815.345 mg	Cholesterol	8.964 mg	Vitamin A	2118.125 IU	Water	*162.827* g	*0.000%* Calories from Trans Fat
Sugars	*3.866* g	Carbohydrate	10.462 g	Calcium	15.945 mg	Ash	*0.859* g	49.212% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			23.539% 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

Simplified Culinary Services

900027 - NACHO BAR CHEESE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
R-000303	CHEESE SAUCE	2 (2 ounces)	PLACE TORTILLA CHIPS ON PLATE. TOP WITH HOT MEAT AND THEN CHEESE.
901622	TORTILLA CHIP YELLO SYSCO (11 PIECES)	1 1/2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	405.176 kcal	Total Fat	21.786 g	Total Dietary Fiber	3.000 g	Vitamin C	0.074 mg	48.391% Calories from Total Fat
Saturated Fat ¹	8.240 g	Trans Fat ²	0.031 g	Protein	11.208 g	Iron	*0.194* mg	18.304% Calories from Sat Fat
Sodium ¹	929.700 mg	Cholesterol	17.928 mg	Vitamin A	500.788 IU	Water	*45.648* g	0.069% Calories from Trans Fat
Sugars	3.164 g	Carbohydrate	39.632 g	Calcium	390.168 mg	Ash	*1.260* g	39.126% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			11.065% Calories from Protein
Type of Fat	-							

Components

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

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

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

¹ - denotes required nutrient values

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Recipe Prep Sheet

Simplified Culinary Services

900026 - NACHO BAR- MEAT

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901605	BEEF TACO MEAT MAID-RITE	4 oz	PLACE TORTILLA CHIPS ON PLATE. TOP WITH HOT MEAT
901622	TORTILLA CHIP YELLO SYSCO (11 PIECES)	1 1/2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	412.234 kcal	Total Fat	20.713 g	Total Dietary Fiber	4.702 g	Vitamin C	*0.000* mg	45.221% Calories from Total Fat
Saturated Fat ¹	5.755 g	Trans Fat ²	0.000 g	Protein	23.426 g	Iron	2.451 mg	12.565% Calories from Sat Fat
Sodium ¹	523.032 mg	Cholesterol	51.064 mg	Vitamin A	510.638 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	1.702 g	Carbohydrate	35.106 g	Calcium	188.085 mg	Ash	*N/A* g	34.065% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.731% 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

Simplified Culinary Services

352 - NACHO BAR MEAT AND CHEESE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901605	BEEF TACO MEAT MAID-RITE	3 oz	PLACE TORTILLA CHIPS ON PLATE. TOP WITH HOT MEAT AND THEN CHEESE.
R-000303	CHEESE SAUCE	1 (2 ounces)	
901622	TORTILLA CHIP YELLO SYSCO (11 PIECES)	1 1/2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	455.514 kcal	Total Fat	23.802 g	Total Dietary Fiber	4.277 g	Vitamin C	*0.037* mg	47.029% Calories from Total Fat
Saturated Fat ¹	8.062 g	Trans Fat ²	0.016 g	Protein	22.423 g	Iron	*1.935* mg	15.928% Calories from Sat Fat
Sodium ¹	832.749 mg	Cholesterol	47.262 mg	Vitamin A	633.373 IU	Water	*22.824* g	0.031% Calories from Trans Fat
Sugars	2.859 g	Carbohydrate	38.646 g	Calcium	306.148 mg	Ash	*0.630* g	33.936% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.690% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

354 - NACHO BAR MEAT CHEESE AND BEANS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
016103	BEANS,REFRIED,CANNED	2 oz	PLACE TORTILLA CHIPS ON PLATE. TOP WITH HOT MEAT,BEANS,AND CHEESE.
R-000352	NACHO BAR MEAT AND CHEESE	1 EACH	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	506.543 kcal	Total Fat	24.942 g	Total Dietary Fiber	6.375 g	Vitamin C	*3.439* mg	44.316% Calories from Total Fat
Saturated Fat ¹	8.419 g	Trans Fat ²	0.025 g	Protein	25.247 g	Iron	*2.751* mg	14.959% Calories from Sat Fat
Sodium ¹	1042.535 mg	Cholesterol	47.262 mg	Vitamin A	633.373 IU	Water	*66.907* g	0.044% Calories from Trans Fat
Sugars	3.165 g	Carbohydrate	46.328 g	Calcium	322.591 mg	Ash	*1.600* g	36.584% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.937% 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

Simplified Culinary Services

990069 - NATHAN'S HOT DOG SLIDERS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: Serving

Ingredient #	Ingredient Name	Measurements	Instructions
903061	NATHAN'S HOT DOG SLIDERS	4 oz	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (Serving)

Calories ¹	370.000 kcal	Total Fat	26.000 g	Total Dietary Fiber	1.000 g	Vitamin C	0.000 mg	63.243% Calories from Total Fat
Saturated Fat ¹	10.000 g	Trans Fat ²	*N/A* g	Protein	13.000 g	Iron	12.000 mg	24.324% Calories from Sat Fat
Sodium ¹	1010.000 mg	Cholesterol	50.000 mg	Vitamin A	4.000 IU	Water	*N/A* g	*N/A%* Calories from Trans Fat
Sugars	3.000 g	Carbohydrate	21.000 g	Calcium	0.000 mg	Ash	*N/A* g	22.703% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			14.054% 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

Simplified Culinary Services

83 - NECTARINE

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
009191	NECTARINES,FRESH	1 medium	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	59.840 kcal	Total Fat	0.435 g	Total Dietary Fiber	2.312 g	Vitamin C	7.344 mg	6.545% Calories from Total Fat
Saturated Fat ¹	0.034 g	Trans Fat ²	0.000 g	Protein	1.442 g	Iron	0.381 mg	0.511% Calories from Sat Fat
Sodium ¹	0.000 mg	Cholesterol	0.000 mg	Vitamin A	451.524 IU	Water	119.123 g	0.000% Calories from Trans Fat
Sugars	10.730 g	Carbohydrate	14.348 g	Calcium	8.160 mg	Ash	0.653 g	95.910% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			9.639% 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

Simplified Culinary Services

86 - ORANGE

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
009200	ORANGES,FRESH	1 each,2-5/8"dia	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	45.120 kcal	Total Fat	0.115 g	Total Dietary Fiber	2.304 g	Vitamin C	51.072 mg	2.298% Calories from Total Fat
Saturated Fat ¹	0.014 g	Trans Fat ²	0.000 g	Protein	0.902 g	Iron	0.096 mg	0.287% Calories from Sat Fat
Sodium ¹	0.000 mg	Cholesterol	0.000 mg	Vitamin A	216.000 IU	Water	83.280 g	0.000% Calories from Trans Fat
Sugars	8.976 g	Carbohydrate	11.280 g	Calcium	38.400 mg	Ash	0.422 g	100.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			7.996% 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

Simplified Culinary Services

85 - ORANGE SLICE

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
009200	ORANGES,FRESH	1/2 CUP, sections	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	42.300 kcal	Total Fat	0.108 g	Total Dietary Fiber	2.160 g	Vitamin C	47.880 mg	2.298% Calories from Total Fat
Saturated Fat ¹	0.014 g	Trans Fat ²	0.000 g	Protein	0.846 g	Iron	0.090 mg	0.287% Calories from Sat Fat
Sodium ¹	0.000 mg	Cholesterol	0.000 mg	Vitamin A	202.500 IU	Water	78.075 g	0.000% Calories from Trans Fat
Sugars	8.415 g	Carbohydrate	10.575 g	Calcium	36.000 mg	Ash	0.396 g	100.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.000% 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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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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Recipe Prep Sheet

Simplified Culinary Services

328 - PASTA AND MEAT SAUCE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
R-000319	PASTA BAR - MEAT SAUCE	1 (6 OUNCE)	PLACE COOKED MEAT SAUCE OVER COOKED PASTA
050522	MACARONI, WHOLE GRAIN, COOKED, NO SALT ADDED	1 1/2 CUP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	435.307 kcal	Total Fat	11.408 g	Total Dietary Fiber	7.477 g	Vitamin C	6.194 mg	23.586% Calories from Total Fat
Saturated Fat ¹	4.551 g	Trans Fat ²	*0.000* g	Protein	25.033 g	Iron	*4.045* mg	9.408% Calories from Sat Fat
Sodium ¹	618.553 mg	Cholesterol	47.619 mg	Vitamin A	583.464 IU	Water	*21.473* g	*0.000%* Calories from Trans Fat
Sugars	*4.368* g	Carbohydrate	63.171 g	Calcium	31.544 mg	Ash	*0.151* g	58.047% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			23.003% 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

Simplified Culinary Services

900056 - PASTA AND MEATBALLS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
050522	MACARONI, WHOLE GRAIN, COOKED, NO SALT ADDED	1 1/2 CUP	PLACE COOKED MEAT SAUCE OVER COOKED PASTA
R-000300	MARINARA SAUCE	1 (3 OUNCES)	
901603	MAID RITE BEEF MEATBALLS	2 3/4 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	451.130 kcal	Total Fat	9.459 g	Total Dietary Fiber	7.232 g	Vitamin C	5.162 mg	18.871% Calories from Total Fat
Saturated Fat ¹	3.665 g	Trans Fat ²	*0.000* g	Protein	26.114 g	Iron	*3.858* mg	7.312% Calories from Sat Fat
Sodium ¹	521.446 mg	Cholesterol	33.000 mg	Vitamin A	498.221 IU	Water	*17.894* g	*0.000%* Calories from Trans Fat
Sugars	*5.840* g	Carbohydrate	68.542 g	Calcium	75.288 mg	Ash	*0.126* g	60.773% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			23.154% 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

Simplified Culinary Services

389 - PASTA AND MOZZARELLA STICKS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
050522	MACARONI, WHOLE GRAIN, COOKED, NO SALT ADDED	1 1/2 CUP	HEAT MOZZARELLA STICKS, SERVE HOT STICKS WITH COOKED PASTA AND HOT MARINARA ON TOP.
R-000300	MARINARA SAUCE	2/3 (3 OUNCES)	
901629	MOZZARELLA STICK breaded ovenable SYSCO	2 1/8 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	464.849 kcal	Total Fat	10.547 g	Total Dietary Fiber	6.815 g	Vitamin C	3.407 mg	20.419% Calories from Total Fat
Saturated Fat ¹	4.334 g	Trans Fat ²	*0.000* g	Protein	19.603 g	Iron	*2.519* mg	8.391% Calories from Sat Fat
Sodium ¹	719.216 mg	Cholesterol	20.000 mg	Vitamin A	523.608 IU	Water	*11.810* g	*0.000%* Calories from Trans Fat
Sugars	*2.402* g	Carbohydrate	75.852 g	Calcium	230.853 mg	Ash	*0.083* g	65.271% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			16.868% 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

Simplified Culinary Services

319 - PASTA BAR - MEAT SAUCE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: 6 OUNCE

Ingredient #	Ingredient Name	Measurements	Instructions
R-000300	MARINARA SAUCE	1 1/4 (3 OUNCES)	COMBINE SAUCE AND MEAT
901613	BEEF CRUMBLES (COOKED) MAID-RITE	2 1/2 oz	

*Nutrients are based upon 1 Portion Size (6 OUNCE)

Calories ¹	174.298 kcal	Total Fat	10.274 g	Total Dietary Fiber	1.471 g	Vitamin C	6.194 mg	53.050% Calories from Total Fat
Saturated Fat ¹	4.278 g	Trans Fat ²	*0.000* g	Protein	13.840 g	Iron	*1.819* mg	22.087% Calories from Sat Fat
Sodium ¹	612.547 mg	Cholesterol	47.619 mg	Vitamin A	577.458 IU	Water	*21.473* g	*0.000%* Calories from Trans Fat
Sugars	*4.368* g	Carbohydrate	7.374 g	Calcium	1.535 mg	Ash	*0.151* g	16.922% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			31.762% 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

Simplified Culinary Services

302 - PASTA BEAN SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011143	CELERY,FRESH,RAW	3 qt,chopped + 3 CUP,chopped	ADD ALL INGREDIENTS TOGETHER EXCEPT PASTA. BRING TO A BOIL AND THEN SIMMER 45 MINUTES. ADD PASTA AND COOK HALFWAY AND TURN OFF SOUP.
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011124	CARROTS,FRESH,RAW	3 qt, chopped + 3 CUP, chopped	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	2 LB	
014429	WATER	6 gal	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
901536	BEANS, KIDNEY, RED, CANNED, SOLIDS AND LIQUID	1 1/2 gal	
901535	BEANS, GREEN, CANNED, WHOLE, DRAINED SOLIDS	1 qt + 2 CUP	
901684	PARSLEY FLAKES	2 tbsp	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	2 tbsp	
799903	GARLIC, GRANULATED	2 TBSP	
901650	BASIL LEAF	2 tbsp	
799905	OREGANO LEAVES, DRIED	1 tbsp, leaves	
903057	MACARONI, ELBOW, ENRICHED, DRY	3 LB	
901654	CHEESE, PARMESAN, GRATED	3 cup	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	102.965 kcal	Total Fat	1.384 g	Total Dietary Fiber	3.530 g	Vitamin C	3.790 mg	12.100% Calories from Total Fat
Saturated Fat ¹	0.476 g	Trans Fat ²	*0.000* g	Protein	5.284 g	Iron	*0.849* mg	4.161% Calories from Sat Fat
Sodium ¹	990.375 mg	Cholesterol	2.118 mg	Vitamin A	2054.651 IU	Water	*156.802* g	*0.000%* Calories from Trans Fat
Sugars	*1.781* g	Carbohydrate	16.088 g	Calcium	*50.715* mg	Ash	*0.572* g	62.498% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.527% Calories from Protein
Type of Fat	-							

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

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Recipe Prep Sheet

Simplified Culinary Services

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

332 - PASTA MEAT OR CHEESE SAUCE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
R-000319	PASTA BAR - MEAT SAUCE	1/2 (6 OUNCE)	PLACE MEAT AND CHEESE SAUCE ON PASTA.
R-000303	CHEESE SAUCE	1/2 (2 ounces)	
050522	MACARONI, WHOLE GRAIN, COOKED, NO SALT ADDED	1 1/2 CUP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	393.202 kcal	Total Fat	9.092 g	Total Dietary Fiber	6.742 g	Vitamin C	3.116 mg	20.812% Calories from Total Fat
Saturated Fat ¹	4.097 g	Trans Fat ²	*0.008* g	Protein	20.165 g	Iron	*3.184* mg	9.377% Calories from Sat Fat
Sodium ¹	520.330 mg	Cholesterol	28.292 mg	Vitamin A	419.932 IU	Water	*22.148* g	*0.018%* Calories from Trans Fat
Sugars	*2.975* g	Carbohydrate	61.892 g	Calcium	98.318 mg	Ash	*0.390* g	62.962% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.514% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

138 - PASTA SALAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 100

Portion Size: 3/8 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
014429	WATER	2 1/2 gal	1. Heat water to a rolling boil.
020100	MACARONI, COOKED, ENRICHED	3 LB, dry wgt	
011583	VEGETABLES, MIXED, FROZEN, UNPREPARED	4 LB	2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. DO NOT OVERCOOK. Drain well. 3. Add mixed vegetables, broccoli, and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. 4. Cover. Refrigerate until ready to serve. 5. Mix lightly before serving. 6. Portion with No.10 scoop (3/8 cup). SERVING: 3/8 cup (No.10 scoop) provides 1/8 cup of vegetable and 1/2 serving of bread alternate. YIELD: 100 Servings, about 2 1/2 gallons Note: The nutrient values for ingredient (#20100) DO NOT include addition of salt to water for cooking macaroni.
011092	BROCCOLI, FRZ, CHOPPED	2 LB + 12 oz	
002030	PEPPER, BLACK	2 tsp	
R-000136	ITALIAN DRESSING: scratch	1 QT	

*Nutrients are based upon 1 Portion Size (3/8 CUP)

Calories ¹	140.424 kcal	Total Fat	7.059 g	Total Dietary Fiber	1.879 g	Vitamin C	9.386 mg	45.243% Calories from Total Fat
Saturated Fat ¹	0.959 g	Trans Fat ²	*0.000* g	Protein	3.358 g	Iron	0.834 mg	6.148% Calories from Sat Fat
Sodium ¹	49.758 mg	Cholesterol	0.000 mg	Vitamin A	1051.591 IU	Water	148.728 g	*0.000%* Calories from Trans Fat
Sugars	*0.593* g	Carbohydrate	16.033 g	Calcium	18.621 mg	Ash	0.501 g	45.671% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			9.565% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	.5 oz eq	Fruit	.125 cup	Vegetable	cup	Milk	cup
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Recipe Prep Sheet

Simplified Culinary Services

330 - PASTA WITH CHEESE SAUCE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
R-000303	CHEESE SAUCE	2 (2 ounces)	PLACE CHEESE SAUCE ON PASTA
050522	MACARONI, WHOLE GRAIN, COOKED, NO SALT ADDED	1 1/2 CUP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	441.185 kcal	Total Fat	12.420 g	Total Dietary Fiber	6.006 g	Vitamin C	0.074 mg	25.335% Calories from Total Fat
Saturated Fat ¹	7.013 g	Trans Fat ²	0.031 g	Protein	19.401 g	Iron	*2.420* mg	14.307% Calories from Sat Fat
Sodium ¹	838.206 mg	Cholesterol	17.928 mg	Vitamin A	506.794 IU	Water	*45.648* g	0.064% Calories from Trans Fat
Sugars	*3.164* g	Carbohydrate	65.429 g	Calcium	300.177 mg	Ash	*1.260* g	59.321% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.590% 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

Simplified Culinary Services

329 - PASTA WITH MARINARA SAUCE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
R-000300	MARINARA SAUCE	2 (3 OUNCES)	PLACE COOKED MARINARA ON COOKED PASTA
050522	MACARONI, WHOLE GRAIN, COOKED, NO SALT ADDED	1 1/2 CUP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	333.251 kcal	Total Fat	2.384 g	Total Dietary Fiber	8.458 g	Vitamin C	10.324 mg	6.439% Calories from Total Fat
Saturated Fat ¹	0.458 g	Trans Fat ²	*0.000* g	Protein	12.435 g	Iron	*3.114* mg	1.236% Calories from Sat Fat
Sodium ¹	530.886 mg	Cholesterol	0.000 mg	Vitamin A	968.436 IU	Water	*35.788* g	*0.000%* Calories from Trans Fat
Sugars	*7.280* g	Carbohydrate	68.086 g	Calcium	32.567 mg	Ash	*0.252* g	81.724% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			14.926% 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

Simplified Culinary Services

88 - PEACH

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
009236	PEACHES,FRESH	1 each, 4/lb	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	33.930 kcal	Total Fat	0.218 g	Total Dietary Fiber	1.305 g	Vitamin C	5.742 mg	5.769% Calories from Total Fat
Saturated Fat ¹	0.017 g	Trans Fat ²	0.000 g	Protein	0.792 g	Iron	0.217 mg	0.438% Calories from Sat Fat
Sodium ¹	0.000 mg	Cholesterol	0.000 mg	Vitamin A	283.616 IU	Water	77.316 g	0.000% Calories from Trans Fat
Sugars	7.299 g	Carbohydrate	8.300 g	Calcium	5.220 mg	Ash	0.374 g	97.845% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			9.337% 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

Simplified Culinary Services

437 - PEACH HALVES

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
009240	PEACHES,CANNED,LIGHT SYRUP	1/2 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	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 ¹	0.004 g	Trans Fat ²	0.000 g	Protein	0.565 g	Iron	0.452 mg	0.050% Calories from Sat Fat
Sodium ¹	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	\$0.000			3.335% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

310 - PEANUT BUTTER AND JELLY SANDWICH

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
360905	PEANUT BUTTER,SMOOTH,REGULAR-COMMODITY	4 oz	SPREAD PEANUT ,THEN JELLY ON 1 PIECE OF BREAD. TOP WITH OTHER AND WRAP.
019300	JELLY, Assorted	2 serving 1 tbsp	
901711	WHEAT BREAD	3 PIECE	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	991.400 kcal	Total Fat	59.526 g	Total Dietary Fiber	10.266 g	Vitamin C	0.378 mg	54.038% Calories from Total Fat
Saturated Fat ¹	11.173 g	Trans Fat ²	*0.000* g	Protein	36.028 g	Iron	4.179 mg	10.143% Calories from Sat Fat
Sodium ¹	942.552 mg	Cholesterol	0.000 mg	Vitamin A	2.100 IU	Water	*12.503* g	*0.000%* Calories from Trans Fat
Sugars	*21.512* g	Carbohydrate	91.023 g	Calcium	102.578 mg	Ash	*0.050* g	36.725% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			14.536% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

90 - PEAR

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
009252	PEARS,FRESH	1 each,2.5/lb	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	94.620 kcal	Total Fat	0.232 g	Total Dietary Fiber	5.146 g	Vitamin C	7.138 mg	2.211% Calories from Total Fat
Saturated Fat ¹	0.037 g	Trans Fat ²	0.000 g	Protein	0.598 g	Iron	0.299 mg	0.347% Calories from Sat Fat
Sodium ¹	1.660 mg	Cholesterol	0.000 mg	Vitamin A	41.500 IU	Water	139.374 g	0.000% Calories from Trans Fat
Sugars	16.185 g	Carbohydrate	25.282 g	Calcium	14.940 mg	Ash	0.531 g	106.878% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			2.528% 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

Simplified Culinary Services

438 - PEAR HALVES

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
009256	PEARS,CANNED,LIGHT SYRUP	1/2 CUP, halves	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	71.535 kcal	Total Fat	0.038 g	Total Dietary Fiber	2.008 g	Vitamin C	0.878 mg	0.473% Calories from Total Fat
Saturated Fat ¹	0.003 g	Trans Fat ²	0.000 g	Protein	0.238 g	Iron	0.351 mg	0.031% Calories from Sat Fat
Sodium ¹	6.275 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	105.997 g	0.000% Calories from Trans Fat
Sugars	15.186 g	Carbohydrate	19.038 g	Calcium	6.275 mg	Ash	0.176 g	106.456% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			1.331% 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

Simplified Culinary Services

40 - PEAS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011313	PEAS GREEN,FROZEN,BOILED	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	124.800 kcal	Total Fat	0.432 g	Total Dietary Fiber	7.200 g	Vitamin C	15.840 mg	3.115% Calories from Total Fat
Saturated Fat ¹	0.078 g	Trans Fat ²	0.000 g	Protein	8.240 g	Iron	2.432 mg	0.565% Calories from Sat Fat
Sodium ¹	115.200 mg	Cholesterol	0.000 mg	Vitamin A	3360.000 IU	Water	127.232 g	0.000% Calories from Trans Fat
Sugars	7.040 g	Carbohydrate	22.816 g	Calcium	38.400 mg	Ash	1.280 g	73.128% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			26.410% 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

Simplified Culinary Services

439 - PEAS & CARROT

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011323	PEAS&CARROTS,FRZ,BOILED,DRAINED	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	76.800 kcal	Total Fat	0.672 g	Total Dietary Fiber	4.960 g	Vitamin C	12.960 mg	7.875% Calories from Total Fat
Saturated Fat ¹	0.123 g	Trans Fat ²	0.000 g	Protein	4.944 g	Iron	1.504 mg	1.444% Calories from Sat Fat
Sodium ¹	108.800 mg	Cholesterol	0.000 mg	Vitamin A	15222.400 IU	Water	137.280 g	0.000% Calories from Trans Fat
Sugars	6.976 g	Carbohydrate	16.192 g	Calcium	36.800 mg	Ash	0.912 g	84.333% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			25.750% 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

Simplified Culinary Services

900028 - PERSONAL PAN PIZZA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: each

Ingredient #	Ingredient Name	Measurements	Instructions
901691	PIZZA, SFS TNY 5" CHS 50/50 CN	1 (5 OZ)	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (each)

Calories ¹	406.553 kcal	Total Fat	22.467 g	Total Dietary Fiber	1.545 g	Vitamin C	0.666 mg	49.737% Calories from Total Fat
Saturated Fat ¹	6.705 g	Trans Fat ²	0.000 g	Protein	13.523 g	Iron	2.509 mg	14.843% Calories from Sat Fat
Sodium ¹	734.109 mg	Cholesterol	12.885 mg	Vitamin A	480.929 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	37.791 g	Calcium	243.016 mg	Ash	0.000 g	37.181% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			13.305% 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

Simplified Culinary Services

42 - PICKLE, DILL

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011937	PICKLES,CUCUMBER,DILL	1 medium	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	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 ¹	0.051 g	Trans Fat ²	0.000 g	Protein	0.325 g	Iron	0.169 mg	5.919% Calories from Sat Fat
Sodium ¹	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	\$0.000			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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Recipe Prep Sheet

Simplified Culinary Services

41 - PICKLES, SWEET

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011940	PICKLE,CUCUMBER,SWEET	1 medium	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	31.850 kcal	Total Fat	0.144 g	Total Dietary Fiber	0.350 g	Vitamin C	0.245 mg	4.055% Calories from Total Fat
Saturated Fat ¹	0.024 g	Trans Fat ²	0.000 g	Protein	0.203 g	Iron	0.088 mg	0.664% Calories from Sat Fat
Sodium ¹	159.951 mg	Cholesterol	0.000 mg	Vitamin A	267.402 IU	Water	26.670 g	0.000% Calories from Trans Fat
Sugars	6.395 g	Carbohydrate	7.403 g	Calcium	21.350 mg	Ash	0.578 g	92.968% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			2.549% 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

Simplified Culinary Services

92 - PINEAPPLE CHUNKS

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
009269	PINEAPPLE,CANNED,LIGHT SYRUP	1/2 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	65.520 kcal	Total Fat	0.151 g	Total Dietary Fiber	1.008 g	Vitamin C	9.450 mg	2.077% Calories from Total Fat
Saturated Fat ¹	0.011 g	Trans Fat ²	0.000 g	Protein	0.454 g	Iron	0.491 mg	0.155% Calories from Sat Fat
Sodium ¹	1.260 mg	Cholesterol	0.000 mg	Vitamin A	47.880 IU	Water	108.019 g	0.000% Calories from Trans Fat
Sugars	15.939 g	Carbohydrate	16.947 g	Calcium	17.640 mg	Ash	0.441 g	103.461% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			2.772% 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

Simplified Culinary Services

7 - PINTO BEANS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
016043	BEANS,PINTO,DRIED,COOKED	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	244.530 kcal	Total Fat	1.112 g	Total Dietary Fiber	15.390 g	Vitamin C	1.368 mg	4.091% Calories from Total Fat
Saturated Fat ¹	0.233 g	Trans Fat ²	0.000 g	Protein	15.407 g	Iron	3.574 mg	0.856% Calories from Sat Fat
Sodium ¹	1.710 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	107.644 g	0.000% Calories from Trans Fat
Sugars	0.581 g	Carbohydrate	44.836 g	Calcium	78.660 mg	Ash	2.001 g	73.343% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			25.203% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	1 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

Simplified Culinary Services

900044 - PIZZA BURGER ON A WGR BUN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901589	Whole Grain Hamburger Roll	2 oz	COOK BURGER TO 165 DEGREES. PLACE CHEESE ON COOKED BURGER TO MELT. PLACE ON BUN
901604	BEEF PATTIES FULLY COOKED MAID-RITE (1 PATTY)	3 oz	
001028	CHEESE,MOZZARELLA,PART SKIM	1 OZ	
R-000300	MARINARA SAUCE	1/2 (3 OUNCES)	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	371.000 kcal	Total Fat	17.221 g	Total Dietary Fiber	3.404 g	Vitamin C	*3.697* mg	41.776% Calories from Total Fat
Saturated Fat ¹	7.914 g	Trans Fat ²	*0.000* g	Protein	26.909 g	Iron	*3.424* mg	19.197% Calories from Sat Fat
Sodium ¹	759.265 mg	Cholesterol	73.144 mg	Vitamin A	386.273 IU	Water	*24.194* g	*0.000%* Calories from Trans Fat
Sugars	*4.001* g	Carbohydrate	28.974 g	Calcium	298.150 mg	Ash	*0.990* g	31.239% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			29.012% Calories from Protein
Type of Fat	-							

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

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

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¹ - denotes required nutrient values

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Recipe Prep Sheet

Simplified Culinary Services

387 - PIZZA BY THE SLICE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
901712	WHOLE GRAIN REAL SLICE CHEESE PIZZA	1 PIECE	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	269.990 kcal	Total Fat	9.996 g	Total Dietary Fiber	3.998 g	Vitamin C	0.000 mg	33.322% Calories from Total Fat
Saturated Fat ¹	2.992 g	Trans Fat ²	0.000 g	Protein	14.988 g	Iron	5.111 mg	9.974% Calories from Sat Fat
Sodium ¹	800.001 mg	Cholesterol	9.996 mg	Vitamin A	539.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	31.988 g	Calcium	254.989 mg	Ash	0.000 g	47.391% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.205% 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

Simplified Culinary Services

305 - PIZZA SAUCE

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 60

Portion Size: 5 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
014429	WATER	3 qt	MIX ALL INGREDIENTS TOGETHER. DO NOT COOK
901689	PIZZA SAUCE WITH FRESH BASIL	13 LB + 2 oz	
002047	SALT, TABLE	1 TBSP	
019335	SUGAR, GRANULATED	1 tbsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
799903	GARLIC, GRANULATED	1 1/2 TBSP	
799905	OREGANO LEAVES, DRIED	2 tbsp, leaves	

*Nutrients are based upon 1 Portion Size (5 OUNCES)

Calories ¹	72.919 kcal	Total Fat	1.163 g	Total Dietary Fiber	3.368 g	Vitamin C	37.297 mg	14.352% Calories from Total Fat
Saturated Fat ¹	0.033 g	Trans Fat ²	*0.000* g	Protein	3.053 g	Iron	0.874 mg	0.404% Calories from Sat Fat
Sodium ¹	296.370 mg	Cholesterol	3.304 mg	Vitamin A	1538.245 IU	Water	47.374 g	*0.000%* Calories from Trans Fat
Sugars	*0.210* g	Carbohydrate	12.691 g	Calcium	35.815 mg	Ash	0.361 g	69.618% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			16.747% 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

Simplified Culinary Services

441 - PIZZA WOOD FIRED

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901641	WOOD FIRED PIZZA CRUST (ITALCRUST)	2 oz	No Instructions Assigned
R-000305	PIZZA SAUCE	1/4 (5 OUNCES)	
001028	CHEESE,MOZZARELLA,PART SKIM	2 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	323.602 kcal	Total Fat	13.109 g	Total Dietary Fiber	2.324 g	Vitamin C	8.779 mg	36.459% Calories from Total Fat
Saturated Fat ¹	6.291 g	Trans Fat ²	*0.000* g	Protein	19.316 g	Iron	0.894 mg	17.497% Calories from Sat Fat
Sodium ¹	872.247 mg	Cholesterol	36.949 mg	Vitamin A	588.626 IU	Water	*39.968* g	*0.000%* Calories from Trans Fat
Sugars	*2.333* g	Carbohydrate	31.609 g	Calcium	450.557 mg	Ash	*1.926* g	39.071% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			23.876% 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

Simplified Culinary Services

94 - PLUM

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
009279	PLUMS,RAW	1 each 2-1/8" dia	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	30.360 kcal	Total Fat	0.185 g	Total Dietary Fiber	0.924 g	Vitamin C	6.270 mg	5.478% Calories from Total Fat
Saturated Fat ¹	0.011 g	Trans Fat ²	0.000 g	Protein	0.462 g	Iron	0.112 mg	0.332% Calories from Sat Fat
Sodium ¹	0.000 mg	Cholesterol	0.000 mg	Vitamin A	227.702 IU	Water	57.572 g	0.000% Calories from Trans Fat
Sugars	6.547 g	Carbohydrate	7.537 g	Calcium	3.960 mg	Ash	0.244 g	99.306% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			6.087% 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

Simplified Culinary Services

900029 - POPCORN CHICKEN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: each

Ingredient #	Ingredient Name	Measurements	Instructions
901595	Anthony & Sons Whole Wheat 5" Hero Roll	3 1/2 oz	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (each)

Calories ¹	227.500 kcal	Total Fat	2.625 g	Total Dietary Fiber	5.250 g	Vitamin C	0.000 mg	10.385% Calories from Total Fat
Saturated Fat ¹	0.000 g	Trans Fat ²	0.000 g	Protein	8.750 g	Iron	2.520 mg	0.000% Calories from Sat Fat
Sodium ¹	455.000 mg	Cholesterol	0.000 mg	Vitamin A	8.750 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	1.750 g	Carbohydrate	43.750 g	Calcium	105.000 mg	Ash	*N/A* g	76.923% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			15.385% 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

Simplified Culinary Services

400 - PORKROLL & CHEESE ON WG BUN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901692	PORK,"PORK ROLL",AS	2 oz	No Instructions Assigned
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1/2 oz	
901589	Whole Grain Hamburger Roll	2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	319.093 kcal	Total Fat	17.961 g	Total Dietary Fiber	2.791 g	Vitamin C	1.456 mg	50.660% Calories from Total Fat
Saturated Fat ¹	6.763 g	Trans Fat ²	0.000 g	Protein	14.709 g	Iron	1.780 mg	19.074% Calories from Sat Fat
Sodium ¹	980.458 mg	Cholesterol	38.778 mg	Vitamin A	342.327 IU	Water	*39.061* g	0.000% Calories from Trans Fat
Sugars	1.860 g	Carbohydrate	27.591 g	Calcium	150.277 mg	Ash	*2.172* g	34.587% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.439% 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

Simplified Culinary Services

327 - PORKROLL AND CHEESE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901692	PORK,"PORK ROLL",AS	2 oz	HEAT PORKROLL IN OVEN. PLACE CHEESE ON TOP AND MELT. PLACE ON ROLL
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1/2 oz	
901592	Anthony & Sons Kaiser Roll 2.3 oz	2 1/3 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	348.163 kcal	Total Fat	18.066 g	Total Dietary Fiber	3.000 g	Vitamin C	0.340 mg	46.701% Calories from Total Fat
Saturated Fat ¹	6.763 g	Trans Fat ²	0.000 g	Protein	15.988 g	Iron	*0.441* mg	17.482% Calories from Sat Fat
Sodium ¹	1047.899 mg	Cholesterol	38.778 mg	Vitamin A	338.024 IU	Water	*39.061* g	0.000% Calories from Trans Fat
Sugars	1.000 g	Carbohydrate	31.475 g	Calcium	174.463 mg	Ash	*2.172* g	36.161% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.368% 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

Simplified Culinary Services

361 - POTATO BACON SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011143	CELERY,FRESH,RAW	1 qt,chopped + 2 CUP,chopped	CHOP UP 1 POUND OF RAW BACON AND SAUTE UNTIL DONE . ADD BUTTER AND CELERY CARROTS AND ONIONS AND SAUTE. ADD GARLIC. ADD FLOUR TO CREATE ROUX. ADD HOT TAP WATER AND STIR IN CREAM SOUP BASE. ADD SPICES,DICED POTATOES CHICKEN BASE. COOK ON SIMMER FOR 1 HOUR. COOK REST OF BACON IN OVEN AND DICE. ADD TO SOUP. ADD CREAM. TIGHTEN WITH THE 3 CUPS OF INSTANT POTATOES.
011124	CARROTS,FRESH,RAW	1 qt, chopped + 2 CUP, chopped	
011282	ONIONS,FRESH	1 qt, chopped	
011215	GARLIC,FRESH	3 tbsp	
001001	BUTTER,W/SALT	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
011376	POTATO CANNED,DRAINED	2 #10 CAN	
001049	HALF & HALF, CREAM & MILK	3 qt	
014429	WATER	5 gal	
901631	Bacon Layflat Smoked Sysco (2 Fried Pieces)	4 LB	
901685	PEPPER BLACK, GROUND	1 tbsp	
901684	PARSLEY FLAKES	2 tbsp	
002047	SALT, TABLE	1 TBSP	
901642	Potato SYSCO Instant Mashed (used for soups)	1 LB + 8 oz	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	196.304 kcal	Total Fat	11.700 g	Total Dietary Fiber	1.183 g	Vitamin C	6.698 mg	53.639% Calories from Total Fat
Saturated Fat ¹	6.976 g	Trans Fat ²	*0.166* g	Protein	5.822 g	Iron	*0.522* mg	31.983% Calories from Sat Fat
Sodium ¹	878.437 mg	Cholesterol	24.215 mg	Vitamin A	898.232 IU	Water	*156.676* g	*0.762%* Calories from Trans Fat
Sugars	*1.278* g	Carbohydrate	15.438 g	Calcium	*27.799* mg	Ash	*0.652* g	31.458% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			11.863% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

358 - POTATO CHEDDAR SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011143	CELERY,FRESH,RAW	2 qt,chopped	SAUTE ONIONS,CELERY,AND CARROTS IN BUTTER. WHEN TENDER ADD GARLIC. ADD FLOUR TO CREATE ROUX. ADD HOT TAP WATER AND MIX IN CREAM SOUP BASE. ADD CHICKEN BASE AND DICED POTATOES AND SPICES. COOK ON SIMMER FOR 90 MINUTES. BLEND IN CHEESES. ADD CREAM. AND TO FINISH TIGHTEN WITH INSTANT POATOES
011282	ONIONS,FRESH	1 qt, chopped	
011124	CARROTS,FRESH,RAW	2 qt, chopped	
001001	BUTTER,W/SALT	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
011215	GARLIC,FRESH	3 tbsp	
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
014429	WATER	5 gal	
011376	POTATO CANNED,DRAINED	2 #10 CAN	
901609	Cheddar Cheese Sauce Mild	4 LB	
901653	CHEESE, MILD CHEDDAR	2 LB + 8 oz	
001049	HALF & HALF, CREAM & MILK	3 qt	
901642	Potato SYSCO Instant Mashed (used for soups)	1 LB + 8 oz	
901685	PEPPER BLACK, GROUND	1 tbsp	
901684	PARSLEY FLAKES	2 tbsp	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	180.022 kcal	Total Fat	10.398 g	Total Dietary Fiber	1.245 g	Vitamin C	6.823 mg	51.984% Calories from Total Fat
Saturated Fat ¹	7.308 g	Trans Fat ²	*0.166* g	Protein	3.747 g	Iron	*0.552* mg	36.534% Calories from Sat Fat
Sodium ¹	799.447 mg	Cholesterol	18.813 mg	Vitamin A	1227.565 IU	Water	*161.622* g	*0.830%* Calories from Trans Fat
Sugars	*1.554* g	Carbohydrate	16.985 g	Calcium	*77.774* mg	Ash	*0.834* g	37.740% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.326% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

43 - POTATO PUFFS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011399	POTATO PUFFS,FROZEN,PREPARED (TATER TOTS)	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	245.760 kcal	Total Fat	11.584 g	Total Dietary Fiber	2.560 g	Vitamin C	5.120 mg	42.422% Calories from Total Fat
Saturated Fat ¹	2.121 g	Trans Fat ²	*N/A* g	Protein	2.726 g	Iron	0.742 mg	7.767% Calories from Sat Fat
Sodium ¹	592.640 mg	Cholesterol	0.000 mg	Vitamin A	6.400 IU	Water	76.352 g	*N/A%* Calories from Trans Fat
Sugars	0.346 g	Carbohydrate	34.931 g	Calcium	17.920 mg	Ash	2.419 g	56.854% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			4.437% 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

Simplified Culinary Services

242 - POTATO SALAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 100

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011367	POTATO PEELED & BOILED	18 LB	1. Steam potatoes at 5-6 pounds of pressure for 30-40 minutes. Cool, peel, and dice into 1/2" cubes. 2. Add all other ingredients. Mix lightly until well blended. Chill at least 1 hour before serving. 3. Portion with No.8 scoop (1/2 cup). SERVING: 1/2 cup (No.8 scoop) provides 1/2 cup of vegetable. MARKETING GUIDE: 100 Servings Celery- 2 Lb and 7 oz purchased to yield 2 Lb chopped celery Onions- 1 Lb purchased to yield 14 oz chopped onions
011143	CELERY,FRESH,RAW	2 LB	
011282	ONIONS,FRESH	14 oz	
011945	PICKLE RELISH,SWEET	12 oz	
004026	MAYONNAISE	3 LB	
002047	SALT,TABLE	2 TBSP	
002030	PEPPER,BLACK	2 tsp	
000088	MUSTARD ,DRY	2 tbsp	

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

Calories ¹	176.043 kcal	Total Fat	10.923 g	Total Dietary Fiber	1.730 g	Vitamin C	6.651 mg	55.843% Calories from Total Fat
Saturated Fat ¹	1.199 g	Trans Fat ²	*0.000* g	Protein	1.706 g	Iron	0.383 mg	6.132% Calories from Sat Fat
Sodium ¹	255.918 mg	Cholesterol	8.029 mg	Vitamin A	122.216 IU	Water	79.637 g	*0.000%* Calories from Trans Fat
Sugars	*2.073* g	Carbohydrate	18.620 g	Calcium	13.900 mg	Ash	1.304 g	42.309% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			3.876% 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

Simplified Culinary Services

243 - POTATOES AU GRATIN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 50

Portion Size: 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
000725	POTATO Dehydrated,Slices	2 LB + 1 oz	1. Place 1 lb (2 qt 1 2/3 cups) potatoes into each lightly oiled steamtable pan (12" x20" x2 1/2"). For 50 servings, use 2 steamtable pans. For 100 servings, use 4 steamtable pans.
011284	ONIONS,DEHYDRATED FLAKES	2 oz	
014429	WATER	1 1/2 gal + 2 CUP	3. Heat water to rolling boil. Remove from heat.
020081	FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED	5 oz	4. Combine flour, dry milk, salt, and pepper. Add slowly to boiling water while whipping until smooth.
001091	MILK,DRY,NON FAT POWDER,W/O VITAMIN A ADDED	1 LB	
002047	SALT,TABLE	1/2 TBSP	
002030	PEPPER,BLACK	1 tsp	
001042	CHEESE,AMERICAN,PAST PROCESSED	1 lb + 10 OZ	5. Add shredded cheese to sauce and whip until well blended. 6. Pour 1 gal cheese sauce over each pan. Stir to combine. 7. Bake until evenly golden brown on top: Conventional Oven: 350 F for 45 minutes- 1 hour Convection Oven: 300 F for 35-45 minutes 8. Portion with No. 8 scoop (1/2 cup). SERVING: 1/2 cup (No. 8 scoop) provides 1/2 ounce of cheese and 3/8 cup of vegetable.

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

Calories ¹	161.054 kcal	Total Fat	4.832 g	Total Dietary Fiber	0.491 g	Vitamin C	6.557 mg	27.000% Calories from Total Fat
Saturated Fat ¹	2.763 g	Trans Fat ²	*0.169* g	Protein	7.750 g	Iron	1.573 mg	15.441% Calories from Sat Fat
Sodium ¹	628.093 mg	Cholesterol	16.556 mg	Vitamin A	169.165 IU	Water	129.631 g	*0.942%* Calories from Trans Fat
Sugars	*5.481* g	Carbohydrate	22.126 g	Calcium	280.345 mg	Ash	2.973 g	54.953% Calories from Carbohydrates

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Recipe Prep Sheet

Simplified Culinary Services

990060 - PULLED PORK SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: 1 EACH

Ingredient #	Ingredient Name	Measurements	Instructions
121091	PORK CARNITAS SHREDS	3 oz	No Instructions Assigned
006150	BARBECUE SAUCE	1 oz	
901589	Whole Grain Hamburger Roll	2 1/4 oz	

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

Calories ¹	334.973 kcal	Total Fat	9.490 g	Total Dietary Fiber	3.255 g	Vitamin C	*1.370* mg	25.496% Calories from Total Fat
Saturated Fat ¹	2.182 g	Trans Fat ²	0.000 g	Protein	25.928 g	Iron	*1.621* mg	5.863% Calories from Sat Fat
Sodium ¹	758.110 mg	Cholesterol	69.428 mg	Vitamin A	*73.503* IU	Water	*15.510* g	0.000% Calories from Trans Fat
Sugars	11.423 g	Carbohydrate	38.558 g	Calcium	*69.355* mg	Ash	*0.870* g	46.043% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			30.961% 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

Simplified Culinary Services

990072 - PUMPKIN PIE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
002035	PUMPKIN PIE SPICE	1 cup	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	279.072 kcal	Total Fat	10.282 g	Total Dietary Fiber	12.077 g	Vitamin C	19.094 mg	33.158% Calories from Total Fat
Saturated Fat ¹	5.329 g	Trans Fat ²	*N/A* g	Protein	4.700 g	Iron	16.083 mg	17.184% Calories from Sat Fat
Sodium ¹	42.432 mg	Cholesterol	0.000 mg	Vitamin A	212.976 IU	Water	6.903 g	*N/A%* Calories from Trans Fat
Sugars	6.332 g	Carbohydrate	56.533 g	Calcium	556.512 mg	Ash	3.182 g	81.029% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			6.737% 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

Simplified Culinary Services

97 - RAISINS

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
009298	RAISINS,SEEDLESS	1/2 CUP,not packed	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	216.774 kcal	Total Fat	0.334 g	Total Dietary Fiber	2.682 g	Vitamin C	1.667 mg	1.385% Calories from Total Fat
Saturated Fat ¹	0.042 g	Trans Fat ²	0.000 g	Protein	2.226 g	Iron	1.363 mg	0.174% Calories from Sat Fat
Sodium ¹	7.975 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	11.187 g	0.000% Calories from Trans Fat
Sugars	42.913 g	Carbohydrate	57.405 g	Calcium	36.250 mg	Ash	1.341 g	105.926% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			4.108% 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

Simplified Culinary Services

311 - RANCH CHIX CHEDDAR WRAP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	COOK CHICKEN IN OVEN. WHEN DONE CUT IN HALF AND LAY ON TORTILLA. TOP WITH RICE,CHEDDAR AND RANCH. WRAP AND SERVE
901653	CHEESE, MILD CHEDDAR	1 1/2 oz	
901635	Tyson Red Label FC Chix Filet 3.5 oz	4 oz	
901630	Ranch Dressing Sysco (2 Tbsp = 1 ounce)	1 1/2 oz	
903059	RICE, MEDIUM GRAIN, WHITE, ENRICHED, COOKED,	3 tbsp	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	796.718 kcal	Total Fat	52.101 g	Total Dietary Fiber	5.254 g	Vitamin C	0.000 mg	58.855% Calories from Total Fat
Saturated Fat ¹	15.162 g	Trans Fat ²	*0.000* g	Protein	36.033 g	Iron	2.571 mg	17.127% Calories from Sat Fat
Sodium ¹	1499.081 mg	Cholesterol	104.489 mg	Vitamin A	349.212 IU	Water	*15.823* g	*0.000%* Calories from Trans Fat
Sugars	*1.500* g	Carbohydrate	52.489 g	Calcium	352.540 mg	Ash	*1.684* g	26.353% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.091% 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

Simplified Culinary Services

449 - RANCH MASHED POTATOES

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 60

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
900619	POTATOES,INSTANT/DRY,PEALRS,EXCEL,12/28 OZ	1 BAG (28oz)	No Instructions Assigned
901642	Potato SYSCO Instant Mashed (used for soups)	1 LB	
014429	WATER	1 1/2 gal	
001001	BUTTER,W/SALT	1/2 stick	
002047	SALT, TABLE	1 tsp	
901685	PEPPER BLACK, GROUND	1 TSP	
011215	GARLIC,FRESH	1 TSP	
901684	PARSLEY FLAKES	1 TSP	
901654	CHEESE, PARMESAN, GRATED	1/4 cup	
901630	Ranch Dressing Sysco (2 Tbsp = 1 ounce)	1 LB + 8 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	145.069 kcal	Total Fat	7.602 g	Total Dietary Fiber	1.535 g	Vitamin C	10.841 mg	47.162% Calories from Total Fat
Saturated Fat ¹	1.756 g	Trans Fat ²	*0.031* g	Protein	1.904 g	Iron	0.308 mg	10.892% Calories from Sat Fat
Sodium ¹	400.189 mg	Cholesterol	4.525 mg	Vitamin A	30.090 IU	Water	*94.983* g	*0.192%* Calories from Trans Fat
Sugars	*0.692* g	Carbohydrate	16.977 g	Calcium	15.465 mg	Ash	*0.247* g	46.810% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			5.250% 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

Simplified Culinary Services

8 - REFRIED BEANS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
016103	BEANS,REFRIED,CANNED	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	214.200 kcal	Total Fat	4.784 g	Total Dietary Fiber	8.806 g	Vitamin C	14.280 mg	20.100% Calories from Total Fat
Saturated Fat ¹	1.502 g	Trans Fat ²	0.038 g	Protein	11.852 g	Iron	3.427 mg	6.310% Calories from Sat Fat
Sodium ¹	880.600 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	185.045 g	0.160% Calories from Trans Fat
Sugars	1.285 g	Carbohydrate	32.249 g	Calcium	69.020 mg	Ash	4.070 g	60.222% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.133% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	1 cup	Vegetable	cup	Milk	cup
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Recipe Prep Sheet

Simplified Culinary Services

335 - RICE AND BEANS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 24

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
050451	RICE, LONG GRAIN, BROWN, COOKED, WITHOUT SALT	1 qt + 1 CUP	MIX COOKED HOT RICE AND BEANS IN PAN WITH SALSA. STIR
901536	BEANS, KIDNEY, RED, CANNED, SOLIDS AND LIQUID	1 qt + 2 CUP	
901632	Salsa Chunky Mild Sysco (2 Tbsp)		

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	99.501 kcal	Total Fat	0.585 g	Total Dietary Fiber	4.854 g	Vitamin C	0.698 mg	5.292% Calories from Total Fat
Saturated Fat ¹	0.106 g	Trans Fat ²	0.000 g	Protein	4.409 g	Iron	0.978 mg	0.954% Calories from Sat Fat
Sodium ¹	220.086 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	*0.000* g	Carbohydrate	19.308 g	Calcium	19.666 mg	Ash	*N/A* g	77.619% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.724% 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

Simplified Culinary Services

900060 - RICE PILAF

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 100

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
032003	RICE,RICE PILAF FLAVOR,PREP W/ 80% MARGARINE	2 1/2 gal	No Instructions Assigned

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

Calories ¹	140.896 kcal	Total Fat	3.522 g	Total Dietary Fiber	0.571 g	Vitamin C	*N/A* mg	22.500% Calories from Total Fat
Saturated Fat ¹	0.708 g	Trans Fat ²	0.496 g	Protein	2.799 g	Iron	0.809 mg	4.524% Calories from Sat Fat
Sodium ¹	409.360 mg	Cholesterol	*N/A* mg	Vitamin A	122.808 IU	Water	63.279 g	3.168% Calories from Trans Fat
Sugars	0.248 g	Carbohydrate	24.438 g	Calcium	27.608 mg	Ash	1.171 g	69.378% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			7.946% 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

Simplified Culinary Services

900030 - ROASTED RED PEPPER BISQUE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011282	ONIONS,FRESH	1 qt, chopped	SAUTE MIREPOIX IN BUTTER UNTIL TENDER. ADD GARLIC AND SAUTE. TIGHTEN WITH FLOUR TO MAKE ROUX. ADD 1/2 THE WATER. MIX WELL. ADD CREAM SOUP BASE AND WHIP. ADD TOMATOES AND PEPPERS AND STIR. ADD SOUP BASES AND SALT AND PEPERRS. ADD REST OF WATER. COOK FOR 2 HOURS ON SIMMER. FINISH WITH 1/2 AND 1/2,BASIL AND PARMESAN CHEESE
011143	CELERY,FRESH,RAW	1 qt,chopped + 3 CUP,chopped	
011124	CARROTS,FRESH,RAW	1 qt, chopped + 3 CUP, chopped	
011215	GARLIC,FRESH	3 tbsp	
001001	BUTTER,W/SALT	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
900809	SYSCO CREAM SOUP BASE	1/4 (10 CUPS)	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
014429	WATER	5 1/2 gal	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	8 oz	
901608	Soup Base, Beef Sysco 1tsp = .013 lbs	8 oz	
901696	RED PEPPER STRIPS	3 lb	
901686	PEPPER, RED, GROUND	2 TSP	
001049	HALF & HALF, CREAM & MILK	2 qt	
002047	SALT, TABLE	2 tsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
002044	BASIL,FRESH	1 cup, chopped	
901654	CHEESE, PARMESAN, GRATED	2 cup	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	77.970 kcal	Total Fat	4.535 g	Total Dietary Fiber	0.800 g	Vitamin C	4.700 mg	52.346% Calories from Total Fat
Saturated Fat ¹	2.810 g	Trans Fat ²	0.140 g	Protein	2.182 g	Iron	*0.204* mg	32.431% Calories from Sat Fat
Sodium ¹	511.203 mg	Cholesterol	11.101 mg	Vitamin A	1293.903 IU	Water	*144.735* g	1.615% Calories from Trans Fat
Sugars	*2.088* g	Carbohydrate	6.460 g	Calcium	*40.117* mg	Ash	*0.499* g	33.139% Calories from Carbohydrates

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Recipe Prep Sheet

Simplified Culinary Services

Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000		11.194% 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

Simplified Culinary Services

990071 - ROASTED TURKEY ON A BUN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
007260	LOUIS RICH,TURKEY BREAST (OVEN RSTD,PORTION F	4 oz	No Instructions Assigned
901592	Anthony & Sons Kaiser Roll 2.3 oz	2 1/3 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	252.058 kcal	Total Fat	2.294 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	8.190% Calories from Total Fat
Saturated Fat ¹	0.235 g	Trans Fat ²	*0.000* g	Protein	26.659 g	Iron	*1.259* mg	0.838% Calories from Sat Fat
Sodium ¹	1634.694 mg	Cholesterol	45.359 mg	Vitamin A	5.000 IU	Water	*84.822* g	*0.000%* Calories from Trans Fat
Sugars	1.454 g	Carbohydrate	31.155 g	Calcium	99.278 mg	Ash	*3.969* g	49.440% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			42.306% 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

Simplified Culinary Services

990052 - ROASTED VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 30

Portion Size: .5 cup

Ingredient #	Ingredient Name	Measurements	Instructions
011090	BROCCOLI,FRESH,RAW	1 qt, chopped	No Instructions Assigned
011477	SQUASH,SMMR,ZUCCHINI,RAW	1 qt, sliced	
011641	SQUASH,SMMR,ALL VAR,RAW	1 qt, sliced	
011124	CARROTS,FRESH,RAW	1 qt, chopped	
011135	CAULIFLOWER,FRESH,RAW	1 qt,chopped (1/2" pieces)	
011821	PEPPERS,SWT,RED,RAW	1 qt, sliced	
799987	FINE SEA SALT	1 tbsp	
901685	PEPPER BLACK, GROUND	2 TSP	
002020	GARLIC POWDER	2 TSP	
050385	OIL, VEGETABLE	1/2 cup	

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories ¹	56.148 kcal	Total Fat	3.866 g	Total Dietary Fiber	1.671 g	Vitamin C	39.632 mg	61.968% Calories from Total Fat
Saturated Fat ¹	0.586 g	Trans Fat ²	*0.000* g	Protein	1.295 g	Iron	0.373 mg	9.396% Calories from Sat Fat
Sodium ¹	25.431 mg	Cholesterol	0.000 mg	Vitamin A	3371.084 IU	Water	*78.904* g	*0.000%* Calories from Trans Fat
Sugars	*2.516* g	Carbohydrate	5.013 g	Calcium	20.166 mg	Ash	*0.625* g	35.713% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			9.226% 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

Simplified Culinary Services

350 - RUMSON CLAM CHOWDER

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
010123	PORK,CURED,BACON,RAW	1 LB	CHOP BACON AND COOK IN STOCK POT. ADD BUTTER AND CELERY,CARROTS,ONIONS,AND GREEN PEPPERS. COOK UNTIL TENDER. ADD GARLIC. ADD FLOUR TO MAKE ROUX. ADD HOT TAP WATER AND BLEND IN CREAM SOUP BASE. ADD CHICKEN BASE,SPICES,TOMATOES AND CLAMS AND COOK 1 HOUR. ADD POTATOES AND HALF AND HALF AND COOK 30 MORE MINUTES. BLEND IN INSTANT POTATOES TO THICKEN.
011124	CARROTS,FRESH,RAW	1 qt, chopped + 2 CUP, chopped	
011143	CELERY,FRESH,RAW	1 qt,chopped + 2 CUP,chopped	
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
001001	BUTTER,W/SALT	1 LB	
011215	GARLIC,FRESH	3 tbsp	
014429	WATER	4 1/2 gal	
011333	PEPPERS,SWT,GREEN,RAW	2 CUP, chopped	
901618	SOUP BASE CREAM SYSCO .5 cups = .079 lbs	5 LB	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
011376	POTATO CANNED,DRAINED	1 #10 CAN	
015160	CLAM,MXD SP,CND,DRND SOL	2 qt	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
001049	HALF & HALF, CREAM & MILK	3 qt	
006169	TABASCO SAUCE	1 tbsp	
901684	PARSLEY FLAKES	1 tbsp	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
900765	THYME LEAF,DRIED	1 tbsp	
901694	POTATOES, INSTANT MASHED	3 CUP	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	165.123 kcal	Total Fat	9.132 g	Total Dietary Fiber	0.999 g	Vitamin C	4.858 mg	49.771% Calories from Total Fat
Saturated Fat ¹	6.308 g	Trans Fat ²	*0.171* g	Protein	4.476 g	Iron	*0.568* mg	34.383% Calories from Sat Fat
Sodium ¹	mg	Cholesterol	mg	Vitamin A	IU	Water	g	Calories from Trans Fat

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Recipe Prep Sheet

Simplified Culinary Services

Sodium ¹	744.796 mg	Cholesterol	17.192 mg	Vitamin A	1042.853 IU	Water	*144.075* g	*0.934%* Calories from Trans Fat
Sugars	*3.276* g	Carbohydrate	15.979 g	Calcium	*40.217* mg	Ash	*0.837* g	38.708% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			10.843% 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

Simplified Culinary Services

900045 - SANTA FE CORN CHOWDER

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011143	CELERY,FRESH,RAW	1 qt,chopped + 2 CUP,chopped	SAUTE ONIONS,CELERY AND CARROTS UNTIL TENDER IN BUTTER. ADD GARLIC. ADD FLOUR TO CREATE ROUX. ADD HOT TAP WATER. ADD CREAM SOUP BASE AND WHIP IN. ADD POTATOES ,CORN AND SPICES AND COOK ONE HOUR. ADD CREAM AND COOK HALF HOUR. TIGHTEN WITH INSTANT POTATOES.
011124	CARROTS,FRESH,RAW	1 qt, chopped + 2 CUP, chopped	
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	
014429	WATER	5 gal	
001049	HALF & HALF, CREAM & MILK	3 qt	
901684	PARSLEY FLAKES	2 tbsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
002047	SALT, TABLE	1 TBSP	
001001	BUTTER,W/SALT	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
011215	GARLIC,FRESH	2 tbsp	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	12 oz	
901694	POTATOES, INSTANT MASHED	3 CUP	
011376	POTATO CANNED,DRAINED	2 #10 CAN	
011178	CORN,SWEET YELLOW,FROZEN,KERNELS	2 qt + 2 CUP	
901661	CHIPOTLE PEPPERS/ADOBO SAUCE	1 cup	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	133.615 kcal	Total Fat	7.361 g	Total Dietary Fiber	1.141 g	Vitamin C	2.744 mg	49.582% Calories from Total Fat
Saturated Fat ¹	5.417 g	Trans Fat ²	0.166 g	Protein	1.920 g	Iron	*0.519* mg	36.489% Calories from Sat Fat
Sodium ¹	608.473 mg	Cholesterol	11.666 mg	Vitamin A	1007.194 IU	Water	*163.486* g	1.119% Calories from Trans Fat
Sugars	*1.364* g	Carbohydrate	14.515 g	Calcium	*29.186* mg	Ash	*0.693* g	43.452% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			5.748% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

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

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Recipe Prep Sheet

Simplified Culinary Services

49 - SAUERKRAUT

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011439	SAUERKRAUT,CANNED	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	26.980 kcal	Total Fat	0.199 g	Total Dietary Fiber	4.118 g	Vitamin C	20.874 mg	6.632% Calories from Total Fat
Saturated Fat ¹	0.048 g	Trans Fat ²	0.000 g	Protein	1.292 g	Iron	2.087 mg	1.611% Calories from Sat Fat
Sodium ¹	938.620 mg	Cholesterol	0.000 mg	Vitamin A	25.560 IU	Water	131.378 g	0.000% Calories from Trans Fat
Sugars	2.528 g	Carbohydrate	6.078 g	Calcium	42.600 mg	Ash	3.053 g	90.105% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.155% 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

Simplified Culinary Services

399 - SAUSAGE & CHSE ON WGR BUN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901701	Sausage Patty	2 OZ	No Instructions Assigned
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1/2 oz	
901677	HAMBURGER ROLL, WHEAT, SLICED 4 INCH, 12 PAC	1 PIECE	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	273.463 kcal	Total Fat	9.942 g	Total Dietary Fiber	1.995 g	Vitamin C	0.000 mg	32.721% Calories from Total Fat
Saturated Fat ¹	3.672 g	Trans Fat ²	0.000 g	Protein	12.941 g	Iron	180.048 mg	12.086% Calories from Sat Fat
Sodium ¹	691.599 mg	Cholesterol	21.199 mg	Vitamin A	360.803 IU	Water	7.021 g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	35.575 g	Calcium	172.697 mg	Ash	0.709 g	52.037% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.929% 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

Simplified Culinary Services

990054 - SAUSAGE HASHBROWN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
119704	Beef Breakfast Sausage Patty	2 OZ	No Instructions Assigned
901678	HASHBROWN PATTIE	2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	246.195 kcal	Total Fat	14.765 g	Total Dietary Fiber	1.888 g	Vitamin C	4.434 mg	53.974% Calories from Total Fat
Saturated Fat ¹	4.576 g	Trans Fat ²	0.000 g	Protein	10.183 g	Iron	1.831 mg	16.727% Calories from Sat Fat
Sodium ¹	524.275 mg	Cholesterol	49.516 mg	Vitamin A	20.548 IU	Water	*0.000* g	0.000% Calories from Trans Fat
Sugars	*0.000* g	Carbohydrate	12.848 g	Calcium	23.048 mg	Ash	*0.000* g	20.875% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			16.545% 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

Simplified Culinary Services

900031 - SAUSAGE PATTY

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901702	SAUSAGE PATTY, PRE-BROWNE 2.0 OZ	1 PIECE	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	199.996 kcal	Total Fat	17.995 g	Total Dietary Fiber	0.000 g	Vitamin C	0.000 mg	80.979% Calories from Total Fat
Saturated Fat ¹	7.000 g	Trans Fat ²	0.000 g	Protein	7.000 g	Iron	0.359 mg	31.499% Calories from Sat Fat
Sodium ¹	390.000 mg	Cholesterol	39.997 mg	Vitamin A	0.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	1.995 g	Calcium	0.000 mg	Ash	0.000 g	3.990% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			14.000% 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

Simplified Culinary Services

990042 - SCALLOPED POTATOES

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 50

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011352	POTATO RAW, PEELED	8 LB + 2 oz	1. Peel and thinly slice fresh potatoes. 2. Place 2 lb 10 oz (3 qt) potatoes into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings,use 2 pans. For 100 servings,use 4 pans. Set aside for step 6. 3. Melt margarine or butter. Add onions and cook over medium heat for 5-10 minutes. 4. Blend in flour and cook over medium heat,stirring constantly until golden brown,6-8 minutes. 5. Slowly stir in milk,salt,and pepper. Blend well and cook over medium heat,stirring frequently,until slightly thickened,10-15 minutes.
799915	MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD	6 oz	
011282	ONIONS,FRESH	14 oz, chopped	
020081	FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED	6 3/4 oz	
001155	MILK,DRY,SKIM,NON-FAT SOL,INST,WO/ VIT A	1 gal	
002047	SALT, TABLE	2 TBSP	
002030	PEPPER,BLACK	1/2 TBSP	

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Recipe Prep Sheet

Simplified Culinary Services

Ingredient #	Ingredient Name	Measurements	Instructions
			6. Pour 2 1/4 qt liquid mixture over potatoes in each pan. Stir to combine. 7. Product should be evenly golden brown on top: Bake: Conventional oven: 350° F for 45-60 minutes Convection oven: 300° F for 35-45 minutes CCP: Heat to 140° F or higher. 8. Continue to bake at 190° F for 30 minutes. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).
			Food as Purchased 50 Servings 100 Servings Mature onions 1 lb 2 lb
			Serving ½ cup (No. 8 scoop) provides ½ cup of vegetable.

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

Calories ¹	176.383 kcal	Total Fat	3.009 g	Total Dietary Fiber	1.802 g	Vitamin C	16.333 mg	15.354% Calories from Total Fat
Saturated Fat ¹	0.685 g	Trans Fat ²	*0.000* g	Protein	9.669 g	Iron	0.867 mg	3.497% Calories from Sat Fat
Sodium ¹	435.430 mg	Cholesterol	3.917 mg	Vitamin A	126.934 IU	Water	67.349 g	*0.000%* Calories from Trans Fat
Sugars	*12.308* g	Carbohydrate	27.982 g	Calcium	280.587 mg	Ash	3.401 g	63.457% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.927% 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

Simplified Culinary Services

900061 - SHRIMP BISQUE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011124	CARROTS,FRESH,RAW	1 qt, chopped + 2 CUP, chopped	CHOP BACON AND COOK IN STOCK POT. ADD BUTTER AND CELERY,CARROTS,ONIONS,AND GREEN PEPPERS. COOK UNTIL TENDER. ADD GARLIC. ADD FLOUR TO MAKE ROUX. ADD HOT TAP WATER AND BLEND IN CREAM SOUP BASE. ADD CHICKEN BASE,SPICES,TOMATOES AND CLAMS AND COOK 1 HOUR. ADD POTATOES AND HALF AND HALF AND COOK 30 MORE MINUTES. BLEND IN INSTANT POTATOES TO THICKEN.
011143	CELERY,FRESH,RAW	1 qt,chopped + 2 CUP,chopped	
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
001001	BUTTER,W/SALT	1 LB	
011215	GARLIC,FRESH	3 tbsp	
014429	WATER	4 1/2 gal	
011333	PEPPERS,SWT,GREEN,RAW	2 CUP, chopped	
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	
901636	Soup Base, Chicken SYSCO	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
001049	HALF & HALF, CREAM & MILK	3 qt	
006169	TABASCO SAUCE	1 tbsp	
901684	PARSLEY FLAKES	1 tbsp	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
900765	THYME LEAF,DRIED	1 tbsp	
901652	BUTTER BULK - LIGHTLY SALTED	1 LB	
901704	SHRIMP 21/25 HOMESTYLE IQF GR A	6 lb	
014429	WATER	4 gal	
903058	TOMATO PASTE, LOW-SODIUM, CANNED	2 qt	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	154.637 kcal	Total Fat	9.351 g	Total Dietary Fiber	0.950 g	Vitamin C	4.991 mg	54.425% Calories from Total Fat
Saturated Fat ¹	6.979 g	Trans Fat ²	*0.166* g	Protein	3.599 g	Iron	*0.641* mg	40.618% Calories from Sat Fat
Sodium ¹	427.673 mg	Cholesterol	29.878 mg	Vitamin A	1167.725 IU	Water	*217.510* g	*0.967%* Calories from Trans Fat
	Carbohydrate		Calcium		Ash			Calories from Carbohydrates

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Recipe Prep Sheet

Simplified Culinary Services

Sugars	*1.206* ^y	Carbohydrate	13.880 ^y	Calcium	*37.893* ^{yy}	*0.595* ^y	35.903% <small>Calories from Carbohydrates</small>
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000		9.310% <small>Calories from Protein</small>
Type of Fat	-						

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

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Recipe Prep Sheet

Simplified Culinary Services

343 - SIDE OF ITALIAN FRENCH BREAD

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901591	Anthony & Sons Whole Wht 16" Hero 5 oz.	1 1/2 oz	SLICE BREAD INTO 1.5 OUNCE PIECES

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	33.000 kcal	Total Fat	0.300 g	Total Dietary Fiber	0.600 g	Vitamin C	0.000 mg	8.182% Calories from Total Fat
Saturated Fat ¹	0.000 g	Trans Fat ²	0.000 g	Protein	1.200 g	Iron	*N/A* mg	0.000% Calories from Sat Fat
Sodium ¹	69.000 mg	Cholesterol	0.000 mg	Vitamin A	1.500 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	0.300 g	Carbohydrate	6.600 g	Calcium	18.000 mg	Ash	*N/A* g	80.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			14.545% 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

Simplified Culinary Services

388 - SIDE SALAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: 1 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011252	LETTUCE,ICEBERG,FRESH	1/3 CUP + 2 tsp	No Instructions Assigned
011251	LETTUCE,COS OR ROMAINE,RAW	1/3 CUP, shredded + 2 tsp, shredded	
011529	TOMATOES,FRESH,RED RIPE	1/8 small whole (2-2/5" dia)	
011124	CARROTS,FRESH,RAW	2 tbsp, chopped	

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

Calories ¹	14.544 kcal	Total Fat	0.143 g	Total Dietary Fiber	1.207 g	Vitamin C	3.795 mg	8.874% Calories from Total Fat
Saturated Fat ¹	0.020 g	Trans Fat ²	0.000 g	Protein	0.655 g	Iron	0.336 mg	1.225% Calories from Sat Fat
Sodium ¹	15.119 mg	Cholesterol	0.000 mg	Vitamin A	4408.269 IU	Water	61.637 g	0.000% Calories from Trans Fat
Sugars	1.681 g	Carbohydrate	3.179 g	Calcium	16.014 mg	Ash	0.390 g	87.426% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.014% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

990064 - SIMPLE VEGETABLE SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011124	CARROTS,FRESH,RAW	1 qt, chopped + 3 CUP, chopped	ADD ALL INGREDIENTS TO STOCK POT. BRING TO BOIL. REDUCE AND SIMMER FOR 1 HOUR. ADJUST SEASONING.
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011143	CELERY,FRESH,RAW	1 qt,chopped + 3 CUP,chopped	
011583	VEGETABLES,MIXED,FROZEN,UNPREPARED	5 LB	
011092	BROCCOLI,FRZ,CHOPPED	2 LB	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
901619	SOUP BASE VEGE LOW SODIUM NO MSG	2 LB	
901685	PEPPER BLACK, GROUND	1 tbsp	
901684	PARSLEY FLAKES	2 tbsp	
799906	THYME LEAF,DRIED	2 tbsp, leaves	
006169	TABASCO SAUCE	1 tbsp	
799903	GARLIC,GRANULATED	2 TBSP	
014429	WATER	7 gal	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	36.097 kcal	Total Fat	0.113 g	Total Dietary Fiber	1.320 g	Vitamin C	7.077 mg	2.825% Calories from Total Fat
Saturated Fat ¹	0.022 g	Trans Fat ²	*0.000* g	Protein	1.053 g	Iron	*0.251* mg	0.556% Calories from Sat Fat
Sodium ¹	122.618 mg	Cholesterol	0.000 mg	Vitamin A	1834.203 IU	Water	*184.720* g	*0.000%* Calories from Trans Fat
Sugars	*2.573* g	Carbohydrate	6.898 g	Calcium	16.249 mg	Ash	*0.379* g	76.442% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			11.669% 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

Simplified Culinary Services

231 - SKIM MILK

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: HALF PINT

Ingredient #	Ingredient Name	Measurements	Instructions
001085	MILK SKIM	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (HALF PINT)

Calories ¹	83.300 kcal	Total Fat	0.196 g	Total Dietary Fiber	0.000 g	Vitamin C	0.000 mg	2.118% Calories from Total Fat
Saturated Fat ¹	0.137 g	Trans Fat ²	*N/A* g	Protein	8.256 g	Iron	0.074 mg	1.482% Calories from Sat Fat
Sodium ¹	102.900 mg	Cholesterol	4.900 mg	Vitamin A	499.800 IU	Water	222.558 g	*N/A%* Calories from Trans Fat
Sugars	12.470 g	Carbohydrate	12.152 g	Calcium	298.900 mg	Ash	1.838 g	58.353% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			39.645% 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

Simplified Culinary Services

390 - SOFT BEEF TACO

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901605	BEEF TACO MEAT MAID-RITE	2 oz	HEAT MEAT TO 165 DEGREES. WARM TORTILLAS IN OVEN. FILL TORTILLA WITH HOT MEAT. SPRINKLE CHEDDAR CHEESE ON TOP.
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	
903055	CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE	1 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	273.618 kcal	Total Fat	11.297 g	Total Dietary Fiber	4.851 g	Vitamin C	*0.000* mg	37.160% Calories from Total Fat
Saturated Fat ¹	5.416 g	Trans Fat ²	*0.000* g	Protein	21.924 g	Iron	2.345 mg	17.816% Calories from Sat Fat
Sodium ¹	568.766 mg	Cholesterol	41.533 mg	Vitamin A	434.318 IU	Water	*0.000* g	*0.000%* Calories from Trans Fat
Sugars	*0.851* g	Carbohydrate	25.123 g	Calcium	331.044 mg	Ash	*0.000* g	36.727% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			32.051% 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

Simplified Culinary Services

990067 - SOFT CHICKEN TACO

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901581	Chicken Tender, Whole Grain	2 1/2 oz	No Instructions Assigned
900104	Tortilla, Whole Wheat Flour	1 (1 Tortilla)	
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	1 OZ	
799940	LETTUCE, COS OR ROMAINE, RAW	1/4 CUP, shredded	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	319.651 kcal	Total Fat	11.924 g	Total Dietary Fiber	5.231 g	Vitamin C	0.470 mg	33.573% Calories from Total Fat
Saturated Fat ¹	3.988 g	Trans Fat ²	*0.000* g	Protein	24.926 g	Iron	2.445 mg	11.228% Calories from Sat Fat
Sodium ¹	536.090 mg	Cholesterol	49.452 mg	Vitamin A	1323.423 IU	Water	*24.114* g	*0.000%* Calories from Trans Fat
Sugars	*0.000* g	Carbohydrate	31.246 g	Calcium	243.876 mg	Ash	*1.068* g	39.100% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			31.192% 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

Simplified Culinary Services

990058 - SOUR CREAM

Recipe HACCP Process: #1 No Cook

Source: SCS

Number of Portions: 1

Portion Size: TBSP

Ingredient #	Ingredient Name	Measurements	Instructions
001056	SOUR CREAM	2 TBSP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (TBSP)

Calories ¹	47.520 kcal	Total Fat	4.644 g	Total Dietary Fiber	0.000 g	Vitamin C	0.216 mg	87.955% Calories from Total Fat
Saturated Fat ¹	2.434 g	Trans Fat ²	0.191 g	Protein	0.586 g	Iron	0.017 mg	46.091% Calories from Sat Fat
Sodium ¹	7.440 mg	Cholesterol	14.160 mg	Vitamin A	107.280 IU	Water	17.537 g	3.617% Calories from Trans Fat
Sugars	0.818 g	Carbohydrate	1.111 g	Calcium	24.240 mg	Ash	0.122 g	9.354% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			4.933% 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

Simplified Culinary Services

6 - SPICY CHICKEN RICE SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011124	CARROTS,FRESH,RAW	3 qt, chopped + 3 CUP, chopped	BRING ALL INGREDIENTS EXCEPT UNCOOKED RICE TO A BOIL IN KETTLE OR STOCKPOT. REDUCE AND SIMMER UNTIL VEGETABLES ARE TENDER. ADD UNCOOKED RICE TO SIMMERING SOUP,COOK HAALFWAY AND TURN OFF SOUP.
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011143	CELERY,FRESH,RAW	3 qt,chopped + 3 CUP,chopped	
901632	Salsa Chunky Mild Sysco (2 Tbsp)	6 LB + 8 oz	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	2 LB	
011329	PEPPERS,HOT CHILI,GRN,CANNED	1 CUP, chop/dice	
014429	WATER	6 gal	
901684	PARSLEY FLAKES	2 tbsp	
799906	THYME LEAF,DRIED	2 tbsp, leaves	
901685	PEPPER BLACK, GROUND	1 tbsp	
799903	GARLIC,GRANULATED	1 TBSP	
901687	PEPPERS, CRUSHED RED	1 tbsp	
006169	TABASCO SAUCE	1 tbsp	
050451	RICE, LONG GRAIN, BROWN, COOKED, WITHOUT SALT	1 qt + 2 CUP	
901660	CHICKEN,DICED MEAT,WHITE/DARK	5 lb	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	63.928 kcal	Total Fat	1.977 g	Total Dietary Fiber	0.695 g	Vitamin C	1.865 mg	27.837% Calories from Total Fat
Saturated Fat ¹	0.415 g	Trans Fat ²	*0.000* g	Protein	5.085 g	Iron	*0.309* mg	5.841% Calories from Sat Fat
Sodium ¹	894.263 mg	Cholesterol	12.548 mg	Vitamin A	2019.576 IU	Water	*157.196* g	*0.000%* Calories from Trans Fat
Sugars	*1.491* g	Carbohydrate	5.595 g	Calcium	*13.867* mg	Ash	*0.345* g	35.010% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			31.817% 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

Simplified Culinary Services

51 - SPINACH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011464	SPINACH,FRZ,BOILED,DRAINED	1 CUP	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	64.600 kcal	Total Fat	1.653 g	Total Dietary Fiber	7.030 g	Vitamin C	4.180 mg	23.029% Calories from Total Fat
Saturated Fat ¹	0.298 g	Trans Fat ²	0.000 g	Protein	7.619 g	Iron	3.724 mg	4.156% Calories from Sat Fat
Sodium ¹	184.300 mg	Cholesterol	0.000 mg	Vitamin A	22915.900 IU	Water	168.986 g	0.000% Calories from Trans Fat
Sugars	0.969 g	Carbohydrate	9.120 g	Calcium	290.700 mg	Ash	2.641 g	56.471% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			47.176% 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

Simplified Culinary Services

900046 - SPINACH ARTICHOKE AU GRATIN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
001001	BUTTER,W/SALT	1 LB	SAUTE ONIONS,CELERY,CARROTS AND GREEN PEPPERS IN BUTTER. WHEN TENDER ADD FRESH GARLIC. ADD FLOUR TO CREATE ROUX. ADD HOT TAP WATER AND BLEND IN CREAM SOUP BASE. ADD BROCCOLI,MIXED VEGGIES ,SPICES AND CHICKEN BASE AND COOK 1 HOUR. ADD CHEESES AND BLEND IN,COOK 15 MINUTES. ADD HALF AND HALF. TIGHTEN WITH CORNSTARCH SLUR AND COOK 30 MORE MINUTES. COOK TORTELLINI ON SIDE AND ADD TO FINISHED SOUP AS IT IS NEEDED.
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
011215	GARLIC,FRESH	2 tbsp	
014429	WATER	4 1/4 gal	
011143	CELERY,FRESH,RAW	1 qt,chopped + 1 CUP,chopped	
011124	CARROTS,FRESH,RAW	1 qt, chopped + 1 CUP, chopped	
011282	ONIONS,FRESH	3 CUP, chopped	
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	
901609	Cheddar Cheese Sauce Mild	4 LB	
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	2 lb	
901654	CHEESE, PARMESAN, GRATED	1 qt + 1 cup	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
001049	HALF & HALF, CREAM & MILK	3 qt	
901684	PARSLEY FLAKES	2 tbsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
020027	CORNSTARCH	2 CUP	
011458	SPINACH,CKD,BLD,DRND,WO/SALT	6 LB	
901648	ARTICHOKE HEARTS 40/50 CT, ROLAND	5 LB	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	166.301 kcal	Total Fat	10.048 g	Total Dietary Fiber	1.096 g	Vitamin C	2.529 mg	54.379% Calories from Total Fat
Saturated Fat ¹	7.141 g	Trans Fat ²	*0.166* g	Protein	4.805 g	Iron	*1.085* mg	38.648% Calories from Sat Fat
Sodium ¹	837.283 mg	Cholesterol	18.019 mg	Vitamin A	2565.254 IU	Water	*135.505* g	*0.899%* Calories from Trans Fat
Sugars	*1.297* g	Carbohydrate	12.482 g	Calcium	*136.491* mg	Ash	*1.013* g	30.023% Calories from Carbohydrates

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Recipe Prep Sheet

Simplified Culinary Services

Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000		11.557% 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

Simplified Culinary Services

900051 - STEAK QUESADILLA BOWL

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	1 OZ	No Instructions Assigned
901697	RICE, ORIGINAL CONVERTED	1 .25 CUP	
050486	CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE	1 oz	
023629	BEEF, TOP SIRLOIN, STEAK, LN, 1/8" FAT, CHOIC, CKD,	2 OZ	
901570	SALSA, TOMATO, CANNED	1 1/2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	384.152 kcal	Total Fat	8.084 g	Total Dietary Fiber	1.270 g	Vitamin C	2.954 mg	18.938% Calories from Total Fat
Saturated Fat ¹	4.491 g	Trans Fat ²	*0.000* g	Protein	29.091 g	Iron	5.009 mg	10.523% Calories from Sat Fat
Sodium ¹	297.276 mg	Cholesterol	60.927 mg	Vitamin A	589.724 IU	Water	*48.872* g	*0.000%* Calories from Trans Fat
Sugars	*0.000* g	Carbohydrate	46.439 g	Calcium	263.428 mg	Ash	*1.680* g	48.355% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			30.291% 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

Simplified Culinary Services

99 - STRAWBERRIES

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
009316	STRAWBERRIES,FRESH	1 CUP, whole	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	46.080 kcal	Total Fat	0.432 g	Total Dietary Fiber	2.880 g	Vitamin C	84.672 mg	8.438% Calories from Total Fat
Saturated Fat ¹	0.022 g	Trans Fat ²	0.000 g	Protein	0.965 g	Iron	0.590 mg	0.422% Calories from Sat Fat
Sodium ¹	1.440 mg	Cholesterol	0.000 mg	Vitamin A	17.280 IU	Water	130.968 g	0.000% Calories from Trans Fat
Sugars	7.042 g	Carbohydrate	11.059 g	Calcium	23.040 mg	Ash	0.576 g	96.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.377% 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

Simplified Culinary Services

900047 - STUFFED CRUST PIZZA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
021512	PIZZA HUT 14" CHS PIZZA,STUFFED CRUST	1 slice	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	320.580 kcal	Total Fat	13.607 g	Total Dietary Fiber	1.989 g	Vitamin C	3.627 mg	38.201% Calories from Total Fat
Saturated Fat ¹	6.815 g	Trans Fat ²	0.342 g	Protein	14.309 g	Iron	2.387 mg	19.133% Calories from Sat Fat
Sodium ¹	719.550 mg	Cholesterol	35.100 mg	Vitamin A	597.870 IU	Water	50.743 g	0.959% Calories from Trans Fat
Sugars	3.393 g	Carbohydrate	35.100 g	Calcium	278.460 mg	Ash	3.229 g	43.796% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.854% 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

Simplified Culinary Services

900048 - SWEET POTATO TOTS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: 4 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
031025	SWEET POTATO PUFFS,FRZ,UNPREP	4 OZ	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (4 OUNCES)

Calories ¹	182.466 kcal	Total Fat	4.057 g	Total Dietary Fiber	2.153 g	Vitamin C	2.493 mg	20.012% Calories from Total Fat
Saturated Fat ¹	0.351 g	Trans Fat ²	0.079 g	Protein	1.541 g	Iron	0.453 mg	1.733% Calories from Sat Fat
Sodium ¹	283.333 mg	Cholesterol	0.000 mg	Vitamin A	3399.996 IU	Water	71.423 g	0.391% Calories from Trans Fat
Sugars	8.670 g	Carbohydrate	34.816 g	Calcium	64.600 mg	Ash	1.496 g	76.323% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			3.378% 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

Simplified Culinary Services

442 - SWEET POTATO WEDGE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901643	Sweet Potato Wedge Sysco	4 oz	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	160.000 kcal	Total Fat	6.000 g	Total Dietary Fiber	2.667 g	Vitamin C	4.800 mg	33.750% Calories from Total Fat
Saturated Fat ¹	0.667 g	Trans Fat ²	0.000 g	Protein	1.333 g	Iron	0.480 mg	3.750% Calories from Sat Fat
Sodium ¹	186.667 mg	Cholesterol	0.000 mg	Vitamin A	5333.333 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	9.333 g	Carbohydrate	25.333 g	Calcium	26.667 mg	Ash	*N/A* g	63.333% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			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

Simplified Culinary Services

56 - SWEET POTATO, BAKED

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011508	SWEETPOTATOES,BAKED W/SKIN	1 medium	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	102.599 kcal	Total Fat	0.171 g	Total Dietary Fiber	3.762 g	Vitamin C	22.344 mg	1.500% Calories from Total Fat
Saturated Fat ¹	0.059 g	Trans Fat ²	0.000 g	Protein	2.291 g	Iron	0.787 mg	0.520% Calories from Sat Fat
Sodium ¹	41.040 mg	Cholesterol	0.000 mg	Vitamin A	21908.328 IU	Water	86.388 g	0.000% Calories from Trans Fat
Sugars	7.387 g	Carbohydrate	23.609 g	Calcium	43.320 mg	Ash	1.539 g	92.045% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.932% 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

Simplified Culinary Services

5041 - TABOULEH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 100

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
020012	BULGUR, DRY	4 LB	1. Combine Bulgur and boiling water in a large bowl. Let stand for 30 minutes or until water is absorbed. Do not drain.
000001	WATER, BOILING	3 qt	
011529	TOMATOES, FRESH, RED RIPE	8 LB	2. Add tomatoes, cucumbers, parsley, onions, and mint to the bulgur.
011206	CUCUMBER, RAW, PEELED	3 LB + 12 oz	
011297	PARSLEY, RAW	6 oz	
011282	ONIONS, FRESH	1 LB + 8 oz	
900453	MINT LEAVES, FRESH	1/2 CUP	
002047	SALT, TABLE	1/4 cup	3. For dressing, combine salt and lemon juice in a small bowl. Whisk in the oil.
009153	LEMON JUICE, CANNED/BOTTLED	2 2/3 CUP	
901293	OIL, VEG, TYPE A-COMMOD	1 CUP	
			4. Add dressing to salad and toss to combine all ingredients.
			5. Can be served either chilled or at room temperature.
			SERVING: 1/2 cup provides 3/8 cup of vegetable and 3/4 serving of bread/grain.
			VOLUME: 100 Servings, 3 gallons
			MARKETING GUIDE: 100 Servings Tomatoes: 8 Lb and 2 Oz purchased to yield 8 Lbs Cucumbers: 8 Lb and 8 Oz purchased to yield 3 Lb, 12 Oz Parsley: 7 Oz purchased to yield 6 Oz Onions: 1 Lb and 11 Oz purchased to yield 1 Lb, 8 Oz

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

Calories ¹	94.365 kcal	Total Fat	2.546 g	Total Dietary Fiber	3.044 g	Vitamin C	9.212 mg	24.286% Calories from Total Fat
Saturated Fat ¹	0.349 g	Trans Fat ²	*0.000* g	Protein	2.807 g	Iron	0.717 mg	3.326% Calories from Sat Fat
Sodium ¹	287.964 mg	Cholesterol	0.000 mg	Vitamin A	470.557 IU	Water	94.851 g	*0.000%* Calories from Trans Fat
Sugars	*1.666* g	Carbohydrate	16.658 g	Calcium	17.841 mg	Ash	1.341 g	70.613% Calories from Carbohydrates

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Recipe Prep Sheet

Simplified Culinary Services

Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000		11.898% Calories from Protein
Type of Fat	-						

Components									
Meat/Meat ALT	oz eq	Grain	.75 oz eq	Fruit	.375 cup	Vegetable	cup	Milk	cup

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Recipe Prep Sheet

Simplified Culinary Services

990070 - TACO Y PAPAS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011356	POTATOES,RUSSET,FLESH & SKN,BKD	1/2 medium (2.25"-3.25")	No Instructions Assigned
901602	BEEF GROUND BEEF COOKED MAID-RITE	3 oz	
051556	Cheese, Cheddar, Yellow, Reduced Fat, Shredde	1 1/2 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	362.544 kcal	Total Fat	20.650 g	Total Dietary Fiber	1.990 g	Vitamin C	*7.180* mg	51.262% Calories from Total Fat
Saturated Fat ¹	11.102 g	Trans Fat ²	0.000 g	Protein	28.620 g	Iron	*2.468* mg	27.561% Calories from Sat Fat
Sodium ¹	687.281 mg	Cholesterol	87.514 mg	Vitamin A	*8.650* IU	Water	*64.399* g	0.000% Calories from Trans Fat
Sugars	0.934 g	Carbohydrate	20.064 g	Calcium	*15.570* mg	Ash	*1.168* g	22.137% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			31.577% 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

Simplified Culinary Services

100 - TANGERINE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
009218	TANGERINES,FRESH	1 each 2-3/8" dia	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	44.520 kcal	Total Fat	0.260 g	Total Dietary Fiber	1.512 g	Vitamin C	22.428 mg	5.264% Calories from Total Fat
Saturated Fat ¹	0.033 g	Trans Fat ²	0.000 g	Protein	0.680 g	Iron	0.126 mg	0.663% Calories from Sat Fat
Sodium ¹	1.680 mg	Cholesterol	0.000 mg	Vitamin A	572.037 IU	Water	71.542 g	0.000% Calories from Trans Fat
Sugars	8.887 g	Carbohydrate	11.206 g	Calcium	31.080 mg	Ash	0.319 g	100.678% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			6.110% 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

Simplified Culinary Services

445 - TATER TOTS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901645	Tater Tots Sysco	4 oz	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	200.000 kcal	Total Fat	10.667 g	Total Dietary Fiber	2.667 g	Vitamin C	6.400 mg	48.000% Calories from Total Fat
Saturated Fat ¹	2.667 g	Trans Fat ²	0.000 g	Protein	2.667 g	Iron	0.960 mg	12.000% Calories from Sat Fat
Sodium ¹	440.000 mg	Cholesterol	0.000 mg	Vitamin A	133.333 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	1.333 g	Carbohydrate	24.000 g	Calcium	26.667 mg	Ash	*N/A* g	48.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			5.334% 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

Simplified Culinary Services

129 - THREE BEAN SALAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 100

Portion Size: 1/4 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
016029	BEANS,KIDNEY,ALL TYPES,CANNED,DRAINED	1/2 #10 CAN	1. Rinse kidney beans in cold water and drain well.
011932	BEANS,WAX,YELLOW,CANNED,DRAINED	1/2 #10 CAN	
900829	BEANS,GREEN,CANNED,DRAINED	1 1/4 #10 CAN	2. Combine kidney beans, wax beans, green beans, and onions.
011282	ONIONS,FRESH	1 CUP, chopped	
901293	OIL,VEG,TYPE A-COMMOD	1 1/3 CUP	
002053	VINEGAR,DISTILLED	1 1/3 CUP	3. Combine vegetable oil, vinegar, sugar, basil, pepper and garlic powder. Mix until well blended. 4. Pour dressing over beans. Toss lightly to combine and coat evenly. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor. 5. Mix lightly before serving. 6. Portion with No.16 scoop (1/4 cup). SERVING: 1/4 cup (No.16 scoop) provides 1/4 cup of vegetable. YIELD: 100 servings, about 1 gallon, 2 1/2 quarts MARKETING GUIDE: 100 Servings Mature Onions: 7oz purchased to yield 6oz
019335	SUGAR,GRANULATED	4 1/2 oz	
002003	BASIL,GROUND	2 tbsp	
002030	PEPPER,BLACK	2 tsp	
002020	GARLIC POWDER	2 TSP	

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

Calories ¹	51.117 kcal	Total Fat	3.028 g	Total Dietary Fiber	1.250 g	Vitamin C	1.626 mg	53.315% Calories from Total Fat
Saturated Fat ¹	0.413 g	Trans Fat ²	*0.000* g	Protein	1.205 g	Iron	0.540 mg	7.275% Calories from Sat Fat
Sodium ¹	120.284 mg	Cholesterol	0.000 mg	Vitamin A	84.070 IU	Water	44.190 g	*0.000%* Calories from Trans Fat
Sugars	*1.695* g	Carbohydrate	5.101 g	Calcium	15.771 mg	Ash	0.558 g	39.915% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			9.429% Calories from Protein
Type of Fat	-							

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

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Recipe Prep Sheet

Simplified Culinary Services

411 - THREE BEAN VEGE BARLEY SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 85

Portion Size: 6 ounce

Ingredient #	Ingredient Name	Measurements	Instructions
014429	WATER	4 gal	PUT WATER IN LARGE STOCK POT. ADD ALL INGREDIENTS EXCEPT KIDNEY BEANS, WHITE BEANS AND PARMESAN. BRING TO A BOIL. REDUCE TO A SIMMER FOR 45 MINUTES, UNTIL VEGETABLES AND BARLEY ARE TENDER. ADD WHITE BEANS, KIDNEY BEANS. WHISK IN PARMESAN. TASTE SOUP, ADJUST SEASONING.
011282	ONIONS, FRESH	2 CUP, chopped	
011124	CARROTS, FRESH, RAW	3 CUP, chopped	
011143	CELERY, FRESH, RAW	2 CUP, chopped	
901715	ZUCCHINI SQUASH	2 CUP	
011641	SQUASH, SMMR, ALL VAR, RAW	2 CUP, sliced	
011092	BROCCOLI, FRZ, CHOPPED	2 CUP	
011463	SPINACH, FRZ, CHOPD OR LEAF, UNPREP	2 CUP	
900042	BEANS, WHITE, CANNED, DRAINED	2 LB	
901536	BEANS, KIDNEY, RED, CANNED, SOLIDS AND LIQUID	2 LB	
901624	TOMATOES CRUSHED RED PACK	2 LB	
020004	BARLEY	1 LB	
901619	SOUP BASE VEGE LOW SODIUM NO MSG	1 LB	
050471	BEANS, GREEN, COOKED FROM FROZEN, WHOLE, DRA	2 CUP	
002047	SALT, TABLE	1 tsp	
901685	PEPPER BLACK, GROUND	1 TSP	
799903	GARLIC, GRANULATED	1 TBSP	
901686	PEPPER, RED, GROUND	2 TSP	
901654	CHEESE, PARMESAN, GRATED	2 cup	

*Nutrients are based upon 1 Portion Size (6 ounce)

Calories ¹	78.546 kcal	Total Fat	1.117 g	Total Dietary Fiber	2.921 g	Vitamin C	4.738 mg	12.800% Calories from Total Fat
Saturated Fat ¹	0.618 g	Trans Fat ²	*0.000* g	Protein	4.050 g	Iron	*0.888* mg	7.086% Calories from Sat Fat
Sodium ¹	228.180 mg	Cholesterol	2.824 mg	Vitamin A	1471.133 IU	Water	*205.395* g	*0.000%* Calories from Trans Fat
Sugars	*2.214* g	Carbohydrate	12.577 g	Calcium	67.773 mg	Ash	*0.761* g	64.047% Calories from Carbohydrates
Moisture Change	%		0.000	Portion Cost				Calories from Protein

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Recipe Prep Sheet

Simplified Culinary Services

Meat/Meat ALT	0.000	Fat Change	%	\$0.000	20.625%
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

Simplified Culinary Services

313 - TOMATO BEEF BARLEY SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
014429	WATER	6 gal	BRING ALL INGREDIENTS TO BOIL IN LARGE STOCKPOT. SIMMER FOR 45 MINUTES TO AN HOUR, UNTIL BARLEY AND VEGETABLES ARE SOFT
901624	TOMATOES CRUSHED RED PACK	13 LB + 2 oz	
900059	BEEF GROUND, REGULAR, BAKED, WELL DONE	9 LB	
020004	BARLEY	2 LB	
011282	ONIONS, FRESH	1 qt, chopped + 1 CUP, chopped	
011124	CARROTS, FRESH, RAW	3 qt, chopped + 3 CUP, chopped	
011143	CELERY, FRESH, RAW	3 qt, chopped + 3 CUP, chopped	
901608	Soup Base, Beef Sysco 1tsp = .013 lbs	2 LB	
002047	SALT, TABLE	1 TBSP	
901685	PEPPER BLACK, GROUND	1 tbsp	
799903	GARLIC, GRANULATED	1 TBSP	
901684	PARSLEY FLAKES	1 tbsp	
006169	TABASCO SAUCE	1 tbsp	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	135.231 kcal	Total Fat	6.231 g	Total Dietary Fiber	2.085 g	Vitamin C	5.009 mg	41.472% Calories from Total Fat
Saturated Fat ¹	2.060 g	Trans Fat ²	*0.000* g	Protein	9.332 g	Iron	*0.974* mg	13.711% Calories from Sat Fat
Sodium ¹	886.071 mg	Cholesterol	25.935 mg	Vitamin A	2119.256 IU	Water	*168.700* g	*0.000%* Calories from Trans Fat
Sugars	*3.655* g	Carbohydrate	9.737 g	Calcium	17.107 mg	Ash	*0.846* g	28.802% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			27.603% 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

Simplified Culinary Services

990038 - TOMATO BISQUE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011282	ONIONS,FRESH	3 CUP, chopped	SAUTE MIREPOIX IN BUTTER UNTIL TENDER. ADD GARLIC AND SAUTE. TIGHTEN WITH FLOUR TO MAKE ROUX. ADD 1/2 THE WATER. MIX WELL. ADD CREAM SOUP BASE AND WHIP. ADD TOMATOES AND STIR. ADD SOUP BASES AND SALT AND PEPERRS. ADD REST OF WATER. COOK FOR 2 HOURS ON SIMMER. FINISH WITH 1/2 AND 1/2,BASIL AND PARMESAN CHEESE
011143	CELERY,FRESH,RAW	2 qt,chopped	
011124	CARROTS,FRESH,RAW	2 qt, chopped	
011215	GARLIC,FRESH	3 tbsp	
001001	BUTTER,W/SALT	1 LB	
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
900809	SYSCO CREAM SOUP BASE	1/4 (10 CUPS)	
901624	TOMATOES CRUSHED RED PACK	19 LB + 11 oz	
014429	WATER	4 gal	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	8 oz	
901608	Soup Base, Beef Sysco 1tsp = .013 lbs	8 oz	
901696	RED PEPPER STRIPS	3 lb	
901686	PEPPER, RED, GROUND	2 TSP	
001049	HALF & HALF, CREAM & MILK	3 qt	
002047	SALT, TABLE	2 tsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
002044	BASIL,FRESH	1 cup, chopped	
901654	CHEESE, PARMESAN, GRATED	2 cup	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	103.472 kcal	Total Fat	5.124 g	Total Dietary Fiber	1.432 g	Vitamin C	8.450 mg	44.564% Calories from Total Fat
Saturated Fat ¹	3.207 g	Trans Fat ²	0.166 g	Protein	2.977 g	Iron	*0.208* mg	27.893% Calories from Sat Fat
Sodium ¹	570.189 mg	Cholesterol	13.078 mg	Vitamin A	1627.622 IU	Water	*116.291* g	1.445% Calories from Trans Fat
Sugars	*4.178* g	Carbohydrate	9.817 g	Calcium	*45.425* mg	Ash	*0.503* g	37.950% Calories from Carbohydrates

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Recipe Prep Sheet

Simplified Culinary Services

Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000		11.508% 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

Simplified Culinary Services

373 - TORTELLINI PRIMAVERA

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
001001	BUTTER,W/SALT	1 LB	SAUTE ONIONS,CELERY,CARROTS AND GREEN PEPPERS IN BUTTER. WHEN TENDER ADD FRESH GARLIC. ADD FLOUR TO CREATE ROUX. ADD HOT TAP WATER AND BLEND IN CREAM SOUP BASE. ADD BROCCOLI,MIXED VEGGIES ,SPICES AND CHICKEN BASE AND COOK 1 HOUR. ADD CHEESES AND BLEND IN,COOK 15 MINUTES. ADD HALF AND HALF. TIGHTEN WITH CORNSTARCH SLUR AND COOK 30 MORE MINUTES. COOK TORTELLINI ON SIDE AND ADD TO FINISHED SOUP AS IT IS NEEDED.
903056	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1 LB	
011215	GARLIC,FRESH	2 tbsp	
014429	WATER	4 1/4 gal	
011143	CELERY,FRESH,RAW	1 qt,chopped + 1 CUP,chopped	
011124	CARROTS,FRESH,RAW	1 qt, chopped + 1 CUP, chopped	
011282	ONIONS,FRESH	3 CUP, chopped	
900809	SYSCO CREAM SOUP BASE	2 (10 CUPS)	
011583	VEGETABLES,MIXED,FROZEN,UNPREPARED	5 LB	
011092	BROCCOLI,FRZ,CHOPPED	2 LB	
011333	PEPPERS,SWT,GREEN,RAW	1 CUP, chopped	
901609	Cheddar Cheese Sauce Mild	4 LB	
901638	CHEESE, CHEDDAR, REDUCED FAT/SODIUM	2 lb	
901654	CHEESE, PARMESAN, GRATED	1 qt + 1 cup	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB	
001049	HALF & HALF, CREAM & MILK	3 qt	
901684	PARSLEY FLAKES	2 tbsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
020027	CORNSTARCH	2 CUP	
901709	TORTELLINI	8 LB	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	214.029 kcal	Total Fat	11.034 g	Total Dietary Fiber	1.312 g	Vitamin C	5.809 mg	46.398% Calories from Total Fat
Saturated Fat ¹	7.699 g	Trans Fat ²	*0.166* g	Protein	6.603 g	Iron	*0.683* mg	32.374% Calories from Sat Fat
Sodium ¹	853.535 mg	Cholesterol	21.157 mg	Vitamin A	1680.510 IU	Water	*137.557* g	*0.698%* Calories from Trans Fat
		Carbohydrate		Calcium		Ash		Calories from Carbohydrates

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Recipe Prep Sheet

Simplified Culinary Services

Sugars	*1.322* ^y	Carbohydrate	20.245 ^y	Calcium	*140.437* ^{yy}	*0.842* ^y	37.836% <small>Calories from Carbohydrates</small>
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000		12.340% <small>Calories from Protein</small>
Type of Fat	-						

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

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Recipe Prep Sheet

Simplified Culinary Services

396 - TUNA SALAD ON WG ROLL

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
015121	TUNA,LIGHT,WATER PAK,DRAINED	2 CAN (66.5)	1. Drain and flake tuna.
011284	ONIONS,DEHYDRATED FLAKES	1 1/8 oz	
011143	CELERY,FRESH,RAW	2 LB	2. Combine tuna, onions, celery, pickle relish, dry mustard and mayonnaise. Mix lightly until well blended. 3. Cover and refrigerate until ready to use.
011945	PICKLE RELISH,SWEET	8 3/4 oz	
000088	MUSTARD ,DRY	1/2 tbsp	
004026	MAYONNAISE	2 LB + 11 oz	
901592	Anthony & Sons Kaiser Roll 2.3 oz	7 LB + 3 oz	
			4. Portion with No. 8 scoop (1/2 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve. SERVING: 1 sandwich provides 2 ounces of cooked fish and 2 servings of bread. MARKETING GUIDE: 50 Servings Celery: 2 Lb and 7oz purchased to yield 2 Lb chopped Bread, Sliced: 3 1/4 sandwich loaves (2 Lb each)

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	386.469 kcal	Total Fat	21.471 g	Total Dietary Fiber	3.404 g	Vitamin C	1.090 mg	50.000% Calories from Total Fat
Saturated Fat ¹	2.230 g	Trans Fat ²	*0.001* g	Protein	16.730 g	Iron	*1.154* mg	5.192% Calories from Sat Fat
Sodium ¹	636.213 mg	Cholesterol	35.204 mg	Vitamin A	248.237 IU	Water	*69.340* g	*0.003%* Calories from Trans Fat
Sugars	*3.044* g	Carbohydrate	32.495 g	Calcium	103.266 mg	Ash	*1.173* g	33.633% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.316% 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

Simplified Culinary Services

117 - TUNA SALAD SANDW (50 sand)

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
015121	TUNA,LIGHT,WATER PAK,DRAINED	2 CAN (66.5)	1. Drain and flake tuna.
011284	ONIONS,DEHYDRATED FLAKES	1 1/8 oz	
011143	CELERY,FRESH,RAW	2 LB	2. Combine tuna, onions, celery, pickle relish, dry mustard and mayonnaise. Mix lightly until well blended. 3. Cover and refrigerate until ready to use.
011945	PICKLE RELISH,SWEET	8 3/4 oz	
000088	MUSTARD ,DRY	1/2 tbsp	
004026	MAYONNAISE	2 LB + 11 oz	
901594	Anthony & Sons Ultragr n Bread 2 slices 1.8 oz	2 LB + 13 oz	
			4. Portion with No. 8 scoop (1/2 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve.
			SERVING: 1 sandwich provides 2 ounces of cooked fish and 2 servings of bread.
			MARKETING GUIDE: 50 Servings Celery: 2 Lb and 7oz purchased to yield 2 Lb chopped Bread, Sliced: 3 1/4 sandwich loaves (2 Lb each)

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	291.469 kcal	Total Fat	20.721 g	Total Dietary Fiber	1.904 g	Vitamin C	1.090 mg	63.981% Calories from Total Fat
Saturated Fat ¹	2.230 g	Trans Fat ²	*0.001* g	Protein	14.230 g	Iron	1.694 mg	6.885% Calories from Sat Fat
Sodium ¹	446.213 mg	Cholesterol	35.204 mg	Vitamin A	243.237 IU	Water	*69.340* g	*0.004%* Calories from Trans Fat
Sugars	*2.044* g	Carbohydrate	13.995 g	Calcium	33.266 mg	Ash	*1.173* g	19.207% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.529% 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

Simplified Culinary Services

383 - TURKEY & CHEESE ON WG ROLL

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901621	Turkey Breast Oven Browned JennieO	2 oz	SLICE TURKEY THIN. PLACE ON BREAD AND CUT IN HALF. WRAP SANDWICH WITH MEAT FACING OUT
901594	Anthony & Sons Ultragrñ Bread 2 slices 1.8 oz	1 7/8 oz	
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	240.874 kcal	Total Fat	6.556 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	24.495% Calories from Total Fat
Saturated Fat ¹	3.036 g	Trans Fat ²	0.000 g	Protein	25.087 g	Iron	1.179 mg	11.344% Calories from Sat Fat
Sodium ¹	1025.116 mg	Cholesterol	40.187 mg	Vitamin A	658.111 IU	Water	*14.042* g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	23.024 g	Calcium	203.257 mg	Ash	*1.417* g	38.234% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			41.660% 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

Simplified Culinary Services

394 - TURKEY & CHEESE ON WG ROLL

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901621	Turkey Breast Oven Browned JennieO	2 oz	SLICE TURKEY THIN. PLACE ON BREAD AND CUT IN HALF. WRAP SANDWICH WITH MEAT FACING OUT
901592	Anthony & Sons Kaiser Roll 2.3 oz	2 1/3 oz	
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	280.874 kcal	Total Fat	6.556 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	21.007% Calories from Total Fat
Saturated Fat ¹	3.036 g	Trans Fat ²	0.000 g	Protein	25.087 g	Iron	*0.099* mg	9.729% Calories from Sat Fat
Sodium ¹	1105.116 mg	Cholesterol	40.187 mg	Vitamin A	663.111 IU	Water	*14.042* g	0.000% Calories from Trans Fat
Sugars	1.000 g	Carbohydrate	31.024 g	Calcium	263.257 mg	Ash	*1.417* g	44.182% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			35.727% 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

Simplified Culinary Services

990053 - TURKEY BOWL

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
051660	MASHED POTATOES	4 oz	No Instructions Assigned
050486	CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE	3 oz	
007046	TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUN	3 OZ	
006125	GRAVY,TURKEY,CANNED	2 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	296.968 kcal	Total Fat	5.497 g	Total Dietary Fiber	3.808 g	Vitamin C	27.120 mg	16.658% Calories from Total Fat
Saturated Fat ¹	1.322 g	Trans Fat ²	*0.008* g	Protein	24.988 g	Iron	2.119 mg	4.006% Calories from Sat Fat
Sodium ¹	1167.186 mg	Cholesterol	39.580 mg	Vitamin A	410.044 IU	Water	*200.081* g	*0.024%* Calories from Trans Fat
Sugars	*3.938* g	Carbohydrate	39.182 g	Calcium	31.919 mg	Ash	*3.361* g	52.776% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			33.657% 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

Simplified Culinary Services

398 - TURKEY CHEF SALAD

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901675	GREEN PEPPER STRIPS	1 oz	No Instructions Assigned
901696	RED PEPPER STRIPS	1 OZ	
011529	TOMATOES,FRESH,RED RIPE	1 tbsp, cherry toms	
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1 oz	
901621	Turkey Breast Oven Browned JennieO	2 oz	
011253	LETTUCE,LOOSELEAF,RAW	1/2 CUP, shredded	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	144.699 kcal	Total Fat	5.101 g	Total Dietary Fiber	1.287 g	Vitamin C	14.038 mg	31.730% Calories from Total Fat
Saturated Fat ¹	3.042 g	Trans Fat ²	0.000 g	Protein	20.885 g	Iron	0.435 mg	18.923% Calories from Sat Fat
Sodium ¹	810.622 mg	Cholesterol	40.187 mg	Vitamin A	2621.821 IU	Water	*39.940* g	0.000% Calories from Trans Fat
Sugars	0.385 g	Carbohydrate	4.792 g	Calcium	193.976 mg	Ash	*1.576* g	13.246% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			57.734% 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

Simplified Culinary Services

408 - TURKEY CHEF SALAD ROMAINE

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901696	RED PEPPER STRIPS	2 OZ	No Instructions Assigned
011529	TOMATOES,FRESH,RED RIPE	1 tbsp, cherry toms	
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	1 oz	
901621	Turkey Breast Oven Browned JennieO	2 oz	
011251	LETTUCE,COS OR ROMAINE,RAW	1 CUP, shredded	
901585	MULTIGRAIN CHEESE GARLIC CROUTON	1/4 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	179.992 kcal	Total Fat	6.215 g	Total Dietary Fiber	2.041 g	Vitamin C	16.864 mg	31.078% Calories from Total Fat
Saturated Fat ¹	3.057 g	Trans Fat ²	0.000 g	Protein	22.218 g	Iron	0.722 mg	15.287% Calories from Sat Fat
Sodium ¹	889.342 mg	Cholesterol	40.187 mg	Vitamin A	5935.767 IU	Water	*67.310* g	0.000% Calories from Trans Fat
Sugars	0.804 g	Carbohydrate	10.822 g	Calcium	205.372 mg	Ash	*1.737* g	24.050% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			49.376% 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

Simplified Culinary Services

299 - TURKEY ON WHEAT

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901621	Turkey Breast Oven Browned JennieO	3 oz	SLICE TURKEY THIN. PLACE ON BREAD AND CUT IN HALF. WRAP SANDWICH WITH MEAT FACING OUT
901594	Anthony & Sons Ultragrnr Bread 2 slices 1.8 oz	1 7/8 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	200.000 kcal	Total Fat	2.250 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	10.125% Calories from Total Fat
Saturated Fat ¹	0.000 g	Trans Fat ²	0.000 g	Protein	24.500 g	Iron	1.080 mg	0.000% Calories from Sat Fat
Sodium ¹	805.000 mg	Cholesterol	37.500 mg	Vitamin A	0.000 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	0.000 g	Carbohydrate	21.000 g	Calcium	20.000 mg	Ash	*N/A* g	42.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			49.000% 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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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Recipe Prep Sheet

Simplified Culinary Services

287 - TURKEY SANDWICH ON KAISER ROLL

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901621	Turkey Breast Oven Browned JennieO	3 oz	SLICE DELI TURKEY THIN. PLACE ON ROLL EVENLY AND CUT SANDWICH IN HALF. WRAP WITH MEAT FACING OUT
901592	Anthony & Sons Kaiser Roll 2.3 oz	2 1/3 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	240.000 kcal	Total Fat	2.250 g	Total Dietary Fiber	3.000 g	Vitamin C	0.000 mg	8.438% Calories from Total Fat
Saturated Fat ¹	0.000 g	Trans Fat ²	0.000 g	Protein	24.500 g	Iron	*0.000* mg	0.000% Calories from Sat Fat
Sodium ¹	885.000 mg	Cholesterol	37.500 mg	Vitamin A	5.000 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	1.000 g	Carbohydrate	29.000 g	Calcium	80.000 mg	Ash	*N/A* g	48.333% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			40.833% 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

Simplified Culinary Services

900069 - TURKEY SUB

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 4

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
901621	Turkey Breast Oven Browned JennieO	9 oz	SLICE TURKEY THIN. PLACE ON BREAD AND CUT IN HALF. WRAP SANDWICH WITH MEAT FACING OUT
901637	CHEESE, AMERICAN, REDUCED FAT, SLICED	4 oz	
901591	Anthony & Sons Whole Wht 16" Hero 5 oz.	5 oz	
011252	LETTUCE,ICEBERG,FRESH	1 CUP, shredded	
011529	TOMATOES,FRESH,RED RIPE	1 cup, chopped or sliced	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	176.494 kcal	Total Fat	5.484 g	Total Dietary Fiber	1.256 g	Vitamin C	6.669 mg	27.962% Calories from Total Fat
Saturated Fat ¹	3.052 g	Trans Fat ²	0.000 g	Protein	23.270 g	Iron	*0.295* mg	15.564% Calories from Sat Fat
Sodium ¹	915.416 mg	Cholesterol	43.312 mg	Vitamin A	1124.571 IU	Water	*73.791* g	0.000% Calories from Trans Fat
Sugars	1.788 g	Carbohydrate	9.809 g	Calcium	205.997 mg	Ash	*1.707* g	22.231% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			52.738% 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

Simplified Culinary Services

237 - VEGETABLE BARLY SOUP VEGETARIAN

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011124	CARROTS,FRESH,RAW	1 qt, chopped + 3 CUP, chopped	ADD ALL INGREDIENTS TO STOCK POT. BRING TO BOIL. REDUCE AND SIMMER FOR 1 HOUR. ADJUST SEASONING.
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011143	CELERY,FRESH,RAW	1 qt,chopped + 3 CUP,chopped	
011583	VEGETABLES,MIXED,FROZEN,UNPREPARED	5 LB	
011092	BROCCOLI,FRZ,CHOPPED	2 LB	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
020004	BARLEY	2 LB	
901619	SOUP BASE VEGE LOW SODIUM NO MSG	2 LB	
901685	PEPPER BLACK, GROUND	1 tbsp	
901684	PARSLEY FLAKES	2 tbsp	
799906	THYME LEAF,DRIED	2 tbsp, leaves	
006169	TABASCO SAUCE	1 tbsp	
799903	GARLIC,GRANULATED	2 TBSP	
014429	WATER	7 gal	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	54.988 kcal	Total Fat	0.236 g	Total Dietary Fiber	2.243 g	Vitamin C	7.077 mg	3.863% Calories from Total Fat
Saturated Fat ¹	0.048 g	Trans Fat ²	*0.000* g	Protein	1.719 g	Iron	*0.443* mg	0.786% Calories from Sat Fat
Sodium ¹	123.258 mg	Cholesterol	0.000 mg	Vitamin A	1835.377 IU	Water	*185.223* g	*0.000%* Calories from Trans Fat
Sugars	*2.616* g	Carbohydrate	10.820 g	Calcium	18.010 mg	Ash	*0.501* g	78.704% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			12.505% 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

Simplified Culinary Services

900032 - VEGETABLE ORZO SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011124	CARROTS,FRESH,RAW	1 qt, chopped + 3 CUP, chopped	ADD ALL INGREDIENTS TO STOCK POT. BRING TO BOIL. REDUCE AND SIMMER FOR 1 HOUR. ADJUST SEASONING.
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011143	CELERY,FRESH,RAW	1 qt,chopped + 3 CUP,chopped	
011583	VEGETABLES,MIXED,FROZEN,UNPREPARED	5 LB	
011092	BROCCOLI,FRZ,CHOPPED	2 LB	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
901619	SOUP BASE VEGE LOW SODIUM NO MSG	2 LB	
901685	PEPPER BLACK, GROUND	1 tbsp	
901684	PARSLEY FLAKES	2 tbsp	
799906	THYME LEAF,DRIED	2 tbsp, leaves	
006169	TABASCO SAUCE	1 tbsp	
799903	GARLIC,GRANULATED	2 TBSP	
014429	WATER	7 gal	
020100	MACARONI,COOKED,ENRICHED	1 qt,smallshells + 2 CUP,smallshells	
011463	SPINACH,FRZ,CHOPD OR LEAF,UNPREP	3 CUP	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	43.308 kcal	Total Fat	0.167 g	Total Dietary Fiber	1.473 g	Vitamin C	7.229 mg	3.464% Calories from Total Fat
Saturated Fat ¹	0.031 g	Trans Fat ²	*0.000* g	Protein	1.389 g	Iron	*0.355* mg	0.636% Calories from Sat Fat
Sodium ¹	124.696 mg	Cholesterol	0.000 mg	Vitamin A	2157.013 IU	Water	*189.724* g	*0.000%* Calories from Trans Fat
Sugars	*2.614* g	Carbohydrate	8.267 g	Calcium	20.084 mg	Ash	*0.430* g	76.354% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			12.829% 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

Simplified Culinary Services

900049 - VEGETABLE RICE SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011124	CARROTS,FRESH,RAW	1 qt, chopped + 3 CUP, chopped	ADD ALL INGREDIENTS TO STOCK POT. BRING TO BOIL. REDUCE AND SIMMER FOR 1 HOUR. ADJUST SEASONING.
011282	ONIONS,FRESH	1 qt, chopped + 1 CUP, chopped	
011143	CELERY,FRESH,RAW	1 qt,chopped + 3 CUP,chopped	
011583	VEGETABLES,MIXED,FROZEN,UNPREPARED	5 LB	
011092	BROCCOLI,FRZ,CHOPPED	2 LB	
901624	TOMATOES CRUSHED RED PACK	6 LB + 9 oz	
901619	SOUP BASE VEGE LOW SODIUM NO MSG	2 LB	
901685	PEPPER BLACK, GROUND	1 tbsp	
901684	PARSLEY FLAKES	2 tbsp	
799906	THYME LEAF,DRIED	2 tbsp, leaves	
006169	TABASCO SAUCE	1 tbsp	
799903	GARLIC,GRANULATED	2 TBSP	
014429	WATER	7 gal	
011463	SPINACH,FRZ,CHOPD OR LEAF,UNPREP	3 CUP	
901697	RICE, ORIGINAL CONVERTED	1 qt + 2 CUP	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	60.895 kcal	Total Fat	0.129 g	Total Dietary Fiber	1.400 g	Vitamin C	7.264 mg	1.907% Calories from Total Fat
Saturated Fat ¹	0.023 g	Trans Fat ²	*0.000* g	Protein	1.718 g	Iron	*0.670* mg	0.346% Calories from Sat Fat
Sodium ¹	124.655 mg	Cholesterol	0.000 mg	Vitamin A	2157.013 IU	Water	*187.202* g	*0.000%* Calories from Trans Fat
Sugars	*2.591* g	Carbohydrate	12.379 g	Calcium	26.576 mg	Ash	*0.419* g	81.312% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			11.285% 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

Simplified Culinary Services

900033 - VEGETABLE TORTILLA SOUP

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 170

Portion Size: 6 OUNCES

Ingredient #	Ingredient Name	Measurements	Instructions
011282	ONIONS,FRESH	3 CUP, chopped	SAUTE THE ONIONS,CELERY AND CARROTS IN BUTTER. THICKEN WITH MASA. ADD WATER. ADD ALL OTHER INGREDIENTS BRING TO BOIL. SIMMER FOR 1.5 HOURS.
011143	CELERY,FRESH,RAW	2 qt,chopped + 2 CUP,chopped	
011124	CARROTS,FRESH,RAW	2 qt, chopped + 2 CUP, chopped	
001001	BUTTER,W/SALT	1 LB	
900808	Soup Base, Chicken SYSCO 1 tsp = .013 pound	1 LB + 12 oz	
014429	WATER	6 gal	
002047	SALT, TABLE	2 tsp	
901685	PEPPER BLACK, GROUND	1 tbsp	
901632	Salsa Chunky Mild Sysco (2 Tbsp)	3 LB + 4 oz	
011178	CORN,SWEET YELLOW,FROZEN,KERNELS	1 qt	
020017	CORN FLOUR,MASA,ENRICHED	1 qt	
901662	CILANTRO	1 cup	
006169	TABASCO SAUCE	1 tbsp	
901715	ZUCCHINI SQUASH	3 CUP	
901713	YELLOW SQUASH SLICED	3 CUP	
011463	SPINACH,FRZ,CHOPD OR LEAF,UNPREP	3 CUP	

*Nutrients are based upon 1 Portion Size (6 OUNCES)

Calories ¹	53.398 kcal	Total Fat	2.731 g	Total Dietary Fiber	0.726 g	Vitamin C	1.197 mg	46.037% Calories from Total Fat
Saturated Fat ¹	1.396 g	Trans Fat ²	*0.088* g	Protein	1.408 g	Iron	*0.339* mg	23.536% Calories from Sat Fat
Sodium ¹	762.964 mg	Cholesterol	5.737 mg	Vitamin A	1712.406 IU	Water	*154.182* g	*1.475%* Calories from Trans Fat
Sugars	*1.005* g	Carbohydrate	5.507 g	Calcium	*20.916* mg	Ash	*0.484* g	41.255% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			10.547% Calories from Protein
Type of Fat	-							

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Recipe Prep Sheet

Simplified Culinary Services

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	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

Simplified Culinary Services

990039 - VEGETARIAN BAKED BEANS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 50

Portion Size: SERVINGS

Ingredient #	Ingredient Name	Measurements	Instructions
016006	BEANS,BAKED,CANNED,PLAIN/VEGETARIAN	2 1/8 #10 CAN	1. Pour 14 lb 10 oz (1 gal 2 ½ qt) canned vegetarian beans into each medium steamtable pan (12" x 20" x 4"). For 50 servings,use 1 pan. For 100 servings,use 2 pans.
011282	ONIONS,FRESH	1 LB, chopped + 8 oz, chopped	
019304	MOLASSES	11 oz	2. Combine onions,molasses,dry mustard,brown sugar,water,and tomato paste. Blend. 3. Pour 4 lb 1 oz (1 qt 3 cups) mixture over beans in each steamtable pan. Stir to combine. Cover pans. 4. Bake: Conventional oven: 350°F for 2 1/4 hours Convection oven: 325°F for 1 1/4 hours Remove cover during last 1/2 hour of baking to brown the beans. CCP: Heat to 165°F or higher for 15 seconds. 5. CCP: Hold for hot service at 135°F or higher. Portion with No. 6 scoop (2/3 cup).
799904	MUSTARD,POWDER/DRY	2 TBSP	
019334	SUGAR,BROWN	3 3/4 oz	
014429	WATER	2 CUP	
011546	TOMATO PASTE,CANNED	9 1/2 oz	
			Food as Purchased
			50 Servings 100 Servings
			Mature onions 1 lb 12 oz 3 lb 8 oz

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Recipe Prep Sheet

Simplified Culinary Services

Ingredient #	Ingredient Name	Measurements	Instructions
			<p>Serving</p> <p>2/3 cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate</p> <p>OR</p> <p>2/3 cup (No. 6 Scoop) provides 1/2 cup of vegetable.</p>

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories ¹	160.444 kcal	Total Fat	0.656 g	Total Dietary Fiber	5.853 g	Vitamin C	2.200 mg	3.677% Calories from Total Fat
Saturated Fat ¹	0.111 g	Trans Fat ²	*0.000* g	Protein	6.678 g	Iron	2.092 mg	0.624% Calories from Sat Fat
Sodium ¹	453.258 mg	Cholesterol	0.000 mg	Vitamin A	223.227 IU	Water	120.668 g	*0.000%* Calories from Trans Fat
Sugars	*18.314* g	Carbohydrate	36.701 g	Calcium	66.480 mg	Ash	2.721 g	91.498% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			16.649% 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

Simplified Culinary Services

990056 - WAFFLE STICKS

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: SERVING

Ingredient #	Ingredient Name	Measurements	Instructions
119534	Waffles, Homestyle Mini	3 1/2 oz	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (SERVING)

Calories ¹	285.000 kcal	Total Fat	10.500 g	Total Dietary Fiber	1.200 g	Vitamin C	0.000 mg	33.158% Calories from Total Fat
Saturated Fat ¹	2.600 g	Trans Fat ²	0.200 g	Protein	6.900 g	Iron	6.800 mg	8.211% Calories from Sat Fat
Sodium ¹	650.000 mg	Cholesterol	27.000 mg	Vitamin A	1613.000 IU	Water	*N/A* g	0.632% Calories from Trans Fat
Sugars	*N/A* g	Carbohydrate	41.300 g	Calcium	107.500 mg	Ash	*N/A* g	57.965% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			9.684% 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

Simplified Culinary Services

101 - WATERMELON

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
009326	WATERMELON,FRESH	1 CUP, pieces	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	48.000 kcal	Total Fat	0.240 g	Total Dietary Fiber	0.640 g	Vitamin C	12.960 mg	4.500% Calories from Total Fat
Saturated Fat ¹	0.026 g	Trans Fat ²	0.000 g	Protein	0.976 g	Iron	0.384 mg	0.480% Calories from Sat Fat
Sodium ¹	1.600 mg	Cholesterol	0.000 mg	Vitamin A	910.394 IU	Water	146.319 g	0.000% Calories from Trans Fat
Sugars	9.920 g	Carbohydrate	12.080 g	Calcium	11.200 mg	Ash	0.400 g	100.666% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.133% 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

Simplified Culinary Services

990036 - YUCCA FRIES

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011134	CASSAVA,RAW	1/2 CUP	No Instructions Assigned
004582	OIL,CANOLA	1 TSP	

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

Calories ¹	206.054 kcal	Total Fat	4.955 g	Total Dietary Fiber	1.854 g	Vitamin C	21.218 mg	21.643% Calories from Total Fat
Saturated Fat ¹	0.420 g	Trans Fat ²	0.018 g	Protein	1.401 g	Iron	0.278 mg	1.834% Calories from Sat Fat
Sodium ¹	14.420 mg	Cholesterol	0.000 mg	Vitamin A	13.390 IU	Water	61.470 g	0.080% Calories from Trans Fat
Sugars	1.751 g	Carbohydrate	39.202 g	Calcium	16.480 mg	Ash	0.639 g	76.100% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			2.720% 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

Simplified Culinary Services

53 - ZUCCHINI SQUASH

Recipe HACCP Process: #2 Same Day Service

Source: SCS

Number of Portions: 1

Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011478	SQUASH,SMMR,ZUCCHINI,BOILED,DRAINED	1 CUP, mashed	No Instructions Assigned

*Nutrients are based upon 1 Portion Size (CUP)

Calories ¹	36.000 kcal	Total Fat	0.864 g	Total Dietary Fiber	2.400 g	Vitamin C	30.960 mg	21.600% Calories from Total Fat
Saturated Fat ¹	0.173 g	Trans Fat ²	0.000 g	Protein	2.736 g	Iron	0.888 mg	4.320% Calories from Sat Fat
Sodium ¹	7.200 mg	Cholesterol	0.000 mg	Vitamin A	2680.800 IU	Water	228.528 g	0.000% Calories from Trans Fat
Sugars	4.104 g	Carbohydrate	6.456 g	Calcium	43.200 mg	Ash	1.416 g	71.733% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			30.400% 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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