Hayward Unified School District

000651 - Bagel & Cream Cheese

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1.0000
Size of Portion: 1 EACH
Alternate Menu Name: Par Baked Bagel

Meat/Alt: 0.5 oz
Grains: 2 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903933s BAGEL, PLAIN, Dos Pisano.... 1 BAGEL
903369s Cream Cheese..... 1 OZ

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

Calories	393	kcal	Cholester	*20.00*	mg	Total Sugars	*5.87*	g	Calcium	40.00	mg	21.09%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	9.20	g	Sodium	598.90	mg	Protein	12.73	g	Iron	2.64	mg	*9.17%*	Calories from Sat Fat
Saturated F	*4.00*	g	Carbohydr	68.45	g	Vitamin A	*N/A*	RAE	Water[1]	*0.00*	g	*N/A*%	Calories from Trans Fat
Trans Fat	*N/A*	g	Dietary Fib	8.80	g	Vitamin C	0.00	mg	Ash[1]	*0.00*	g	69.74%	Calories from Carbohydrates
												12.97%	Calories from Protein

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000942 - BBQ Chicken Nachos

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Plate
Alternate Menu Name: BBQ Chicken Nachos

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

R-000940	BBQ Chicken, Chopped	1 Portion
R-000941	Refried Beans, Vegetarian	1/2 Cup
R-000843	Salsa, Housemade	1 (1/4 Cup Serving)
904233s	Chips, Tortilla Salted	1 Bag
903777s	Cheese, Cheddar Yellow, Shredded	2 OZ
902781s	TOMATOES,RED,RIPE,RAW	1 OZ, diced
901062s	ONIONS,RED,RAW	1 OZ
903224s	Jalapenos	1 OZ

*Nutrients are based upon 1 Portion Size (Plate)

Calories	2298	kcal	Cholester	123.59	mg	Total Sugars	*28.08*	g	Calcium	*130.18*	mg	26.63%	Calories from Total Fat
						Added Sugars	*5.98*	g					
Total Fat	68.00	g	Sodium	*10298.63	mg	Protein	106.28	g	Iron	*23.59*	mg	5.63%	Calories from Sat Fat
Saturated F	14.39	g	Carbohydr	296.19	g	Vitamin A	*10.97*	RAE	Water[1]	*332.78*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	85.33	g	Vitamin C	*9.53*	mg	Ash[1]	*0.47*	g	51.55%	Calories from Carbohydrates
												18.50%	Calories from Protein

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000969 - BBQ Chicken Wings, Veg, H.Roll

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 6 wings
Alternate Menu Name: Buffalo Wings,Veg/H.Rol

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904219s Chicken Wings, Fully Cooked Glazed Bone-In.... 1 (6 Pieces)
903274s BBQ Sauce..... 1 TBSP
904217s Hawaiian Dinner roll 51% WW..... 1 (1)
799938s CARROTS,RAW..... 2 OZ, 1/4" SLICES
011143 CELERY,RAW..... 2 OZ

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

Calories	539	kcal	Cholester	141.88	mg	Total Sugars	*12.74*	g	Calcium	113.02	mg	47.77%	Calories from Total Fat
						Added Sugars	*3.98*	g					
Total Fat	28.61	g	Sodium	811.75	mg	Protein	25.81	g	Iron	2.45	mg	11.30%	Calories from Sat Fat
Saturated F	6.77	g	Carbohydr	46.46	g	Vitamin A	*12.47*	RAE	Water[1]	*104.17*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	4.48	g	Vitamin C	*6.90*	mg	Ash[1]	*0.98*	g	34.48%	Calories from Carbohydrates
												19.15%	Calories from Protein

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000940 - BBQ Chicken, Chopped

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Portion
Alternate Menu Name: BBQ Chicken, Chopped

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904231s Chicken, BBQ - Chopped, Brookwood.... 3 OZ

*Nutrients are based upon 1 Portion Size (Portion)

Calories	141	kcal	Cholester	62.84	mg	Total Sugars	9.90	g	Calcium	20.83	mg	29.43%	Calories from Total Fat
						Added Sugars	5.58	g					
Total Fat	4.63	g	Sodium	*N/A*	mg	Protein	12.10	g	Iron	0.76	mg	7.65%	Calories from Sat Fat
Saturated F	1.20	g	Carbohydr	12.49	g	Vitamin A	3.81	RAE	Water[1]	43.47	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	0.00	g	Vitamin C	0.00	mg	Ash[1]	*N/A*	g	35.31%	Calories from Carbohydrates
												34.21%	Calories from Protein

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000016 - Benefit Bar

Recipe HACCP Process: #1 No Cook

Source:
Number of Portions: 1
Size of Portion: Each
Alternate Menu Name: Banana Choc Chunk
Oatmeal Chocolate

Meat/Alt: 0 oz
Grains: 2 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

902488s Banana Chocolate Chunk Breakfast Bar.... 1 Each

*Nutrients are based upon 1 Portion Size (Each)

Calories	280	kcal	Cholester	15.03	mg	Total Sugars Added Sugars	23.04 *N/A*	g g	Calcium	*N/A*	mg	25.72%	Calories from Total Fat
Total Fat	8.01	g	Sodium	220.39	mg	Protein	5.01	g	Iron	*N/A*	mg	9.64%	Calories from Sat Fat
Saturated F	3.01	g	Carbohydr	48.09	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	3.01	g	Vitamin C	*N/A*	mg	Ash[1]	*N/A*	g	68.57%	Calories from Carbohydrates
												7.14%	Calories from Protein

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000971 - Blueberry Muffin O.S.

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Muffin
Alternate Menu Name: Blueberry Muffin Otis S.

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904251s Muffin, Wild Blueberry Otis Spunkmeyer.... 1 Muffin

*Nutrients are based upon 1 Portion Size (Muffin)

Calories	380	kcal	Cholester	90.00	mg	Total Sugars	32.00	g	Calcium	50.00	mg	28.42%	Calories from Total Fat
						Added Sugars	31.00	g					
Total Fat	12.00	g	Sodium	260.00	mg	Protein	6.00	g	Iron	2.00	mg	9.47%	Calories from Sat Fat
Saturated F	4.00	g	Carbohydr	61.00	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	5.00	g	Vitamin C	*N/A*	mg	Ash[1]	*N/A*	g	64.21%	Calories from Carbohydrates
												6.32%	Calories from Protein

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000951 - Breaded Rav, Marinara, Brdstk

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Serving
Alternate Menu Name: Breaded Rav, Marinara, B

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

R-000949 Ravioli, Breaded Square Cheese..... 1 (7 ea)
R-000950 Garlic Breadstick..... 1 Breadstick
904179s Marinara Sauce BDiN 6X 104OZ..... 4 OZ

*Nutrients are based upon 1 Portion Size (Serving)

Calories	2733	kcal	Cholester	35.00	mg	Total Sugars	40.46	g	Calcium	1131.36	mg
						Added Sugars	7.00	g			
Total Fat	34.74	g	Sodium	5707.27	mg	Protein	137.86	g	Iron	30.35	mg
Saturated F	11.50	g	Carbohydr	480.95	g	Vitamin A	*0.00*	RAE	Water[1]	*0.00*	g
Trans Fat	*0.00*	g	Dietary Fib	51.98	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g

11.44%	Calories from Total Fat
3.79%	Calories from Sat Fat
0.00%	Calories from Trans Fat
70.38%	Calories from Carbohydrates
20.17%	Calories from Protein

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000846 - Breakfast Burrito

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Burrito
Alternate Menu Name: Winter 25-26
Secondary
Vegetarian

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903765s tortilla flour wheat 10".....	1 Tortilla
904101s Eggs, Scrambled Cooked Cage Free....	1 1/2 OZ
903777s Cheese, Cheddar Yellow, Shredded.....	1/2 OZ
R-000843 Salsa, Housemade	1 (1/4 Cup Serving)
904110s Potato, Tater Triangle Hashbrown.....	1 Hashbrown Triangle

*Nutrients are based upon 1 Portion Size (Burrito)

Calories	422	kcal	Cholester	159.47	mg	Total Sugars	*1.19*	g	Calcium	*42.29*	mg	38.79%	Calories from Total Fat
						Added Sugars	*0.40*	g					
Total Fat	18.18	g	Sodium	1365.15	mg	Protein	14.07	g	Iron	*0.65*	mg	14.02%	Calories from Sat Fat
Saturated F	6.57	g	Carbohydr	48.43	g	Vitamin A	*7.16*	RAE	Water[1]	*0.31*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	7.51	g	Vitamin C	*3.84*	mg	Ash[1]	*0.06*	g	45.92%	Calories from Carbohydrates
												13.34%	Calories from Protein

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000871 - Breakfast Sandwich E

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Sandwich

Meat/Alt:	2 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904013s English Muffin, WG (Bubba's)..... 1 Muffin
001123 EGG,WHL,RAW,FRSH..... 1 large
904064s Cheddar Cheese, Yellow Sliced.... 1 Slice

*Nutrients are based upon 1 Portion Size (Sandwich)

Calories	316	kcal	Cholester	214.00	mg	Total Sugars	1.28	g	Calcium	309.00	mg	43.09%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	15.15	g	Sodium	496.00	mg	Protein	18.78	g	Iron	2.68	mg	19.52%	Calories from Sat Fat
Saturated F	6.86	g	Carbohydr	25.26	g	Vitamin A	*80.00*	RAE	Water[1]	*38.08*	g	0.05%	Calories from Trans Fat
Trans Fat	0.02	g	Dietary Fib	2.00	g	Vitamin C	*0.00*	mg	Ash[1]	*0.53*	g	31.92%	Calories from Carbohydrates
												23.73%	Calories from Protein

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000557 - Breakfast Sandwich w/ Saus E

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Sandwich

Meat/Alt:	2 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904064s Cheddar Cheese, Yellow Sliced..... 1 Slice
904012s Sausage Patty, Chicken (Tyson).... 1 Patty
904013s English Muffin, WG (Bubba's)..... 1 Muffin
001123 EGG,WHL,RAW,FRSH..... 1 large

*Nutrients are based upon 1 Portion Size (Sandwich)

Calories	416	kcal	Cholester	254.00	mg	Total Sugars	1.28	g	Calcium	319.00	mg	45.71%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	21.15	g	Sodium	746.00	mg	Protein	29.78	g	Iron	3.68	mg	18.07%	Calories from Sat Fat
Saturated F	8.36	g	Carbohydr	26.26	g	Vitamin A	*80.00*	RAE	Water[1]	*38.08*	g	0.04%	Calories from Trans Fat
Trans Fat	0.02	g	Dietary Fib	2.00	g	Vitamin C	*0.00*	mg	Ash[1]	*0.53*	g	25.22%	Calories from Carbohydrates
												28.60%	Calories from Protein

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000922 - Broccoli, Roasted

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 12
Size of Portion: Cup
Alternate Menu Name:
Broccoli, Roasted

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904209s Broccoli, Florets.... 1 LB
799986s SALT, KOSHER.... 1 TBSP
902880s Olive Oil Blend..... 2 TBSP

*Nutrients are based upon 1 Portion Size (Cup)

Calories	*44*	kcal	Cholester	*0.00*	mg	Total Sugars	*0.00*	g	Calcium	*0.00*	mg	*96.92%*	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	*4.72*	g	Sodium	*390.00*	mg	Protein	*0.00*	g	Iron	*0.00*	mg	*13.85%*	Calories from Sat Fat
Saturated F	*0.68*	g	Carbohydr	*0.00*	g	Vitamin A	*N/A*	RAE	Water[1]	*0.00*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	*0.00*	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g	*0.00%*	Calories from Carbohydrates
												0.00%	Calories from Protein

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000936 - Buffalo "Chicken" Ranch Wrap

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Wrap
Alternate Menu Name: Buffalo "Chicken" Ranch

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904227s Tortilla, Spinach 12"	1 (1 Tortilla)
904226s Buffalo "Chicken" (Vegan)	3 OZ
903546s Ranch Dressing	1 OZ
904131s LETTUCE,COS/ROMAINE,FRESH	2 innerleaf(s)
902781s TOMATOES,RED,RIPE,RAW	2 slice
011205 CUCUMBER,WITH PEEL,RAW	1 (1/4 Cup, Slices)

*Nutrients are based upon 1 Portion Size (Wrap)

Calories	485	kcal	Cholester	4.29	mg	Total Sugars	*5.61*	g	Calcium	156.49	mg	32.43%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	17.47	g	Sodium	1188.20	mg	Protein	32.32	g	Iron	3.40	mg	10.55%	Calories from Sat Fat
Saturated F	5.68	g	Carbohydr	57.40	g	Vitamin A	*1.42*	RAE	Water[1]	*99.56*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	5.52	g	Vitamin C	*13.22*	mg	Ash[1]	*0.57*	g	47.37%	Calories from Carbohydrates
												26.67%	Calories from Protein

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000929 - Buffalo Wings, Veg, H.Roll

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 6 wings
Alternate Menu Name: Buffalo Wings,Veg/H.Rol

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904219s Chicken Wings, Fully Cooked Glazed Bone-In.....	1 (6 Pieces)
904220s Frank's Redhot Kosher Buffalo Wing Hot Sauce....	1 OZ
004602 BUTTER,LT,STK,WO/SALT.....	1 TBSP
904217s Hawaiian Dinner roll 51% WW.....	1 (1)
799938s CARROTS,RAW.....	2 OZ, 1/4" SLICES
011143 CELERY,RAW.....	2 OZ

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

Calories	574	kcal	Cholester	156.72	mg	Total Sugars	*4.74*	g	Calcium	*119.74*	mg	56.96%	Calories from Total Fat
						Added Sugars	*3.98*	g					
Total Fat	36.32	g	Sodium	1465.58	mg	Protein	26.27	g	Iron	2.43	mg	18.15%	Calories from Sat Fat
Saturated F	11.57	g	Carbohydr	37.46	g	Vitamin A	*77.57*	RAE	Water[1]	*110.22*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	4.48	g	Vitamin C	*5.10*	mg	Ash[1]	*1.05*	g	26.11%	Calories from Carbohydrates
												18.31%	Calories from Protein

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000930 - Chicken Chow Mein

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 2 Cups
Alternate Menu Name: Chicken Chow Mein

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904221s Chow Mein 51% Whole Grain Noodle.... 1 (1 Cup)
904199s Seasoned Hand Pulled Chicken ..... 4 OZ
011109 CABBAGE,RAW..... 1/2 CUP, shredded
902580s CARROTS,RAW..... 1/2 CUP, shredded

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

Calories	725	kcal	Cholester	108.64	mg	Total Sugars	*6.86*	g	Calcium	75.67	mg	13.37%	Calories from Total Fat
						Added Sugars	*5.74*	g					
Total Fat	10.78	g	Sodium	1749.63	mg	Protein	46.59	g	Iron	13.46	mg	2.08%	Calories from Sat Fat
Saturated F	1.67	g	Carbohydr	106.55	g	Vitamin A	*1.75*	RAE	Water[1]	*80.82*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	13.90	g	Vitamin C	*16.05*	mg	Ash[1]	*0.76*	g	58.78%	Calories from Carbohydrates
												25.70%	Calories from Protein

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000822 - Chicken Nuggets & Tots w/Roll

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: serving
Alternate Menu Name: Winter 25-26
Secondary

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904082s Chicken Chunks Breaded WG, Tyson.... 1 Serving (5 nuggets)
904031s Tater Gems, Reduced Soduim..... 1 Serving/10 pieces
904217s Hawaiian Dinner roll 51% WW..... 1 (1)

*Nutrients are based upon 1 Portion Size (serving)

Calories	559	kcal	Cholester	55.00	mg	Total Sugars	4.98	g	Calcium	56.70	mg	35.38%	Calories from Total Fat
						Added Sugars	4.98	g					
Total Fat	21.98	g	Sodium	1008.89	mg	Protein	28.98	g	Iron	3.95	mg	5.63%	Calories from Sat Fat
Saturated F	3.50	g	Carbohydr	62.85	g	Vitamin A	*0.00*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	4.99	g	Vitamin C	*0.00*	mg	Ash[1]	*N/A*	g	44.96%	Calories from Carbohydrates
												20.73%	Calories from Protein

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000566 - Chocolate Muffin

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Muffin

Meat/Alt:	0 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904008s Chocolate Muffin, Otis Spunkmeyer.... 1 Muffin

*Nutrients are based upon 1 Portion Size (Muffin)

Calories	390	kcal	Cholester	85.00	mg	Total Sugars	34.00	g	Calcium	40.00	mg	27.69%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	12.00	g	Sodium	260.00	mg	Protein	8.00	g	Iron	2.70	mg	9.23%	Calories from Sat Fat
Saturated F	4.00	g	Carbohydr	63.00	g	Vitamin A	0.00	RAE	Water[1]	0.00	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	5.00	g	Vitamin C	0.00	mg	Ash[1]	0.00	g	64.62%	Calories from Carbohydrates
												8.21%	Calories from Protein

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900759 - Cilantro Rice

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 24
Size of Portion: 5 oz

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

799968s CILANTRO..... 1/2 CUP
903411s LIME JUICE..... 1 CUP
R-000810 Rice, White Jasmine..... 24 (8 oz cups)

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

Calories	263	kcal	Cholester	0.00	mg	Total Sugars	*0.00*	g	Calcium	45.13	mg	0.00%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	0.00	g	Sodium	70.25	mg	Protein	0.80	g	Iron	1.26	mg	0.00%	Calories from Sat Fat
Saturated F	0.00	g	Carbohydr	59.96	g	Vitamin A	*0.00*	RAE	Water[1]	*314.05*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	1.28	g	Vitamin C	38.34	mg	Ash[1]	*0.49*	g	91.03%	Calories from Carbohydrates
												1.21%	Calories from Protein

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000937 - Cinnamon Swirls

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Swirl
Alternate Menu Name:
Cinnamon Roll

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904228s Cinnamon Swirls, WG.... 1 Roll

*Nutrients are based upon 1 Portion Size (Swirl)

Calories	300	kcal	Cholester	10.00	mg	Total Sugars	22.00	g	Calcium	50.00	mg	27.00%	Calories from Total Fat
						Added Sugars	22.00	g					
Total Fat	9.00	g	Sodium	125.00	mg	Protein	6.00	g	Iron	2.00	mg	7.50%	Calories from Sat Fat
Saturated F	2.50	g	Carbohydr	48.00	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	3.00	g	Vitamin C	*N/A*	mg	Ash[1]	*N/A*	g	64.00%	Calories from Carbohydrates
												8.00%	Calories from Protein

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000805 - Deluxe Cheeseburger w/Fries

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: burger
Alternate Menu Name: Winter 25-26 - Secondary

Meat/Alt:	3 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

903180s Don Lee 100% Beef Pattie	1 patty
903955s Brioche Bun, Pan Baked, Fully Sliced, 3.5"	1 brioche
904010s Seasoned Wedges - Simplot	1 Serving (8 pieces)
904064s Cheddar Cheese, Yellow Sliced	1 Slice
904062s Beef Bacon, Halal	1 Strip
011253 LETTUCE,GRN LEAF,RAW	1 leaf inner
902781s TOMATOES,RED,RIPE,RAW	1 slice
799908s ONIONS,RED,RAW	1 slice, med(1/8" thick)
011937 PICKLES,CUCUMBER,DILL OR KOSHER DILL	3 slice

*Nutrients are based upon 1 Portion Size (burger)

Calories	650	kcal	Cholester	93.25	mg	Total Sugars	*5.36*	g	Calcium	*220.75*	mg	42.66%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	30.80	g	Sodium	1405.58	mg	Protein	33.12	g	Iron	*7.78*	mg	15.73%	Calories from Sat Fat
Saturated F	11.36	g	Carbohydr	57.96	g	Vitamin A	*19.02*	RAE	Water[1]	*63.64*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	3.85	g	Vitamin C	*5.56*	mg	Ash[1]	*0.74*	g	35.68%	Calories from Carbohydrates
												20.39%	Calories from Protein

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000806 - Deluxe Sp Chix Burger w/Fries

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Deluxe Spicy Ch
Alternate Menu Name: Winter 25-26 - Secondary

Meat/Alt: 3 oz
Grains: 2 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903360s Chicken Patty	1 pattie
903955s Brioche Bun, Pan Baked, Fully Sliced, 3.5"	1 brioche
904010s Seasoned Wedges - Simplot	1 serving (3 pieces)
011937 PICKLES,CUCUMBER,DILL OR KOSHER DILL	3 slice
799908s ONIONS,RED,RAW	1 slice, med(1/8" thick)
011253 LETTUCE,GRN LEAF,RAW	1 leaf inner
902781s TOMATOES,RED,RIPE,RAW	1 slice

*Nutrients are based upon 1 Portion Size (Deluxe Spicy Ch)

Calories	404	kcal	Cholester	45.00	mg	Total Sugars	*5.26*	g	Calcium	*19.75*	mg	28.16%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	12.64	g	Sodium	783.21	mg	Protein	24.57	g	Iron	*0.20*	mg	4.53%	Calories from Sat Fat
Saturated F	2.04	g	Carbohydr	46.06	g	Vitamin A	*19.02*	RAE	Water[1]	*63.64*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	4.85	g	Vitamin C	*5.56*	mg	Ash[1]	*0.74*	g	45.61%	Calories from Carbohydrates
												24.33%	Calories from Protein

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000821 - Deluxe Sp Kickn Burger w/Fries

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Deluxe Spicy Ch
Alternate Menu Name: Winter 25-26 - Secondary

Meat/Alt: 3 oz
Grains: 2 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904081s Kickin Spicy Patty	1 Plant Based Patty
903955s Brioche Bun, Pan Baked, Fully Sliced, 3.5"	1 brioche
904010s Seasoned Wedges - Simplot	1 serving (3 pieces)
011937 PICKLES,CUCUMBER,DILL OR KOSHER DILL	3 slice
799908s ONIONS,RED,RAW	1 slice, med(1/8" thick)
011253 LETTUCE,GRN LEAF,RAW	1 leaf inner
902781s TOMATOES,RED,RIPE,RAW	1 slice

*Nutrients are based upon 1 Portion Size (Deluxe Spicy Ch)

Calories	424	kcal	Cholester	0.00	mg	Total Sugars	*5.26*	g	Calcium	*59.75*	mg	35.33%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	16.64	g	Sodium	853.21	mg	Protein	18.57	g	Iron	*2.00*	mg	5.38%	Calories from Sat Fat
Saturated F	2.53	g	Carbohydr	51.06	g	Vitamin A	*19.02*	RAE	Water[1]	*63.64*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	4.85	g	Vitamin C	*5.56*	mg	Ash[1]	*0.74*	g	48.18%	Calories from Carbohydrates
												17.52%	Calories from Protein

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000833 - Egg & Cheese Sandwich

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: EACH

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

001125 EGG,YOLK,RAW,FRSH..... 1 large
903857s English Muffin WG..... 1 EACH
904064s Cheddar Cheese, Yellow Sliced.... 1 Slice

*Nutrients are based upon 1 Portion Size (EACH)

Calories	289	kcal	Cholester	*212.45*	mg	Total Sugars	*0.20*	g	Calcium	282.61	mg	46.40%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	14.91	g	Sodium	421.95	mg	Protein	*9.20*	g	Iron	1.90	mg	23.10%	Calories from Sat Fat
Saturated F	7.42	g	Carbohydr	24.39	g	Vitamin A	*64.77*	RAE	Water[1]	*8.89*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	2.98	g	Vitamin C	*0.00*	mg	Ash[1]	*0.29*	g	33.74%	Calories from Carbohydrates
												12.72%	Calories from Protein

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900612 - French Toast Sticks

Recipe HACCP Process: #2 Same Day Service

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

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

903325s French Toast Sticks WG/IW Bake Crafters.... 3 OZ
903831s Syrup, Pancake Natural Syrup..... 1 OZ
904116s Jelly..... 1 Serving

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

Calories	356	kcal	Cholester	10.00	mg	Total Sugars	*29.36*	g	Calcium	40.00	mg	17.68%	Calories from Total Fat
						Added Sugars	*6.07*	g					
Total Fat	7.00	g	Sodium	275.19	mg	Protein	*0.00*	g	Iron	0.72	mg	2.53%	Calories from Sat Fat
Saturated F	1.00	g	Carbohydr	68.37	g	Vitamin A	*0.00*	RAE	Water[1]	*0.00*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	2.00	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g	76.73%	Calories from Carbohydrates
												0.00%	Calories from Protein

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000801 - Fruit,Yogurt, & Granola Parait

Recipe HACCP Process: #1 No Cook

Source: Crystal Creamer
Number of Portions: 1
Size of Portion: Parfait
Alternate Menu Name: Secondary - Parfait #1

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904055s IQF Strawberries..... 1/4 CUP
904056s IQF Blueberries..... 1/4 CUP
904057s Granola Cinn WG (Post) #07485..... 1 oz. portion
904060s Crystal Creamery - Low Fat Vanilla Yogurt.... 6 OZ

*Nutrients are based upon 1 Portion Size (Parfait)

Calories	305	kcal	Cholester	8.50	mg	Total Sugars	35.80	g	Calcium	298.87	mg	18.32%	Calories from Total Fat
						Added Sugars	*3.00*	g					
Total Fat	6.20	g	Sodium	214.18	mg	Protein	10.64	g	Iron	1.08	mg	4.05%	Calories from Sat Fat
Saturated F	1.37	g	Carbohydr	50.58	g	Vitamin A	*20.41*	RAE	Water[1]	*134.38*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	4.79	g	Vitamin C	*1.36*	mg	Ash[1]	*1.73*	g	66.42%	Calories from Carbohydrates
												13.98%	Calories from Protein

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000800 - Fruit,Yogurt, & Granola Parait

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Parfait
Alternate Menu Name: Secondary - Parfait

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904055s IQF Strawberries.....	1/4 CUP
904056s IQF Blueberries.....	1/4 CUP
904057s Granola Cinn WG (Post) #07485....	1 oz. portion
904059s Straus Vanilla Yogurt.....	6 OZ

*Nutrients are based upon 1 Portion Size (Parfait)

Calories	379	kcal	Cholester	44.02	mg	Total Sugars	25.33	g	Calcium	*8.00*	mg	23.92%	Calories from Total Fat
						Added Sugars	3.00	g					
Total Fat	10.08	g	Sodium	137.94	mg	Protein	19.27	g	Iron	*0.96*	mg	11.87%	Calories from Sat Fat
Saturated F	5.00	g	Carbohydr	50.12	g	Vitamin A	*0.00*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	4.79	g	Vitamin C	*0.00*	mg	Ash[1]	*N/A*	g	52.87%	Calories from Carbohydrates
												20.33%	Calories from Protein

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000950 - Garlic Breadstick

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Breadstick
Alternate Menu Name:
Breadstick, Garlic

904238s Breadsticks, Garlic.... 1 Breadstick

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

*Nutrients are based upon 1 Portion Size (Breadstick)

Calories	169	kcal	Cholester	0.00	mg	Total Sugars	0.99	g	Calcium	9.92	mg	26.47%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	4.96	g	Sodium	168.68	mg	Protein	3.97	g	Iron	1.39	mg	5.29%	Calories from Sat Fat
Saturated F	0.99	g	Carbohydr	25.80	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	2.98	g	Vitamin C	*N/A*	mg	Ash[1]	*N/A*	g	61.18%	Calories from Carbohydrates
												9.41%	Calories from Protein

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000723 - Grilled Chicken Burrito

Recipe HACCP Process: #2 Same Day Service

Source:
Number of Portions: 1
Size of Portion: burrito
Alternate Menu Name: Grilled Chicken Burrito

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

902556s CHEESE, CHEDDAR	2 OZ
R-000843 Salsa, Housemade	1 (1/4 Cup Serving)
902884s BEANS, PINTO, CANNED, SOLIDS AND LIQUIDS, WIT	1/4 CUP
904123s Campfire Chicken Meat (Ground) AgLink	3 OZ
904181s Tortilla WW 12"	1 Tortilla
R-900759 Cilantro Rice	1/2 cup
903394s Pico de Gallo	2 OZ
902590s JALAPENO PEPPERS	1 OZ
001056 CREAM,SOUR,CULTURED	1 OZ

*Nutrients are based upon 1 Portion Size (burrito)

Calories	5708	kcal	Cholester	131.16	mg	Total Sugars	*4.27*	g	Calcium	*1684.01*	mg	7.52%	Calories from Total Fat
						Added Sugars	*0.40*	g					
Total Fat	47.69	g	Sodium	4005.01	mg	Protein	80.49	g	Iron	*38.36*	mg	3.23%	Calories from Sat Fat
Saturated F	20.48	g	Carbohydr	1175.90	g	Vitamin A	*42.31*	RAE	Water[1]	*8247.43*	g	*0.04%*	Calories from Trans Fat
Trans Fat	*0.23*	g	Dietary Fib	40.28	g	Vitamin C	*929.28	mg	Ash[1]	*18.09*	g	82.40%	Calories from Carbohydrates
												5.64%	Calories from Protein

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000339 - Grilled Chicken Burrito:

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Each
Alternate Menu Name: Campfire Chicken-AgLink

Meat/Alt:	3 oz
Grains:	2.75 oz
Fruit:	0 Cup
Vegetable:	0.25 Cup
Milk:	0 Cup

903499s BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM.... 1/4 CUP
903957s Cheese, Cheddar, Yellow, Reduced Fat, Shredde..... 2 OZ
R-900694 Cilantro Rice..... 1/2 cup
902494s 12" Flour Wheat..... 1 Each
903468s Sour Cream Light..... 2 OZ
902749s JALAPENO PEPPERS..... 2 OZ
051652 PICO DE GALLO..... 2 OZ
904123s Campfire Chicken Meat (Ground) AgLink..... 3 OZ

*Nutrients are based upon 1 Portion Size (Each)

Calories	813	kcal	Cholester	113.33	mg	Total Sugars	*6.21*	g	Calcium	*115.14*	mg	34.56%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	31.23	g	Sodium	1261.98	mg	Protein	42.06	g	Iron	*1.09*	mg	17.04%	Calories from Sat Fat
Saturated F	15.39	g	Carbohydr	95.06	g	Vitamin A	*0.10*	RAE	Water[1]	*106.29*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	13.58	g	Vitamin C	*12.62*	mg	Ash[1]	*0.10*	g	46.76%	Calories from Carbohydrates
												20.69%	Calories from Protein

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900601 - Habanero Hott Nada

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: nada

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903566s Habanero Hott Nada.... 1 nada

*Nutrients are based upon 1 Portion Size (nada)

Calories	260	kcal	Cholester	35.00	mg	Total Sugars	1.00	g	Calcium	80.00	mg	27.69%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	8.00	g	Sodium	390.00	mg	Protein	17.00	g	Iron	2.70	mg	8.65%	Calories from Sat Fat
Saturated F	2.50	g	Carbohydr	31.00	g	Vitamin A	*N/A*	RAE	Water[1]	0.00	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	4.00	g	Vitamin C	1.20	mg	Ash[1]	0.00	g	47.69%	Calories from Carbohydrates
												26.15%	Calories from Protein

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000984 - Ham/Bacon/Pineapple Pizza

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Slice
Alternate Menu Name: Bacon Ham and Pineapple

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904261s Pizza Sheets "Sicilian Style" Pan.....	1 Sheet
903458s Pizza Sauce with Basil.....	24 OZ
904144s Pizza Cheese Blend.....	24 OZ
904062s Beef Bacon, Halal.....	24 OZ
903788s Turkey Ham #13020 (Boars Head)....	24 OZ
904208s Pineapple Tidbits in Juice.....	24 OZ

*Nutrients are based upon 1 Portion Size (Slice)

Calories	11548	kcal	Cholester	1414.28	mg	Total Sugars Added Sugars	*224.15 *94.51*	g g	Calcium	4809.94	mg	31.18%	Calories from Total Fat
Total Fat	400.09	g	Sodium	20977.04	mg	Protein	*590.39	g	Iron	130.52	mg	13.01%	Calories from Sat Fat
Saturated F	166.92	g	Carbohydr	1344.74	g	Vitamin A	*0.00*	RAE	Water[1]	*N/A*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	156.81	g	Vitamin C	*180.00	mg	Ash[1]	*0.00*	g	46.58%	Calories from Carbohydrates
												20.45%	Calories from Protein

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000952 - Hot Honey, No Cook

Recipe HACCP Process: #1 No Cook

Source:
Number of Portions: 1
Size of Portion: 1 oz
Alternate Menu Name: Hot Honey

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

019296 HONEY..... 1 CUP
904239s Crushed Red Pepper Flakes.... 2 TSP
903745s Cider Vinegar..... 2 TSP
799986s SALT, KOSHER..... 1/2 TSP

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

Calories	1667	kcal	Cholester	0.00	mg	Total Sugars	*299.07	g	Calcium	316.34	mg	18.65%	Calories from Total Fat
						Added Sugars	*278.39	g					
Total Fat	34.54	g	Sodium	853.56	mg	Protein	25.04	g	Iron	17.02	mg	3.52%	Calories from Sat Fat
Saturated F	6.52	g	Carbohydr	392.60	g	Vitamin A	*4162.0	RAE	Water[1]	*74.07*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	55.08	g	Vitamin C	*154.50	mg	Ash[1]	*12.76*	g	94.23%	Calories from Carbohydrates
												6.01%	Calories from Protein

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000820 - Imposs. Cheeseburger w/Fries

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: burger
Alternate Menu Name: Winter 25-26 - Secondary

Meat/Alt: 3 oz
Grains: 2 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903795s Impossible Burger Patty 2.8oz	1 Plant Based Patty
903955s Brioche Bun, Pan Baked, Fully Sliced, 3.5"	1 brioche
904010s Seasoned Wedges - Simplot	1 serving (3 pieces)
904064s Cheddar Cheese, Yellow Sliced	1 Slice
011253 LETTUCE,GRN LEAF,RAW	1 leaf inner
902781s TOMATOES,RED,RIPE,RAW	1 slice
799908s ONIONS,RED,RAW	1 slice, med(1/8" thick)
011937 PICKLES,CUCUMBER,DILL OR KOSHER DILL	3 slice

*Nutrients are based upon 1 Portion Size (burger)

Calories	489	kcal	Cholester	28.00	mg	Total Sugars	*5.36*	g	Calcium	*330.75*	mg	40.57%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	22.04	g	Sodium	898.21	mg	Protein	26.07	g	Iron	*2.10*	mg	18.10%	Calories from Sat Fat
Saturated F	9.83	g	Carbohydr	43.96	g	Vitamin A	*19.02*	RAE	Water[1]	*63.64*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	4.85	g	Vitamin C	*5.56*	mg	Ash[1]	*0.74*	g	35.97%	Calories from Carbohydrates
												21.33%	Calories from Protein

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000912 - J. Corn Dog W/Fries

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 4 oz.
Alternate Menu Name: Jumbo Corn Dog w/Fries

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904194s Jumbo Chicken Corn Dog..... 1 (1)
000116s POTATO, SAVORY SEASONED POTATOE WEDGE.... 1 (3 OZ)

*Nutrients are based upon 1 Portion Size (4 oz.)

Calories	420	kcal	Cholester	45.00	mg	Total Sugars	*12.00*	g	Calcium	*25.00*	mg	42.86%	Calories from Total Fat
						Added Sugars	*12.00*	g					
Total Fat	20.00	g	Sodium	1200.25	mg	Protein	13.00	g	Iron	1.72	mg	10.72%	Calories from Sat Fat
Saturated F	5.00	g	Carbohydr	47.01	g	Vitamin A	*N/A*	RAE	Water[1]	*0.00*	g	*N/A*%	Calories from Trans Fat
Trans Fat	*N/A*	g	Dietary Fib	4.00	g	Vitamin C	*18.01*	mg	Ash[1]	*N/A*	g	44.76%	Calories from Carbohydrates
												12.38%	Calories from Protein

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000808 - Mand Orange Ch.Rice & Broccoli

Recipe HACCP Process: #2 Same Day Service

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

Meat/Alt:	2.5 oz
Grains:	1 oz
Fruit:	0 Cup
Vegetable:	0.5 Cup
Milk:	0 Cup

902448s BROCCOLI,RAW..... 1/2 CUP, flowerets
903412s MANDARIN ORANGE CHICKEN.... 2 1/2 OZ
902751s ORANGE SAUCE..... 1 1/8 OZ
R-000810 Rice, White Jasmine..... 1 (8 oz cups)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	366	kcal	Cholester	38.98	mg	Total Sugars	*6.38*	g	Calcium	*29.61*	mg	5.55%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	2.26	g	Sodium	334.26	mg	Protein	11.63	g	Iron	*1.02*	mg	5.25%	Calories from Sat Fat
Saturated F	2.14	g	Carbohydr	72.50	g	Vitamin A	*0.00*	RAE	Water[1]	*160.95*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	2.91	g	Vitamin C	*31.67*	mg	Ash[1]	*0.40*	g	79.24%	Calories from Carbohydrates
												12.71%	Calories from Protein

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000824 - Mand Orange Tofu Rice & Broc

Recipe HACCP Process: #2 Same Day Service

Source: Meatless Entree
Number of Portions: 1
Size of Portion: size

Meat/Alt:	2.5 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0.5 Cup
Milk:	0 Cup

902448s BROCCOLI,RAW..... 1/2 CUP, flowerets
R-000810 Rice, White Jasmine..... 1 (8 oz cups)
904092s Tofu, Premium Tofu Ex Firm .... 1 CUP

*Nutrients are based upon 1 Portion Size (size)

Calories	397	kcal	Cholester	7.41	mg	Total Sugars	*0.09*	g	Calcium	30.71	mg	31.38%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	13.83	g	Sodium	45.42	mg	Protein	25.73	g	Iron	0.46	mg	3.60%	Calories from Sat Fat
Saturated F	1.59	g	Carbohydr	40.66	g	Vitamin A	*0.00*	RAE	Water[1]	186.76	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	8.08	g	Vitamin C	31.67	mg	Ash[1]	0.56	g	41.02%	Calories from Carbohydrates
												25.95%	Calories from Protein

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000809 - Mediterranea Hummus Box

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Box
Alternate Menu Name: Winter 25-26 Secondary

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904070s Hummus, Better Bean	1 Serving
903503s CARROTS, BABY-CUT, FRESH, PEELED	1 Bag
011206 CUCUMBER,PEELED,RAW	1/4 CUP, sliced
904072s Tomato, Cherry	1/4 CUP
903414s JICAMA	1/4 CUP
011429 RADISHES,RAW	1/4 CUP
904073s Naan, Atora's Family Bakery	1 Naan

*Nutrients are based upon 1 Portion Size (Box)

Calories	718	kcal	Cholester	*0.00*	mg	Total Sugars	10.96	g	Calcium	*157.13*	mg	26.47%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	21.11	g	Sodium	1192.89	mg	Protein	24.22	g	Iron	7.27	mg	*3.18%*	Calories from Sat Fat
Saturated F	*2.53*	g	Carbohydr	109.97	g	Vitamin A	*176.19	RAE	Water[1]	*42.59*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	11.26	g	Vitamin C	*13.49*	mg	Ash[1]	*0.19*	g	61.28%	Calories from Carbohydrates
												13.50%	Calories from Protein

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000544 - Munchable

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Munchable Box
Alternate Menu Name: Winter 25-26 Elementary

Meat/Alt:	2 oz
Grains:	2 oz
Fruit:	0.5 Cup
Vegetable:	0.5 Cup
Milk:	0 Cup

903744s GoGurt Mix Berry..... 1 Tube
900359s CHEESE,MOZZARELLA,STRING CHEESE.... 1 Stick
904069s Goldfish Crackers, Cheddar..... 1 Package
903503s CARROTS, BABY-CUT, FRESH, PEELED..... 1 Bag
903999s STONE FRUIT (AgLink)..... 1 medium (2-2/3" dia)

*Nutrients are based upon 1 Portion Size (Munchable Box)

Calories	419	kcal	Cholester	30.31	mg	Total Sugars	*15.58*	g	Calcium	*293.24*	mg	29.32%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	13.66	g	Sodium	605.68	mg	Protein	16.26	g	Iron	*2.91*	mg	11.03%	Calories from Sat Fat
Saturated F	5.14	g	Carbohydr	58.33	g	Vitamin A	*24.00*	RAE	Water[1]	*146.48*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	*5.71*	g	Vitamin C	*12.15*	mg	Ash[1]	*1.70*	g	55.67%	Calories from Carbohydrates
												15.52%	Calories from Protein

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000593 - Oatmeal, Maple Brown Sugar

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Serving
Alternate Menu Name: Gluten-free Menu

Meat/Alt: 0 oz
Grains: 2 oz
Fruit: 0.25 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903405s Oatmeal Maple Brown Sugar Instant.... 1 Oatmeal Cup
014411 BEVERAGES,H2O,TAP,DRINKING..... 4 fl oz

*Nutrients are based upon 1 Portion Size (Serving)

Calories	180	kcal	Cholester	0.00	mg	Total Sugars	12.00	g	Calcium	83.55	mg	12.50%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	2.50	g	Sodium	294.74	mg	Protein	4.00	g	Iron	2.70	mg	2.50%	Calories from Sat Fat
Saturated F	0.50	g	Carbohydr	36.00	g	Vitamin A	*0.00*	RAE	Water[1]	*118.28*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	3.00	g	Vitamin C	0.00	mg	Ash[1]	*0.12*	g	80.00%	Calories from Carbohydrates
												8.89%	Calories from Protein

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000989 - PIZZA, CHEESE

Recipe HACCP Process: #2 Same Day Service

Source: Secondary
Number of Portions: 6
Size of Portion: SLICE
Alternate Menu Name: CHEESE PIZZA

Meat/Alt:	3 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904261s Pizza Sheets "Sicilian Style" Pan..... 1 Sheet
904148s PIZZA SAUCE W/ BASIL..... 6 OZ
903833s Cheese Mozzarella 80/10/10 #0020402..... 12 OZ
902818s CHEESE, MOZZARELLA, LITE-COMMOD.... 3 OZ

*Nutrients are based upon 1 Portion Size (SLICE)

Calories	1277	kcal	Cholester	54.82	mg	Total Sugars	*15.75*	g	Calcium	*583.62*	mg	19.66%	Calories from Total Fat
						Added Sugars	*15.75*	g					
Total Fat	27.91	g	Sodium	1650.82	mg	Protein	48.29	g	Iron	14.70	mg	8.17%	Calories from Sat Fat
Saturated F	11.60	g	Carbohydr	203.84	g	Vitamin A	*N/A*	RAE	Water[1]	*7.78*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	21.90	g	Vitamin C	*1.62*	mg	Ash[1]	*0.52*	g	63.83%	Calories from Carbohydrates
												15.12%	Calories from Protein

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000991 - Pizza, Pepperoni Hot Honey MS

Recipe HACCP Process: #3 Complex Food Preparation

Source: Darrell
Number of Portions: 1
Size of Portion: Slice
Alternate Menu Name: Hot Honey Pizza

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904261s Pizza Sheets "Sicilian Style" Pan.....	1 Sheet
R-000952 Hot Honey, No Cook	1 (1 oz)
903688s Pizza Sauce	24 OZ
904151s Beef Pepperoni, slices.....	24 OZ
903278s Jalapenos.....	12 OZ
901062s ONIONS,RED,RAW.....	12 OZ
903833s Cheese Mozzarella 80/10/10 #0020402....	24 OZ

*Nutrients are based upon 1 Portion Size (Slice)

Calories	13755	kcal	Cholester	1280.39	mg	Total Sugars	*393.57	g	Calcium	*6653.54*	mg	36.55%	Calories from Total Fat
						Added Sugars	*372.89	g					
Total Fat	558.64	g	Sodium	31040.61	mg	Protein	503.90	g	Iron	148.15	mg	15.17%	Calories from Sat Fat
Saturated F	231.80	g	Carbohydr	1694.36	g	Vitamin A	*4162.0	RAE	Water[1]	*377.22*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	189.89	g	Vitamin C	*179.67	mg	Ash[1]	*13.95*	g	49.27%	Calories from Carbohydrates
												14.65%	Calories from Protein

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000519 - PIZZA, PEPPERONI, BEEF

Source: Darrell
Number of Portions: 6
Size of Portion: SLICE
Alternate Menu Name: PEPPERONI PIZZA

Recipe HACCP Process:

Meat/Alt:	3 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

R-000520 PIZZA DOUGH	1 SKINS
904148s PIZZA SAUCE W/ BASIL	6 OZ
903833s Cheese Mozzarella 80/10/10 #0020402	12 OZ
904151s Beef Pepperoni, slices	45 slice

*Nutrients are based upon 1 Portion Size (SLICE)

Calories	535	kcal	Cholester	65.00	mg	Total Sugars	*0.00*	g	Calcium	*500.40*	mg	29.67%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	17.65	g	Sodium	1189.85	mg	Protein	24.97	g	Iron	4.21	mg	18.29%	Calories from Sat Fat
Saturated F	10.88	g	Carbohydr	62.07	g	Vitamin A	*0.00*	RAE	Water[1]	*42.78*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	6.19	g	Vitamin C	*1.62*	mg	Ash[1]	*0.03*	g	46.38%	Calories from Carbohydrates
												18.66%	Calories from Protein

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000911 - Poffitz Pancake Bites

Source: Darrell
Number of Portions: 120
Size of Portion: 8 bites
Alternate Menu Name: Pancake Bites
Jam/Syrup

Recipe HACCP Process:

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904192s Pancake, Bites, Poffitz WG Bulk.... 68 GRAM
904116s Jelly..... 2 Serving
903831s Syrup, Pancake Natural Syrup..... 1 Serving

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

Calories	3	kcal	Cholester	0.33	mg	Total Sugars	0.42	g	Calcium	0.30	mg
						Added Sugars	*0.19*	g			
Total Fat	0.10	g	Sodium	2.54	mg	Protein	0.03	g	Iron	0.01	mg
Saturated F	0.01	g	Carbohydr	0.64	g	Vitamin A	*0.00*	RAE	Water[1]	*0.00*	g
Trans Fat	0.00	g	Dietary Fib	0.02	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g

26.87%	Calories from Total Fat
2.24%	Calories from Sat Fat
0.00%	Calories from Trans Fat
76.13%	Calories from Carbohydrates
3.98%	Calories from Protein

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000960 - Quesadilla: Cheese / Jalapeno

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Quesadilla
Alternate Menu Name: Chicken Quesadilla

Meat/Alt: 3 oz
Grains: 2 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903510s CHEESE, CHEDDAR, YELLOW, SHREDDED.... 1 OZ
799934s PEPPERS,JALEPENO,CND,DRND..... 1 OZ
904145s CHEESE, MOZZARELLA, LITE-COMMOD..... 2 OZ
902494s 12" Flour Wheat..... 1 Each
R-000843 Salsa, Housemade ..... 1 (1/4 Cup Serving)

*Nutrients are based upon 1 Portion Size (Quesadilla)

Calories	464	kcal	Cholester	49.28	mg	Total Sugars	*1.19*	g	Calcium	*643.35*	mg	42.11%	Calories from Total Fat
						Added Sugars	*0.40*	g					
Total Fat	21.71	g	Sodium	1711.77	mg	Protein	28.38	g	Iron	*1.54*	mg	22.73%	Calories from Sat Fat
Saturated F	11.72	g	Carbohydr	39.65	g	Vitamin A	*7.16*	RAE	Water[1]	*56.15*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	7.80	g	Vitamin C	*7.27*	mg	Ash[1]	*3.09*	g	34.19%	Calories from Carbohydrates
												24.47%	Calories from Protein

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000120 - Quesadilla: Chicken / Jalapeno

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Quesadilla
Alternate Menu Name: Chicken Quesadilla

Meat/Alt: 3 oz
Grains: 2 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903510s CHEESE, CHEDDAR, YELLOW, SHREDDED.... 1/2 OZ
799934s PEPPERS,JALEPENO,CND,DRND..... 1 OZ
904145s CHEESE, MOZZARELLA, LITE-COMMOD..... 1/2 OZ
904199s Seasoned Hand Pulled Chicken ..... 2 1/2 OZ
902494s 12" Flour Wheat..... 1 Each
R-000843 Salsa, Housemade ..... 1 (1/4 Cup Serving)

*Nutrients are based upon 1 Portion Size (Quesadilla)

Calories	436	kcal	Cholester	85.82	mg	Total Sugars	*1.19*	g	Calcium	*239.49*	mg	35.21%	Calories from Total Fat
						Added Sugars	*0.40*	g					
Total Fat	17.06	g	Sodium	1558.74	mg	Protein	32.19	g	Iron	*2.34*	mg	14.04%	Calories from Sat Fat
Saturated F	6.80	g	Carbohydr	38.82	g	Vitamin A	*7.16*	RAE	Water[1]	*32.81*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	7.80	g	Vitamin C	*7.27*	mg	Ash[1]	*1.51*	g	35.60%	Calories from Carbohydrates
												29.52%	Calories from Protein

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000949 - Ravioli, Breaded Square Cheese

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 7 ea
Alternate Menu Name: Ravioli, Breaded Square

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904237s Cheese Ravioli, Breaded Square WG.... 7 Pieces

*Nutrients are based upon 1 Portion Size (7 ea)

Calories	2520	kcal	Cholester	35.00	mg	Total Sugars	35.00	g	Calcium	1050.00	mg	10.00%	Calories from Total Fat
						Added Sugars	7.00	g					
Total Fat	27.99	g	Sodium	5110.00	mg	Protein	133.00	g	Iron	27.99	mg	3.75%	Calories from Sat Fat
Saturated F	10.50	g	Carbohydr	448.01	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	*N/A*%	Calories from Trans Fat
Trans Fat	*N/A*	g	Dietary Fib	49.00	g	Vitamin C	*N/A*	mg	Ash[1]	*N/A*	g	71.11%	Calories from Carbohydrates
												21.11%	Calories from Protein

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000941 - Refried Beans, Vegetarian

Recipe HACCP Process: #2 Same Day Service

Source:
Number of Portions: .5
Size of Portion: Cup
Alternate Menu Name: Rosarita Refried Beans

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904232s Refried Beans, Vegetarian.... 1 GAL
014555 WATER,BTLD,GENERIC..... 1 CUP

*Nutrients are based upon 1 Portion Size (Cup)

Calories	3520	kcal	Cholester	0.00	mg	Total Sugars	31.99	g	Calcium	47.40	mg	20.45%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	79.99	g	Sodium	18569.48	mg	Protein	159.99	g	Iron	44.81	mg	0.00%	Calories from Sat Fat
Saturated F	0.00	g	Carbohydr	512.00	g	Vitamin A	*0.00*	RAE	Water[1]	*473.91*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	159.99	g	Vitamin C	*0.00*	mg	Ash[1]	*0.33*	g	58.18%	Calories from Carbohydrates
												18.18%	Calories from Protein

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000810 - Rice, White Jasmine

Source: Darrell
Number of Portions: 44
Size of Portion: 8 oz cups

Recipe HACCP Process: #2 Same Day Service

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904094s RICE,JASMINE WHITE,LONG-GRAIN,REG,ENR,CKD.... 4 QT
904074s Tap Water..... 6 QT

*Nutrients are based upon 1 Portion Size (8 oz cups)

Calories	204	kcal	Cholester	0.00	mg	Total Sugars Added Sugars	0.00 g 0.00 g	Calcium	12.93	mg	0.00% Calories from Total Fat
Total Fat	0.00	g	Sodium	2.59	mg	Protein	0.00 g	Iron	0.00	mg	0.00% Calories from Sat Fat
Saturated F	0.00	g	Carbohydr	45.96	g	Vitamin A	0.00 RAE	Water[1]	129.25	g	0.00% Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	1.28	g	Vitamin C	0.00 mg	Ash[1]	0.09	g	90.00% Calories from Carbohydrates
											0.00% Calories from Protein

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000843 - Salsa, Housemade

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 250
Size of Portion: 1/4 Cup Serving
Alternate Menu Name: Winter 25-26
Secondary

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

902921s TOMATOES, CANNED, DICED....	3 #10 CAN
904104s Tomatillo, Diced Canned	2 #10 Can
002026 ONION POWDER.....	1 CUP
002020 GARLIC POWDER.....	1 CUP
904105s Red Chili Flake	1 CUP
799986s SALT, KOSHER.....	1 1/2 CUP
019335 SUGARS,GRANULATED.....	1/2 CUP
069047s CILANTRO FRESH,RAW.....	2 BUNCH
903443s Jalapenos.....	1 CUP

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

Calories	18	kcal	Cholester	0.00	mg	Total Sugars	*1.19*	g	Calcium	*14.96*	mg	3.48%	Calories from Total Fat
						Added Sugars	*0.40*	g					
Total Fat	0.07	g	Sodium	521.53	mg	Protein	0.48	g	Iron	*0.29*	mg	0.70%	Calories from Sat Fat
Saturated F	0.01	g	Carbohydr	3.91	g	Vitamin A	*7.16*	RAE	Water[1]	*0.31*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	0.51	g	Vitamin C	*3.84*	mg	Ash[1]	*0.06*	g	87.86%	Calories from Carbohydrates
												10.73%	Calories from Protein

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000943 - Sandwich:Trky Bacon Avo Swiss

Recipe HACCP Process: #2 Same Day Service

Source:
Number of Portions: 1
Size of Portion: Sandwich
Alternate Menu Name: Trky Bacon Avo Swiss

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903550s Baguette	1/4 baguette
904108s Smoked Turkey (Boar's Head)	1 Serving/2oz
904062s Beef Bacon, Halal	1 OZ
001040 CHEESE,SWISS	1 OZ
904234s Guacamole, Authentic Style	2 OZ
011253 LETTUCE,GRN LEAF,RAW	2 leaf outer
902781s TOMATOES,RED,RIPE,RAW	2 slice

*Nutrients are based upon 1 Portion Size (Sandwich)

Calories	654	kcal	Cholester	66.62	mg	Total Sugars	*2.26*	g	Calcium	296.05	mg	31.97%	Calories from Total Fat
						Added Sugars	*0.57*	g					
Total Fat	23.23	g	Sodium	1126.81	mg	Protein	27.74	g	Iron	2.88	mg	11.24%	Calories from Sat Fat
Saturated F	8.17	g	Carbohydr	70.93	g	Vitamin A	*259.25	RAE	Water[1]	*109.84*	g	*0.38%*	Calories from Trans Fat
Trans Fat	*0.28*	g	Dietary Fib	6.58	g	Vitamin C	*11.62*	mg	Ash[1]	*1.42*	g	43.37%	Calories from Carbohydrates
												16.96%	Calories from Protein

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000834 - Sausage, Egg & Cheese Sandwich

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: EACH

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

001125 EGG,YOLK,RAW,FRSH..... 1 large
903857s English Muffin WG..... 1 EACH
902511s CHEESE, CHEDDAR..... 1 OZ
904012s Sausage Patty, Chicken (Tyson).... 1 Patty

*Nutrients are based upon 1 Portion Size (EACH)

Calories	384	kcal	Cholester	*254.45*	mg	Total Sugars	*0.10*	g	Calcium	291.61	mg	48.05%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	20.51	g	Sodium	666.95	mg	Protein	*20.70*	g	Iron	2.90	mg	20.20%	Calories from Sat Fat
Saturated F	8.62	g	Carbohydr	25.49	g	Vitamin A	*64.77*	RAE	Water[1]	*9.89*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	2.98	g	Vitamin C	*0.00*	mg	Ash[1]	*0.29*	g	26.54%	Calories from Carbohydrates
												21.55%	Calories from Protein

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000900 - Smoothie w/ Granola Bar

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: serving

Meat/Alt:	1 oz
Grains:	1.25 oz
Fruit:	0.5 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904183s Smoothie, Banana Strawberry.... 1 Bottle/serving
904182s Granola Bar, Nature's Valley..... 1 serving/2 bars/pkg

*Nutrients are based upon 1 Portion Size (serving)

Calories	320	kcal	Cholester	0.00	mg	Total Sugars	31.00	g	Calcium	*120.00*	mg	19.69%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	7.00	g	Sodium	210.00	mg	Protein	8.00	g	Iron	1.44	mg	2.81%	Calories from Sat Fat
Saturated F	1.00	g	Carbohydr	65.00	g	Vitamin A	*0.00*	RAE	Water[1]	*0.00*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	3.00	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g	81.25%	Calories from Carbohydrates
												10.00%	Calories from Protein

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000914 - Spicy Chicken Caesar Wrap

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 1 ea.
Alternate Menu Name: Spcy Chicken Caesar Wrap

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904198s 12 inch Spinach Tortilla	1 (1)
903792s Chicken Tender - WG 2.05 H&S MWWM	4 OZ
901062s ONIONS,RED,RAW	1 OZ
011253 LETTUCE,GRN LEAF,RAW	2 Leaf
903265s Creamy Caesar Dressing	1 1/2 OZ
902714s Croutons	1/2 OZ
069042s CHEESE,PARMESAN,SHREDDED	1/2 OZ

*Nutrients are based upon 1 Portion Size (1 ea.)

Calories	826	kcal	Cholester	106.96	mg	Total Sugars	*4.37*	g	Calcium	98.80	mg	56.09%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	51.48	g	Sodium	1269.17	mg	Protein	36.74	g	Iron	15.65	mg	13.10%	Calories from Sat Fat
Saturated F	12.02	g	Carbohydr	61.91	g	Vitamin A	*177.60	RAE	Water[1]	*70.85*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	4.60	g	Vitamin C	*6.51*	mg	Ash[1]	*0.40*	g	29.97%	Calories from Carbohydrates
												17.79%	Calories from Protein

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000825 - Teriyaki Chicken Rice Bowl

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: bowl
Alternate Menu Name: Winter 25-26
Secondary

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904090s Chicken, Teriyaki BBQ, Yang's.... 1 Serving
R-000810 Rice, White Jasmine..... 1 cups
011090 BROCCOLI,RAW..... 1/2 CUP, florets

*Nutrients are based upon 1 Portion Size (bowl)

Calories	145	kcal	Cholester	70.00	mg	Total Sugars	9.75	g	Calcium	30.68	mg	22.74%	Calories from Total Fat
						Added Sugars	9.00	g					
Total Fat	3.66	g	Sodium	494.52	mg	Protein	16.24	g	Iron	1.04	mg	6.52%	Calories from Sat Fat
Saturated F	1.05	g	Carbohydr	12.92	g	Vitamin A	*13.64*	RAE	Water[1]	*39.29*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	1.14	g	Vitamin C	*39.25*	mg	Ash[1]	*0.38*	g	35.66%	Calories from Carbohydrates
												44.81%	Calories from Protein

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000840 - Teriyaki Tofu Rice Bowl

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: bowl
Alternate Menu Name: Winter
25-26 Secondary

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

R-000810 Rice, White Jasmine..... 1 cups
011090 BROCCOLI,RAW..... 1/2 CUP, florets
R-000832 Tofu Method..... 1 = 1 cup serving
123614 Teriyaki Sauce..... 2 TBSPS

*Nutrients are based upon 1 Portion Size (bowl)

Calories	13196	kcal	Cholester	7.41	mg	Total Sugars	*2645.7	g	Calcium	2529.91	mg	2.41%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	35.28	g	Sodium	49828.49	mg	Protein	126.08	g	Iron	0.42	mg	0.29%	Calories from Sat Fat
Saturated F	4.23	g	Carbohydr	3124.90	g	Vitamin A	*13.64*	RAE	Water[1]	*41.07*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	43.11	g	Vitamin C	189.78	mg	Ash[1]	*0.40*	g	94.72%	Calories from Carbohydrates
												3.82%	Calories from Protein

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000832 - Tofu Method

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1.5
Size of Portion: = 1 cup serving

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904092s Tofu, Premium Tofu Ex Firm .... 1 1/2 CUP
799986s SALT, KOSHER..... 1 TSP
020027 CORNSTARCH..... 1/4 CUP
902880s Olive Oil Blend..... 1 TBSP

*Nutrients are based upon 1 Portion Size (= 1 cup serving)

Calories	494	kcal	Cholester	7.41	mg	Total Sugars	*0.00*	g	Calcium	0.43	mg	58.76%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	32.25	g	Sodium	1071.57	mg	Protein	23.77	g	Iron	0.10	mg	7.62%	Calories from Sat Fat
Saturated F	4.18	g	Carbohydr	25.40	g	Vitamin A	*0.00*	RAE	Water[1]	*1.77*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	6.12	g	Vitamin C	0.00	mg	Ash[1]	*0.02*	g	20.57%	Calories from Carbohydrates
												19.25%	Calories from Protein

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