

# Beacon City School District

001083 - Butternut Barley : Vermont FTS	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 25 Size of Portion: 2 oz tasting Alternate Recipe Name: Butternut Barley				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011485 SQUASH,WNTR,BUTTERNUT,RAW.... 020005 BARLEY,PEARLED,RAW..... 902988 BUTTER BULK - LIGHTLY SALTED..... 002047 SALT,TABLE..... 014555 WATER,BTLD,GENERIC.....	12 ozs 12 ozs 1 1/2 Tbsp 3/4 tsp 3 3/4 cups	<p>Convection oven to 350Deg Cut squash in half lengthwise adn place cut side down on sheet pan Bake until soft - 30-35 minutes When cool scoop out flesh and puree in food processor</p> <p>Combine squash puree, water, barley, gutter and salt in 2 inch deep pans - 2 pans for 100 2 oz tasting portions Cover with plastic wrap then foil Bake for 1 hour Uncover and stir - should be creamy and barley soft but not mushy. If seems to watery recover and bake 20 more minutes</p> <p>- <b>CCP:</b> Heat to 145° F or higher for 3 minutes <b>CCP:</b> Hold for hot service at 135° F or higher</p>
		Service is 2 oz for tasting service is 1/2 cup for a 1 oz equilvant grain Not enough vegetable value to count in meal pattern.

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

Calories	60 kcal	Cholesterol	2 mg	Sugars	0.4 g	Calcium	14.08 mg	12.47%	Calories from Total Fat
Total Fat	0.83 g	Sodium	77 mg	Protein	1.48 g	Iron	0.44 mg	7.74%	Calories from Saturated Fat
Saturated Fat	0.52 g	Carbohydrates	12.17 g	Vitamin A	1473.5 IU	Water <sup>1</sup>	48.84 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.39 g	Vitamin C	2.9 mg	Ash <sup>1</sup>	0.48 g	81.08%	Calories from Carbohydrates
								9.89%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**