

# John Stalker Institute

**000106 - All Beef Hot Dog w Roll**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 hot dog

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

902433 Hot Dogs, all beef, reduced sodium.... 50 hot dogs 902434 Hot Dog Rolls, WW..... 50 rolls	1. Lay hot dogs in a single layer on a parchment-lined sheet pan. Bake at 350°F to an internal temperature of 165°F. Serve in rolls.  ALTERNATE METHOD:  *Boil hot dogs in water to an internal temperature of 165°F. Remove from water, drain well, and serve immediately or hold for hot service in rolls.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.
	OPTIONAL INGREDIENTS:  *Can serve with additional condiments - ketchup, mustard, or relish  *Can also serve with washed lettuce leaves, chopped tomato, or chopped onion

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

Calories	280 kcal	Cholesterol	30.00 mg	Protein	11.00 g	Calcium	60.00 mg	53.04%	Calories from Total Fat
Total Fat	16.50 g	Sodium	570.00 mg	Vitamin A	0.00 RE	Iron	1.80 mg	17.68%	Calories from Sat Fat
Saturated Fat	5.50 g	Carbohydrate	21.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	1.00 g	Vitamin C	9.00 mg	Ash <sup>1</sup>	*N/A* g	30.00%	Calories from Carbohydrates
								15.71%	Calories from Protein

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# John Stalker Institute

**000141 - Apple Cabbage Slaw**

Source: Cambridge PS  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

**Recipe HACCP Process: #1 No Cook**

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

009003 APPLES,RAW,WITH SKIN..... 3 medium (3 dia)" 009206 ORANGE JUICE,RAW..... 2 OZ	1. Wash the apples, then using a box grater, shred them and toss with the orange juice to keep from browning.
011109 CABBAGE,RAW..... 3 LB 009298 RAISINS,SEEDLESS..... 3/4 CUP, (not packed)	2. Core the cabbage, and slice finely into thin shreds. Toss the cabbage, grated apples, and raisins in a bowl.
075003 MAYONNAISE,LoFat,No Cholesterol... 1 1/3 CUP 019335 SUGARS,GRANULATED..... 1 TBSP + 1 TSP 002007 CELERY SEED..... 1 TSP 799904 MUSTARD,POWDER/DRY..... 3/4 TSP 002048 VINEGAR,CIDER..... 1 TBSP + 1 TSP	3. Mix the dressing: Using a whisk, combine the mayonnaise, sugar, celery seed, dry mustard, and vinegar in a bowl. Add to cabbage-apple-raisin mixture and toss well to combine. Work together with gloves hands to ensure even coating of all ingredients.  CCP: Hold for cold service at 41° F or lower.

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

Calories	40 kcal	Cholesterol	0.00 mg	Protein	0.47 g	Calcium	13.84 mg	39.76%	Calories from Total Fat
Total Fat	1.79 g	Sodium	60.68 mg	Vitamin A	4.34 RE	Iron	0.21 mg	5.09%	Calories from Sat Fat
Saturated Fat	0.23 g	Carbohydrate	6.15 g	Vitamin A	34.89 IU	Water <sup>1</sup>	36.15 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.04 g	Vitamin C	11.09 mg	Ash <sup>1</sup>	0.25 g	60.84%	Calories from Carbohydrates
								4.68%	Calories from Protein

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# John Stalker Institute

**000237 - Apple, Ham, Spinach Wrap**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 wrap

**Recipe HACCP Process: #1 No Cook**

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0.125 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

009003 APPLES,RAW,WITH SKIN..... 12 medium (3 per LB) 009153 LEMON JUC,CND OR BTLD..... 1 OZ	1. Prep apples: peel, core, and slice thinly. Toss with lemon juice to prevent discoloration.
018364 TORTILLAS,RTB OR -FRY,FLR... 50 tortilla ( 10" dia) 007028 HAM,SLICED,EX LN..... 100 slice 902443 Spinach, Baby..... 12 1/2 CUP	2. Lay out whole grain tortillas on a clean sanitary surface. Add 2 oz. of ham, several slices of apple, and 1/4 cup of baby spinach.  3. Wrap tightly slice on the bias, and serve.  CCP: Hold for cold service at 41° F or lower.

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

Calories	286 kcal	Cholesterol	19.68 mg	Protein	13.90 g	Calcium	86.77 mg	20.82%	Calories from Total Fat
Total Fat	6.61 g	Sodium	1077.81 mg	Vitamin A	69.17 RE	Iron	2.97 mg	5.27%	Calories from Sat Fat
Saturated Fat	1.67 g	Carbohydrate	42.07 g	Vitamin A	355.47 IU	Water <sup>1</sup>	*87.67* g	*0.02%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.60 g	Vitamin C	*1.66* mg	Ash <sup>1</sup>	*3.87* g	58.84%	Calories from Carbohydrates
								19.45%	Calories from Protein

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# John Stalker Institute

**000118 - Asian Chicken Salad**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 salad (6 oz)

Meat/Alt: 2 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 1.375 Cup  
 Milk: 0 Cup

011251 LETTUCE,COS OR ROMAINE,RAW.....	18 LB	1. Wash and chop lettuce. Chill if holding.
011821 PEPPERS,SWEET,RED,RAW.....	3 LB	2. Core, seed, and thinly slice red and yellow peppers. Quarter the baby carrots, and soak in iced water to restore shine and crunch if necessary.
011951 PEPPERS,SWEET,YELLOW,RAW.....	3 LB	
011960 CARROTS,BABY,RAW.....	2 LB	
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY...	8 LB	3. Thaw frozen diced chicken according to manufacturer's directions.
004016 SALAD DRSNG,SESAME SD DRSNG,REG.....	50 OZ	4. Assemble Salads: Place 2 cup loosely packed romaine lettuce in salad bowls, add 2 oz. diced chicken, thinly sliced peppers (approx 1 oz. of each pepper), and 5-6 quartered baby carrots per salad, in a decorative fashion. Include 1 oz. dressing.
<p>OPTIONAL INGREDIENTS:</p> <p>*Can add: Edamame Beans (Fresh young Soybeans) or other fresh peas or green beans.</p> <p>*Can utilize different dressings for different flavor profile.</p> <p>*Can use mixture of half romaine lettuce, half baby spinach as the salad base.</p> <p>CCP: Hold for cold service at 41° F or lower.</p>		

\*Nutrients are based upon 1 Portion Size (1 salad (6 oz))

Calories	286 kcal	Cholesterol	66.56 mg	Protein	25.56 g	Calcium	69.98 mg	55.34%	Calories from Total Fat
Total Fat	17.56 g	Sodium	345.63 mg	Vitamin A	917.24 RE	Iron	4.92 mg	8.46%	Calories from Sat Fat
Saturated Fat	2.68 g	Carbohydrate	12.67 g	Vitamin A	17641.60 IU	Water <sup>1</sup>	*232.14* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.06 g	Vitamin C	91.70 mg	Ash <sup>1</sup>	*2.42* g	17.74%	Calories from Carbohydrates
								35.81%	Calories from Protein

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# John Stalker Institute

**000189 - Asian Chicken Salad, HS**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 salad (8 oz)

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 1.375 Cup  
 Milk: 0 Cup

050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY... 8 LB 902449 Edamame, frozen, prepared..... 12 1/2 CUP	1. Thaw diced cooked chicken completely. Cook edamame beans according to package directions, and cool completely.
011251 LETTUCE,COS OR ROMAINE,RAW..... 16 LB 011821 PEPPERS,SWEET,RED,RAW..... 2 large,2-1/4 per LB 011951 PEPPERS,SWEET,YELLOW,RAW..... 2 pepper,large 011333 PEPPERS,SWEET,GREEN,RAW..... 2 large,2-1/4 per LB 011124 CARROTS,RAW..... 6 large (7-1/4" to 8-1/2")	2. Prepare cold salad ingredients: Wash and chop romaine lettuce into bite-sized pieces. Seed and thinly slice all bell peppers, and peel and cut carrots into small, thin, matchstick sized pieces.  3. Arrange 2 cups chopped lettuce in a small bowl or other to-go container suitable for salad.  4. Artfully arrange sliced bell peppers and carrots, add ¼ cup cooled edamame beans, and add 2 oz. diced chicken on top.
902450 Chips,Pita..... 6 1/4 LB 004016 SALAD DRSNG,SESAME SD DRSNG,REG..... 50 OZ	5. Add ½ cup pita chips, either directly to salad if serving immediately, or in a small bag on the side. Place 2 Tablespoons dressing on the side in a small ramekin or to-go container. Keep salads chilled until ready to serve.  CCP: Hold for cold service at 41° F or lower.

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

Calories	576 kcal	Cholesterol	66.56 mg	Protein	35.86 g	Calcium	92.12 mg	43.85%	Calories from Total Fat
Total Fat	28.04 g	Sodium	821.49 mg	Vitamin A	*722.43* RE	Iron	7.94 mg	5.74%	Calories from Sat Fat
Saturated Fat	3.67 g	Carbohydrate	51.77 g	Vitamin A	*14349.74 IU	Water <sup>1</sup>	*204.45* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	8.60 g	Vitamin C	35.98 mg	Ash <sup>1</sup>	*2.12* g	35.97%	Calories from Carbohydrates
								24.92%	Calories from Protein

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# John Stalker Institute

**000240 - Bagel Lunch w/Cheese & Fruit**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: each

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

009131 GRAPES,AMERICAN TYPE (SLIP SKN),RAW... 12 1/2 CUP 009003 APPLES,RAW,WITH SKIN..... 15 large (3-1/4 dia)" 009153 LEMON JUC,CND OR BTLD..... 1 OZ	1. Wash Grapes.  2. Peel and slice apples thinly, and toss with lemon juice to prevent discoloration.	
050350 CHEESE, CHEDDAR, WHITE, BLOCK..... 6 1/4 LB 018005 BAGELS,CINNAMON-RAISIN..... 50 bagel(3.5" dia)	3. Serve 1/4 cup grapes, 1/4 cup apples, and 1 bagel with 2 oz. cheese.  Variation: Can substitute 4 TBSP sun butter, peanut butter, or other nut butter for cheese.  Variation #2:  Can substitute 2 oz crackers per serving for the bagel  CCP: Hold for cold service at 41° F or lower.	

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

Calories	472 kcal	Cholesterol	60.00 mg	Protein	21.40 g	Calcium	428.79 mg	38.51%	Calories from Total Fat
Total Fat	20.20 g	Sodium	660.68 mg	Vitamin A	129.62 RE	Iron	3.23 mg	23.25%	Calories from Sat Fat
Saturated Fat	12.20 g	Carbohydrate	53.13 g	Vitamin A	679.04 IU	Water <sup>1</sup>	*99.18* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	3.45 g	Vitamin C	4.64 mg	Ash <sup>1</sup>	*1.18* g	45.01%	Calories from Carbohydrates
								18.13%	Calories from Protein

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# John Stalker Institute

**000192 - Bagel Lunch with yogurt & chz**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: each

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

018005 BAGELS,CINNAMON-RAISIN..... 50 (2 oz bagel) 001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ... 1 5/8 GAL 118898 Cheddar Cheese Stick..... 50 OZ	1. Serve 1 bagel, 1 oz. cheese stick, and 1/2 cup yogurt.  CCP: Hold for cold service at 41° F or lower.
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\*Nutrients are based upon 1 Portion Size (each)

Calories	372 kcal	Cholesterol	35.67 mg	Protein	18.67 g	Calcium	427.02 mg	28.43%	Calories from Total Fat
Total Fat	11.76 g	Sodium	520.71 mg	Vitamin A	80.60 RE	Iron	2.41 mg	17.03%	Calories from Sat Fat
Saturated Fat	7.04 g	Carbohydrate	48.50 g	Vitamin A	375.38 IU	Water <sup>1</sup>	127.38 g	*0.68%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.28* g	Dietary Fiber	1.29 g	Vitamin C	1.40 mg	Ash <sup>1</sup>	3.13 g	52.11%	Calories from Carbohydrates
								20.06%	Calories from Protein

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# John Stalker Institute

**000155 - Baked Fish with Lemon**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 2 oz.

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

050384 OIL, VEGETABLE.....	3/4 CUP	1. Spray parchment-lined sheet pans with pan spray, or rub with a small amount of vegetable oil.
902437 Fish, tilapia, raw..... 002028 PAPRIKA..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK.....	8 LB 2 TSP 1 TSP 1/2 TSP, ground	2. Lay tilapia fillets on sheet pan, and sprinkle evenly with paprika, salt, and black pepper. Bake according to the following directions:  Convection oven: 325°F for 7-9 minutes Conventional oven: 350°F for 9-11 minutes  CCP: Heat to 145° F or higher for at least 15 Seconds
009152 LEMON JUICE, RAW....	2 TBSP	3. Sprinkle each piece with a few drops of lemon juice, and serve hot.  NOTE: Batch cook the fish for each service period if possible, as the quality will suffer if held for long in the warmer or steam table.  CCP: Hold at 140° F or higher for service.

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

Calories	99 kcal	Cholesterol	36.29 mg	Protein	15.57 g	Calcium	0.38 mg	29.75%	Calories from Total Fat
Total Fat	3.28 g	Sodium	86.11 mg	Vitamin A	5.59 RE	Iron	0.49 mg	4.54%	Calories from Sat Fat
Saturated Fat	0.50 g	Carbohydrate	0.11 g	Vitamin A	45.48 IU	Water <sup>1</sup>	*0.58* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	0.04 g	Vitamin C	0.24 mg	Ash <sup>1</sup>	*0.13* g	0.43%	Calories from Carbohydrates
								62.69%	Calories from Protein

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# John Stalker Institute

**000108 - Beef Burrito**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 burrito

Meat/Alt: 2 oz  
 Grains: 2.5 oz  
 Fruit: 0 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

050452 RICE, LONG GRAIN, BROWN, DRY..... 1 1/2 QT 011215 GARLIC,RAW..... 3 TBSP 011282 ONIONS,RAW..... 1 LB, chopped 011333 PEPPERS,SWEET,GREEN,RAW..... 1 LB		1. Cook the brown rice according to package directions. While the rice cooks, mince the garlic, and chop the onions and peppers.
023567 BEEF,GROUND,85% LN MEAT / 15% FAT,RAW..... 10 LB 050385 OIL, VEGETABLE..... 1/4 CUP 002047 SALT, TABLE..... 1/2 TSP 002030 PEPPER, BLACK..... 1/2 TSP, ground 002009 CHILI POWDER..... 3 TBSP 799902 CUMIN, GROUND..... 2 TBSP 050540 SALSA, LOW-SODIUM, CANNED..... 48 OZ		2. Heat a large saute pan or tilt skillet over medium-high heat. Add ground beef and cook to an internal temperature of 165°F. Drain well and hold aside. To the same pan, heat the vegetable oil to a shimmer, add the peppers and onions, and cook for 5 minutes, stirring occasionally.  3. After 5 minutes, add the garlic, salt, black pepper, chili powder, and cumin. Continue cooking for another 5 minutes, stirring occasionally.  4. Add the cooked beef back to the mixture. Cook until simmering gently, then add the hot brown rice, and the salsa, and mix well.  CCP: Heat to 165° F or higher for at least 15 seconds
050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch) 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE... 2 1/2 LB		5. On a clean and sanitary surface, spread out as many warmed tortillas as possible. In the center of each tortilla, sprinkle 1 oz. of cheese.  6. Scoop 6 oz. of the hot beef mixture on top of the cheese in each tortilla. With both gloved hands, fold the edge of the tortilla closest to you up over the bean mixture. Next, fold in the sides, and roll away from you to form a solid enclosed burrito. Wrap in foil and transfer to hotel pans.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.

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

Calories	489 kcal	Cholesterol	74.49 mg	Protein	29.52 g	Calcium	335.62 mg	40.85%	Calories from Total Fat
Total Fat	22.20 g	Sodium	628.70 mg	Vitamin A	80.27 RE	Iron	4.17 mg	16.16%	Calories from Sat Fat
Saturated Fat	8.78 g	Carbohydrate	41.29 g	Vitamin A	463.10 IU	Water <sup>1</sup>	*76.59* g	*1.56%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.85* g	Dietary Fiber	4.65 g	Vitamin C	9.24 mg	Ash <sup>1</sup>	*1.04* g	33.77%	Calories from Carbohydrates
								24.15%	Calories from Protein

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# John Stalker Institute

**000305 - Beef Burrito - 2 grain**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 burrito

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

050452 RICE, LONG GRAIN, BROWN, DRY..... 3/4 QT 011215 GARLIC, RAW..... 3 TBSP 011282 ONIONS, RAW..... 1 LB, chopped 011333 PEPPERS, SWEET, GREEN, RAW..... 1 LB		1. Cook the brown rice according to package directions. While the rice cooks, mince the garlic, and chop the onions and peppers.
023567 BEEF, GROUND, 85% LN MEAT / 15% FAT, RAW..... 10 LB 050385 OIL, VEGETABLE..... 1/4 CUP 002047 SALT, TABLE..... 1/2 TSP 002030 PEPPER, BLACK..... 1/2 TSP, ground 002009 CHILI POWDER..... 3 TBSP 799902 CUMIN, GROUND..... 2 TBSP 050540 SALSA, LOW-SODIUM, CANNED..... 48 OZ		2. Heat a large saute pan or tilt skillet over medium-high heat. Add ground beef and cook to an internal temperature of 165°F. Drain well and hold aside. To the same pan, heat the vegetable oil to a shimmer, add the peppers and onions, and cook for 5 minutes, stirring occasionally.  3. After 5 minutes, add the garlic, salt, black pepper, chili powder, and cumin. Continue cooking for another 2-3 minutes, stirring occasionally.  4. Add the cooked beef back to the mixture. Cook until simmering gently, then add the hot brown rice, and the salsa, and mix well.  CCP: Heat to 165° F or higher for at least 15 seconds
050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch) 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE... 2 1/2 LB		5. On a clean and sanitary surface, spread out as many warmed tortillas as possible. In the center of each tortilla, sprinkle 1 oz. of cheese.  6. Scoop 4 oz. of the hot beef mixture on top of the cheese in each tortilla. With both gloved hands, fold the edge of the tortilla closest to you up over the bean mixture. Next, fold in the sides, and roll away from you to form a solid enclosed burrito. Wrap in foil and transfer to hotel pans.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.

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

Calories	448 kcal	Cholesterol	74.49 mg	Protein	28.64 g	Calcium	332.98 mg	43.95%	Calories from Total Fat
Total Fat	21.87 g	Sodium	627.98 mg	Vitamin A	80.27 RE	Iron	4.01 mg	17.51%	Calories from Sat Fat
Saturated Fat	8.72 g	Carbohydrate	32.71 g	Vitamin A	463.10 IU	Water <sup>1</sup>	*76.59* g	*1.70%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.85* g	Dietary Fiber	4.26 g	Vitamin C	9.24 mg	Ash <sup>1</sup>	*1.04* g	29.21%	Calories from Carbohydrates
								25.57%	Calories from Protein

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# John Stalker Institute

**000089 - Beef Tacos on WW Soft Tortilla**

Source: Cambridge PS  
 Number of Portions: 50  
 Size of Portion: 1 taco

**Recipe HACCP Process: #2 Same Day Service**

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

023567 BEEF,GROUND,85% LN MEAT / 15% FAT,RAW..... 7 LB	1. In a tilt skillet or saute pan, cook the ground beef until evenly browned. Drain excess fat using a colander, or by spreading beef onto a sheet pan lined with paper towel.  CCP: Heat to 155° F or higher for at least 15 Seconds
050385 OIL, VEGETABLE..... 3 TBSP 011282 ONIONS,RAW..... 2 CUP, chopped 900771 GARLIC,GRANULATED..... 1 1/2 TBSP 002030 PEPPER,BLACK..... 1 TSP, ground 002009 CHILI POWDER..... 3 TBSP 799902 CUMIN,GROUND..... 1 1/2 TBSP 002028 PAPRIKA..... 1 1/2 TSP 002026 ONION POWDER..... 1 1/2 TSP 050544 TOMATO PASTE, LOW-SODIUM, CANNED..... 1 1/2 CUP	2. Using the same pan you cooked the beef in, heat the vegetable oil over medium heat, and saute the onions for 3-5 minutes. Then add all seasonings (granulated garlic, black pepper, chili powder, cumin, paprika, and onion powder). Add the tomato paste and saute briefly, then add the beef back to the pan. Simmer this mixture for 25-30 minutes, stirring occasionally.
050346 CHEESE, CHEDDAR, YELLOW, SHREDDED..... 2 LB 018364 TORTILLAS,RTB OR -FRY,FLR..... 50 tortilla med 6"dia	3. When done, scoop 1/2 cup of the taco meat into each tortilla, along with 1/2 ounce of cheese, and wrap tightly.  NOTE: This step should be done immediately before service so that the tortilla does not become soggy and break.  CCP: Hold at 140° F or higher for service.
011251 LETTUCE,COS OR ROMAINE,RAW..... 2 1/2 LB 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 1 1/2 LB	4. Serve with shredded lettuce and diced fresh tomato on the plate, or as optional sides.

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

Calories	326 kcal	Cholesterol	62.38 mg	Protein	19.68 g	Calcium	189.03 mg	51.50%	Calories from Total Fat
Total Fat	18.63 g	Sodium	378.48 mg	Vitamin A	147.33 RE	Iron	3.18 mg	22.69%	Calories from Sat Fat
Saturated Fat	8.21 g	Carbohydrate	19.53 g	Vitamin A	2557.83 IU	Water <sup>1</sup>	*91.33* g	*1.64%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.59* g	Dietary Fiber	2.00 g	Vitamin C	5.01 mg	Ash <sup>1</sup>	*1.64* g	24.00%	Calories from Carbohydrates
								24.19%	Calories from Protein

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# John Stalker Institute

**000200 - Black Bean & Corn Salad**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/4 cup

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

050536 CORN, CANNED, WHOLE KERNEL (LIQUID PACK), LOW... 6 CUP 902365 BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUI..... 6 CUP		1. Cook corn as according to package directions. Drain and rinse the canned black beans, and mix with corn.
902410 TOMATOES, CANNED, DICED..... 1 CUP 004053 OIL, OLIVE, SALAD OR COOKING..... 1/2 CUP 002031 PEPPER, RED OR CAYENNE..... 1/2 TSP 002030 PEPPER, BLACK..... 1/2 TSP, ground 002047 SALT, TABLE..... 1 TSP		2. Add diced tomatoes, olive oil, cayenne pepper, black pepper, and salt. Mix well and taste for seasoning.
		3. Chill and serve cold as a side salad. Taste again for seasoning before serving.  CCP: Hold for cold service at 41° F or lower.

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

Calories	62 kcal	Cholesterol	0.00 mg	Protein	2.30 g	Calcium	12.82 mg	35.36%	Calories from Total Fat
Total Fat	2.44 g	Sodium	200.25 mg	Vitamin A	10.15 RE	Iron	0.76 mg	5.12%	Calories from Sat Fat
Saturated Fat	0.35 g	Carbohydrate	8.65 g	Vitamin A	54.52 IU	Water <sup>1</sup>	*0.00* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.43 g	Vitamin C	2.94 mg	Ash <sup>1</sup>	*0.12* g	55.64%	Calories from Carbohydrates
								14.77%	Calories from Protein

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# John Stalker Institute

**000131 - Blazing Chicken Filet Sandwich**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

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

011251 LETTUCE,COS OR ROMAINE,RAW... 4 LB 901590 TOMATOES,PLUM+ITALIAN,RAW..... 3 LB 902439 Chicken, Filet, Unbreaded..... 8 LB	1. Wash romaine lettuce, and separate into leaves that will fit onto WW buns. Hold in cooler. Slice tomatoes and set aside in cooler.  Spread chicken filets in a single layer on a parchment-lined sheet pan. Bake at the following recommended temperatures and times, or until chicken filets reach an internal temperature of 165°F.  Convection Oven: 350°F for 10-12 minutes Conventional Oven: 375°F for 13-15 minutes  CCP: Heat to 165° F or higher for at least 15 seconds
006169 SAUCE,RTS,PEPPER,TABASCO..... 3 CUP 018353 ROLLS,HARD (INCL KAISER)..... 50 roll (3-1/2" dia)	2. Dip hot chicken filets in hot sauce or tabasco sauce, then place chicken filets on each burger bun.  CCP: Hold at 140° F or higher for service.
	3. Serve with washed romaine leaves, and sliced tomatoes.

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

Calories	283 kcal	Cholesterol	51.84 mg	Protein	26.38 g	Calcium	87.75 mg	15.49%	Calories from Total Fat
Total Fat	4.88 g	Sodium	866.58 mg	Vitamin A	133.42 RE	Iron	3.07 mg	2.58%	Calories from Sat Fat
Saturated Fat	0.81 g	Carbohydrate	33.27 g	Vitamin A	3609.33 IU	Water <sup>1</sup>	*90.60* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.48 g	Vitamin C	5.52 mg	Ash <sup>1</sup>	*1.75* g	46.96%	Calories from Carbohydrates
								37.23%	Calories from Protein

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# John Stalker Institute

**000154 - Breakfast for Lunch**

Source:  
 Number of Portions: 50  
 Size of Portion: 6 oz.

**Recipe HACCP Process: #2 Same Day Service**

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

050412 PORK, HAM, CURED, PRECOOKED, HEATED, WATER AD... 8 LB + 4 OZ 050524 PANCAKE, WHOLE GRAIN, FROZEN..... 100 pancake	1. Cook ham in convection oven or on stovetop. Bake pancakes in convection oven. Serve 1 oz. ham, 2 pancakes, and 1/2 cup roasted red potatoes as a lunch entree.  CCP: Heat to 155° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.
	ALTERNATE OPTIONS:  *Other pork products (bacon or sausage) can be substituted for the ham.  *Waffles may be substituted for the pancakes.  *Other variations of potatoes (hash browns, roasted potato wedges, etc.) can be used in place of the roasted red potatoes.

\*Nutrients are based upon 1 Portion Size (6 oz.)

Calories	227 kcal	Cholesterol	59.00 mg	Protein	16.25 g	Calcium	46.60 mg	25.93%	Calories from Total Fat
Total Fat	6.53 g	Sodium	1072.40 mg	Vitamin A	18.48 RE	Iron	1.33 mg	6.81%	Calories from Sat Fat
Saturated Fat	1.71 g	Carbohydrate	26.11 g	Vitamin A	92.40 IU	Water <sup>1</sup>	*N/A* g	0.09%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.02 g	Dietary Fiber	2.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	46.09%	Calories from Carbohydrates
								28.69%	Calories from Protein

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# John Stalker Institute

**000023 - Broccoli Slaw**

**Recipe HACCP Process: #3 Complex Food Preparation**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

011090 BROCCOLI,RAW.....	10 LB	1. Steam the broccoli until bright green and tender crisp, approx. 3-6 minutes. Drain any excess liquid and then run very cold water over the broccoli until it is chilled.
009298 RAISINS,SEEDLESS.....	3/4 LB	2. Soak the raisins (or other dried fruit) in boiling water, let sit for 3 minutes, and drain.
011124 CARROTS,RAW.....	1 LB	3. Peel and grate carrots. Add carrots and raisins to the cooled broccoli and mix.
001088 MILK,BTTRMLK,FLUID,CULTURED,LOWFAT... 075003 MAYONNAISE,LoFat,No Cholesterol..... 002053 VINEGAR,DISTILLED..... 019335 SUGARS,GRANULATED..... 002047 SALT,TABLE.....	1/2 CUP 20 OZ 1/2 CUP 1/3 CUP 1/2 TSP	4. Prepare the dressing by mixing together the buttermilk, mayonnaise, vinegar, sugar, and salt into a large bowl. Whisk until smooth.
		5. Pour the dressing over the broccoli mixture and toss well. Chill until ready to serve. Best served within an hour of preparation. If needed, keep the sauce separate from the broccoli/carrot/raisin mixture until ready to mix and serve.  CCP: Hold for cold service at 41° F or lower.

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

Calories	96 kcal	Cholesterol	0.10 mg	Protein	2.93 g	Calcium	52.05 mg	32.35%	Calories from Total Fat
Total Fat	3.43 g	Sodium	161.44 mg	Vitamin A	395.16 RE	Iron	0.82 mg	4.09%	Calories from Sat Fat
Saturated Fat	0.43 g	Carbohydrate	15.25 g	Vitamin A	2091.39 IU	Water <sup>1</sup>	94.55 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.86 g	Vitamin C	81.64 mg	Ash <sup>1</sup>	1.09 g	63.86%	Calories from Carbohydrates
								12.28%	Calories from Protein

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# John Stalker Institute

**000165 - Brown Rice**

Source: Food for Fifty  
 Number of Portions: 50  
 Size of Portion: 1/2 CUP

**Recipe HACCP Process: #2 Same Day Service**

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

051376 RICE, LONG GRAIN, BROWN, QUICK-COOKING, DRY.... 2 LB + 8 OZ 014429 WATER,MUNICIPAL..... 3 QT + 2 CUP 002047 SALT, TABLE..... 1 1/2 TBSP + 1 TBSP	1. Cook rice according to one of the following methods:  <b>STEAMER METHOD:</b>  Weigh rice into hotel pans. Pour 3 quarts boiling water over rice, add 1.5 Tablespoons of salt. Steam, uncovered, for 30-40 minutes.  <b>OVEN METHOD:</b>  Weigh rice into hotel pans. Add 3 quarts boiling water, and 1.5 Tablespoons salt. Stir briefly. Cover pans tightly with aluminum foil, and bake in a convection oven at 350°F for 1 hour. Remove from oven and let stand covered for 5 minutes. Uncover and fluff with fork.  <b>STOCKPOT/STOVETOP METHOD:</b>  Bring 3 quarts of water to a boil in a steam-jacketed kettle or other large kettle. Add rice and 1.5 Tablespoons salt. Cover tightly. Cook on low heat until rice is tender and all water is absorbed, about 20-25 minutes. Remove from heat and let stand, covered, for 5-10 minutes. Fluff with fork.  CCP: Heat to 140° F or higher
050384 OIL, VEGETABLE..... 2 TBSP 011282 ONIONS,RAW..... 1 LB + 8 OZ 002030 PEPPER,BLACK..... 1/4 TSP, ground	2. Chop onions 1/4" dice. Heat vegetable oil in a skillet or frying pan. Add onions and cook for 5-8 minutes, stirring occasionally.  3. Combine onions and black pepper with cooked rice.  CCP: Hold at 140° F or higher for service.

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

Calories	95 kcal	Cholesterol	0.00 mg	Protein	1.96 g	Calcium	10.81 mg	11.64%	Calories from Total Fat
Total Fat	1.22 g	Sodium	357.68 mg	Vitamin A	0.00 RE	Iron	0.37 mg	2.12%	Calories from Sat Fat
Saturated Fat	0.22 g	Carbohydrate	18.89 g	Vitamin A	0.34 IU	Water <sup>1</sup>	*78.42* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.02 g	Vitamin C	1.01 mg	Ash <sup>1</sup>	*1.03* g	79.87%	Calories from Carbohydrates
								8.29%	Calories from Protein

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# John Stalker Institute

**000309 - Brown Rice Pilaf**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 CUP

**Recipe HACCP Process: #2 Same Day Service**

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

050452 RICE, LONG GRAIN, BROWN, DRY..... 1 LB + 12 OZ 799927 SOUP, CHICKEN BROTH, LO SODIUM, CND.... 7 CUP 050385 OIL, VEGETABLE..... 1/4 CUP 011124 CARROTS, RAW..... 1 LB + 4 OZ 011312 PEAS, GRN, FRZ, UNPREP..... 1 LB + 4 OZ 002030 PEPPER, BLACK..... 1/2 TSP	1. Put brown rice into steamtable pan (12" x 20" x 2 1/2 "). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Add chicken stock. Cover with foil or a metal lid. Steam for 50 minutes.  2. In a sauce pan, sauté diced carrots and peas in oil over low heat, about 5 minutes.  4. Add 1/2 tsp pepper and 1 qt 3 cups (2 lb 8 oz) of cooked vegetables to each pan of hot rice. Stir to combine thoroughly.  CCP: Heat to 165°F or higher for at least 15 seconds.  CCP: Hold at 140° F or higher for service.
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\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	87 kcal	Cholesterol	0.00 mg	Protein	2.64 g	Calcium	11.47 mg	18.83%	Calories from Total Fat
Total Fat	1.83 g	Sodium	31.19 mg	Vitamin A	327.27 RE	Iron	0.52 mg	3.39%	Calories from Sat Fat
Saturated Fat	0.33 g	Carbohydrate	15.11 g	Vitamin A	2139.82 IU	Water <sup>1</sup>	*51.34* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.39 g	Vitamin C	2.71 mg	Ash <sup>1</sup>	*0.54* g	69.09%	Calories from Carbohydrates
								12.07%	Calories from Protein

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# John Stalker Institute

**000129 - Buffalo Chicken Tenders**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 3 strips

Meat/Alt: 2 oz  
 Grains: 1 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

902444 Buffalo Chicken Tenders... 10 LB	1. Spread chicken tenders on a parchment-lined sheet pan. Bake in a convection oven or conventional oven according to package directions.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.
	OPTIONAL:  *Serve with hot sauce, or other dipping sauce, if desired.

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

Calories	198 kcal	Cholesterol	56.70 mg	Protein	17.01 g	Calcium	18.90 mg	60.00%	Calories from Total Fat
Total Fat	13.23 g	Sodium	765.44 mg	Vitamin A	0.00 RE	Iron	0.68 mg	15.00%	Calories from Sat Fat
Saturated Fat	3.31 g	Carbohydrate	2.83 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	*N/A* mg	Ash <sup>1</sup>	*N/A* g	5.71%	Calories from Carbohydrates
								34.29%	Calories from Protein

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# John Stalker Institute

**000194 - Buffalo Chicken Wrap**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 wrap

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

902444 Buffalo Chicken Tenders..... 10 LB	1. Spread chicken tenders on a parchment-lined sheet pan. Bake in a convection oven or conventional oven according to package directions.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.
900984 LETTUCE,BIBB,RAW..... 3 1/8 LB 901590 TOMATOES,PLUM+ITALIAN,RAW.... 1 1/4 CUP, chopped or sliced	2. Wash and cut lettuce into bite-sized pieces.  3. Wash and dice tomatoes.
018364 TORTILLAS,RTB OR -FRY,FLR..... 50 tortilla ( 7-8" dia)	4. Thaw tortillas if frozen. On a clean and sanitary surface, spread out as many tortillas as possible.  5. In center of tortilla, place 3 oz. chicken, 1/4 cup lettuce, and 1 tablespoon diced tomato. With both gloved hands, fold the edge of the tortilla closest to you up over the chicken mixture. Next, fold in the sides, and roll away from you to form a solid enclosed wrap.  OPTIONAL:  *Serve with hot sauce, or other dipping sauce, if desired.

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

Calories	341	kcal	Cholesterol	56.70	mg	Protein	21.11	g	Calcium	78.01	mg	43.19%	Calories from Total Fat
Total Fat	16.38	g	Sodium	1082.63	mg	Vitamin A	30.18	RE	Iron	2.57	mg	10.72%	Calories from Sat Fat
Saturated Fat	4.07	g	Carbohydrate	27.19	g	Vitamin A	974.92	IU	Water <sup>1</sup>	*45.72*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	g	Dietary Fiber	1.42	g	Vitamin C	*1.60*	mg	Ash <sup>1</sup>	*1.33*	g	31.86%	Calories from Carbohydrates
												24.74%	Calories from Protein

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# John Stalker Institute

**000279 - Caesar Salad with Cheese Stick**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 cup

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

011251 LETTUCE,COS OR ROMAINE,RAW... 15 LB	1. Wash and chop romaine lettuce into bite-sized pieces. Keep cold while preparing dressing.  CCP: Hold for cold service at 41° F or lower.
011215 GARLIC,RAW..... 12 cloves 902421 Mustard, Dijon..... 5 OZ 006971 SAUCE,WORCESTERSHIRE..... 3 OZ 002030 PEPPER,BLACK..... 2 TBSP, ground 002047 SALT, TABLE..... 1 TBSP 009152 LEMON JUICE,RAW..... 1 CUP 001126 EGG,YOLK,RAW,FROZEN..... 16 OZ 004053 OIL,OLIVE,SALAD OR COOKING..... 1 QT	2. For Dressing:  Peel and Mince garlic cloves, or if using pre-minced jarred garlic, measure out 1/2 cup. Add garlic to bowl of a large food processor, and add mustard, Worcestershire sauce, black pepper, salt, and lemon juice. It should form a flavorful and pungent paste. Add egg yolks while continuing to blend. Add olive oil, slowly at first, then more quickly, while processor is running. If mixture becomes too thick, you can thin with a touch of warm water.
001032 CHEESE,PARMESAN,GRATED..... 2 1/2 LB 002048 VINEGAR,CIDER..... 1 CUP	3. Transfer this mixture to a large bowl and whisk in parmesan cheese and vinegar. Taste dressing, and add salt or pepper as needed.
018242 CROUTONS,PLAIN..... 12 CUP 118898 Cheddar Cheese Stick..... 50 OZ	4. Toss 2 cup romaine lettuce with 2-3 Tablespoons of dressing. Top with croutons and serve immediately.  CCP: Hold for cold service at 41° F or lower.

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

Calories	451 kcal	Cholesterol	135.16 mg	Protein	19.75 g	Calcium	521.54 mg	72.27%	Calories from Total Fat
Total Fat	36.24 g	Sodium	836.43 mg	Vitamin A	487.98 RE	Iron	2.56 mg	26.06%	Calories from Sat Fat
Saturated Fat	13.07 g	Carbohydrate	12.20 g	Vitamin A	12458.52 IU	Water <sup>1</sup>	*160.11* g	*0.56%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.28* g	Dietary Fiber	3.32 g	Vitamin C	7.78 mg	Ash <sup>1</sup>	*4.49* g	10.81%	Calories from Carbohydrates
								17.51%	Calories from Protein

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# John Stalker Institute

**000182 - Caesar Side Salad**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 cup

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

011251 LETTUCE,COS OR ROMAINE,RAW.... 8 LB 004705 SALAD DRSNG,CAESAR,FAT-FREE... 3 CUP 018242 CROUTONS,PLAIN..... 12 CUP	1. Wash and chop romaine lettuce into bite-sized pieces. Keep cold while preparing dressing.  2. Toss 1 cup romaine lettuce with 2-3 Tablespoons of dressing. Top with croutons and serve immediately.  CCP: Hold for cold service at 41° F or lower.
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\*Nutrients are based upon 1 Portion Size (1 cup)

Calories	63 kcal	Cholesterol	0.16 mg	Protein	1.99 g	Calcium	34.81 mg	10.43%	Calories from Total Fat
Total Fat	0.73 g	Sodium	262.51 mg	Vitamin A	*188.69* RE	Iron	1.05 mg	2.18%	Calories from Sat Fat
Saturated Fat	0.15 g	Carbohydrate	12.69 g	Vitamin A	6321.91 IU	Water <sup>1</sup>	79.52 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	1.92 g	Vitamin C	2.92 mg	Ash <sup>1</sup>	1.17 g	80.58%	Calories from Carbohydrates
								12.63%	Calories from Protein

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# John Stalker Institute

**000184 - Calzone, cheese & pepperoni**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/3 calzone

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

902429 Pizza Crust, Whole Wheat, 12"..... 17 crusts, 12"		1. Thaw whole grain pizza crusts, and try to fold in half. If crusts break or tear on the bend, then warm slightly until pliable.
007057 PEPPERONI,PORK,BEEF..... 4 LB 050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED..... 4 LB 902409 TOMATO SAUCE, CANNED, LIGHTLY SEASONED WITH S.... 13 CUP 004053 OIL,OLIVE,SALAD OR COOKING..... 1 CUP		2. Add 3 ounces pepperoni and 3 ounces shredded mozzarella cheese to the center of each crust, then top with 3/4 cup marinara sauce. Do not spread filling ingredients all the way to edges of crust, leave about a 1.5" border of exposed crust all the way around.  3. Gently and carefully fold crust in half to cover all ingredients. Pinch crust together at edges to fully enclose. If crust is not sticking easily, use pastry brush or fingers to apply a layer of warm water, then press together firmly again. Brush the top with olive oil.  4. Place calzones on parchment-lined sheet pans, about 1" apart, and bake in a preheated oven set to the following temperatures: Convection Oven: 350°F Conventional Oven: 375°F  5. Bake until golden brown and crisp on top. Cut into 3 pieces for service.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.
		VARIATIONS: *Can sub turkey or ham for pepperoni *Can add any of the following - Pepperoni, Sausage, Mushroom, Bell Peppers, Spinach, Fresh Tomatoes, assorted mixed vegetables, or other types of cheeses.  (These additions will alter the nutritional components of the meal.)

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

Calories	556 kcal	Cholesterol	49.15 mg	Protein	28.57 g	Calcium	359.61 mg	45.91%	Calories from Total Fat
Total Fat	28.38 g	Sodium	1598.69 mg	Vitamin A	104.00 RE	Iron	3.68 mg	17.85%	Calories from Sat Fat
Saturated Fat	11.04 g	Carbohydrate	51.36 g	Vitamin A	520.00 IU	Water <sup>1</sup>	*11.01* g	*0.95%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.59* g	Dietary Fiber	9.20 g	Vitamin C	2.74 mg	Ash <sup>1</sup>	*1.91* g	36.93%	Calories from Carbohydrates
								20.54%	Calories from Protein

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# John Stalker Institute

**000242 - Caprese Sandwich**

Source:  
 Number of Portions: 50  
 Size of Portion: 5 oz Sandwich

**Recipe HACCP Process: #2 Same Day Service**

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

011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 5 LB	1. Wash and slice tomatoes thinly.
018075 BREAD,WHOLE-WHEAT,COMMLY PREP..... 100 slice 900356 CHEESE,MOZZARELLA,LOWFAT..... 100 OZ 902454 Pesto Sauce..... 15 (1/4 cup) 004053 OIL,OLIVE,SALAD OR COOKING..... 2 CUP	2. Brush bread with olive oil. Lay out 50 slices of sandwich bread on parchment-lined sheet pans - oiled side down.  3. Place 2 oz. mozzarella cheese on bread, and add 1-2 slices of tomato per sandwich. Spread 1 tablespoon pesto sauce on the non-oiled side of the remaining 50 slices of bread. Place the tops slice of bread on the sandwich - oiled side up.  4. Bake in oven at the following temperatures until cheese is melted and bread is warmed through: Convection Oven: 325°F Conventional Oven: 350°F  CCP: Heat to 145° F or higher for 3 minutes  CCP: Hold at 140° F or higher for service.

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

Calories	466	kcal	Cholesterol	30.62	mg	Protein	23.27	g	Calcium	509.02	mg	55.73%	Calories from Total Fat
Total Fat	28.86	g	Sodium	740.14	mg	Vitamin A	211.42	RE	Iron	1.78	mg	19.33%	Calories from Sat Fat
Saturated Fat	10.01	g	Carbohydrate	28.56	g	Vitamin A	1047.66	IU	Water <sup>1</sup>	*90.82*	g	*0.90%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.46*	g	Dietary Fiber	4.65	g	Vitamin C	6.21	mg	Ash <sup>1</sup>	*4.48*	g	24.51%	Calories from Carbohydrates
												19.97%	Calories from Protein

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# John Stalker Institute

**000191 - Cheese, Fruit, Breadstick**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

009326 WATERMELON,RAW..... 8 CUP, diced 009131 GRAPES,AMERICAN TYPE (SLIP SKN),RAW..... 8 CUP 009181 MELONS,CANTALOUPE,RAW..... 8 CUP, diced	8 CUP, diced 8 CUP 8 CUP, diced	1. Wash exterior of watermelon and cantaloupe. Slice into evenly diced pieces, varying the size as needed for the age level of your students. Wash grapes, and slice in half if desired.
001009 CHEESE,CHEDDAR..... 3 1/4 LB	3 1/4 LB	2. Cube cheese into a small dice, slightly smaller than the size of your cut fruit.
001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ... 6 QT 018080 BREAD STICKS,PLAIN..... 100 OZ	6 QT 100 OZ	3. Toss 1/2 cup chilled yogurt with fruit. Top with 2 oz. granola per serving just before service. Do not add granola more than a few minutes in advance of service, as it will soften and lose its crunch. Serve with cubed cheese and breadstick.  CCP: Hold for cold service at 41° F or lower.

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

Calories	452 kcal	Cholesterol	38.01 mg	Protein	20.77 g	Calcium	446.27 mg	34.07%	Calories from Total Fat
Total Fat	17.12 g	Sodium	642.46 mg	Vitamin A	191.62 RE	Iron	2.87 mg	16.38%	Calories from Sat Fat
Saturated Fat	8.23 g	Carbohydrate	53.84 g	Vitamin A	1352.65 IU	Water <sup>1</sup>	171.05 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	2.16 g	Vitamin C	12.66 mg	Ash <sup>1</sup>	4.96 g	47.63%	Calories from Carbohydrates
								18.37%	Calories from Protein

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# John Stalker Institute

**000103 - Cheeseburger on WW Bun**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 cheeseburger

**Recipe HACCP Process: #2 Same Day Service**

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

902431 Beef Patties, charbroiled..... 50 patties 050351 CHEESE, CHEDDAR, YELLOW, BLOCK.... 50 OZ	50 patties 50 OZ	1. Place hamburger patties in single layer on parchment-lined sheet pans. Cook to a minimum internal temperature of 165°F. Slice cheese if needed in 1 oz. slices. Place 1 oz. cheese on top of each hamburger patty at the very end of the cooking process, just to melt.  CCP: Heat to 155° F or higher for at least 15 Seconds
902430 Rolls, Hamburger, WW..... 50 buns	50 buns	2. Insert cooked cheeseburgers into buns and serve, or hold for hot service.  OPTIONAL SIDES:  *Fresh Washed Lettuce Leaves *Sliced Tomatoes *Pickles *Condiments - Ketchup, Mustard, and/or Mayonnaise *Can also sub other cheeses - Swiss, Provolone, American, etc.  CCP: Hold at 140° F or higher for service.

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

Calories	394 kcal	Cholesterol	65.00 mg	Protein	24.06 g	Calcium	284.00 mg	55.74%	Calories from Total Fat
Total Fat	24.40 g	Sodium	866.00 mg	Vitamin A	56.80 RE	Iron	3.43 mg	26.22%	Calories from Sat Fat
Saturated Fat	11.48 g	Carbohydrate	27.36 g	Vitamin A	284.00 IU	Water <sup>1</sup>	*N/A* g	1.14%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.50 g	Dietary Fiber	3.00 g	Vitamin C	2.40 mg	Ash <sup>1</sup>	*N/A* g	27.78%	Calories from Carbohydrates
								24.43%	Calories from Protein

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# John Stalker Institute

**000070 - Chef's Salad w/Pita**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 7 oz. Salad

Meat/Alt: 2 oz  
 Grains: 1 oz  
 Fruit: 0 Cup  
 Vegetable: 1.25 Cup  
 Milk: 0 Cup

011251 LETTUCE,COS OR ROMAINE,RAW..... 18 LB	1. Wash lettuce, and cut or tear into bite-sized pieces. Portion into individual salad bowls, 2 cups per bowl.
007046 TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUN... 2 LB 900801 HAM,DELI,95% FAT-FREE..... 2 LB 001009 CHEESE,CHEDDAR..... 2 LB	2. Cut turkey, ham, and cheese into thin strips. Arrange on top of each bowl of lettuce the following: 1/2 oz. turkey, 1/2 oz. ham, and 1/2 oz. cheese.
011333 PEPPERS,SWEET,GREEN,RAW..... 8 LB 901590 TOMATOES,PLUM+ITALIAN,RAW..... 6 LB 001129 EGG,WHL,CKD,HARD-BOILED..... 25 large 018042 BREAD,PITA,WHOLE-WHEAT..... 25 pita, large (6-1/2" dia)	3. Wash green peppers and slice into rings. Chop or slice tomatoes. Add peppers and tomatoes to top salad. Add 2 quarters of hard boiled egg.  4. Cut each pita bread into 4 pieces. Add 2 pieces to each salad.  5. Serve with choice of dressings.  CCP: Hold for cold service at 41° F or lower.

\*Nutrients are based upon 1 Portion Size (7 oz. Salad)

Calories	290 kcal	Cholesterol	128.49 mg	Protein	21.49 g	Calcium	217.25 mg	33.71%	Calories from Total Fat
Total Fat	10.85 g	Sodium	665.01 mg	Vitamin A	597.68 RE	Iron	3.62 mg	15.77%	Calories from Sat Fat
Saturated Fat	5.08 g	Carbohydrate	29.89 g	Vitamin A	15262.59 IU	Water <sup>1</sup>	336.10 g	*0.01%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	7.78 g	Vitamin C	72.83 mg	Ash <sup>1</sup>	4.41 g	41.28%	Calories from Carbohydrates
								29.68%	Calories from Protein

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# John Stalker Institute

**000277 - Chef's Salad w/Pita - Elem**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 7 oz. Salad

Meat/Alt: 2 oz  
 Grains: 1 oz  
 Fruit: 0 Cup  
 Vegetable: 1.25 Cup  
 Milk: 0 Cup

011251 LETTUCE,COS OR ROMAINE,RAW..... 18 LB	1. Wash lettuce, and cut or tear into bite-sized pieces. Portion into individual salad bowls, 2 cups per bowl.
007046 TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUN... 2 LB 900801 HAM,DELI,95% FAT-FREE..... 2 LB 001009 CHEESE,CHEDDAR..... 2 LB	2. Cut turkey, ham, and cheese into thin strips. Arrange on top of each bowl of lettuce the following: 3/4 oz. turkey, 3/4 oz. ham, and 3/4 oz. cheese.
011333 PEPPERS,SWEET,GREEN,RAW..... 8 LB 901590 TOMATOES,PLUM+ITALIAN,RAW..... 6 LB 018042 BREAD,PITA,WHOLE-WHEAT..... 25 pita, large (6-1/2" dia)	3. Wash green peppers and slice into rings. Chop or slice tomatoes. Add peppers and tomatoes to top salad. Add 2 quarters of hard boiled egg.  4. Cut each pita bread into 4 pieces. Add 2 pieces to each salad.  5. Serve with choice of dressings.  CCP: Hold for cold service at 41° F or lower.

\*Nutrients are based upon 1 Portion Size (7 oz. Salad)

Calories	251 kcal	Cholesterol	35.24 mg	Protein	18.35 g	Calcium	204.75 mg	29.41%	Calories from Total Fat
Total Fat	8.20 g	Sodium	634.01 mg	Vitamin A	555.68 RE	Iron	3.33 mg	15.28%	Calories from Sat Fat
Saturated Fat	4.26 g	Carbohydrate	29.61 g	Vitamin A	15132.59 IU	Water <sup>1</sup>	317.45 g	*0.01%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	7.78 g	Vitamin C	72.83 mg	Ash <sup>1</sup>	4.14 g	47.21%	Calories from Carbohydrates
								29.25%	Calories from Protein

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# John Stalker Institute

**000128 - Chicken + Cheese Quesadillas**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 quesadilla

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

050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch) 050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY... 4 LB	1. Thaw tortillas, if frozen. Thaw and drain diced chicken.
001209 CHEESE,MEXICAN,BLEND,RED FAT..... 5 LB	2. Shred cheese and set aside.
050383 OIL, VEGETABLE..... 3/4 CUP	3. Lay out tortillas on a sanitary surface, or parchment-lined sheet pans. Place 1.5 oz. shredded cheese in each, and 1 oz. diced chicken over the cheese. Fold tortilla over on top of the chicken + cheese mixture, resulting in a semicircle shape.  4. Various methods can be utilized to cook the quesadillas: STOVETOP or TILT SKILLET: Add vegetable oil (as needed) in several large skillet on the stovetop. When hot, place as many quesadillas as possible in each pan. Cook until golden brown on each side, and cheese is completely melted. Remove to paper-towel lined sheet pans to drain oil.  CONVECTION OVEN: Omit the vegetable oil. Place quesadillas in a single layer on a sheet pan, and cook for 3-4 minutes in a hot (400°F) convection oven, or until cheese is melted. This method will result in a slightly drier quesadilla. Optionally, you can spray the quesadillas with pan spray before placing in oven.  5. Slice into triangles and shingle in hotel pans. Cover tightly and hold in warmer. Serve with salsa and sour cream.  VARIATIONS: *Mild Cheddar, Medium Cheddar, or Monterrey Jack can be used. CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.

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

Calories	332 kcal	Cholesterol	61.40 mg	Protein	26.21 g	Calcium	619.82 mg	45.06%	Calories from Total Fat
Total Fat	16.61 g	Sodium	708.63 mg	Vitamin A	53.16 RE	Iron	2.44 mg	18.09%	Calories from Sat Fat
Saturated Fat	6.67 g	Carbohydrate	21.55 g	Vitamin A	265.80 IU	Water <sup>1</sup>	*21.86* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*1.95* g	25.97%	Calories from Carbohydrates
								31.59%	Calories from Protein

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# John Stalker Institute

**000132 - Chicken Alfredo Sauce**

Source: The Lunch Box  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

**Recipe HACCP Process: #2 Same Day Service**

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

050383 OIL, VEGETABLE..... 1/4 CUP 011282 ONIONS,RAW..... 3 LB 011143 CELERY,RAW..... 2 LB 011215 GARLIC,RAW..... 12 cloves		1. Over medium-low heat, add vegetable oil to large pot. When hot, add onions, celery, and whole peeled garlic cloves. Saute, stirring frequently, until all are soft and cooked through.
014429 WATER,MUNICIPAL..... 1 QT + 1 CUP 000065 BASE,CHICKEN,Dry..... 2 OZ		2. Heat the 2 quarts of water to dissolve the chicken base to make a stock. Add enough of this base to the vegetables to cover them completely, and simmer for 15 minutes.  3. With immersion blender or traditional blender, blend all cooked vegetables with the hot stock, and any remaining stock not previously added to pot.
001084 MILK,LOWFAT,FLUID,1% MILKFAT,PROT FORT,W/ VIT... 2 QT 002047 SALT,TABLE..... 2 TSP 002030 PEPPER,BLACK..... 1/2 TSP, ground		4. Return this mixture to the pot, add milk, and return to a gentle simmer for an additional 1/2 hour. Add salt and black pepper, and taste for seasoning.
020027 CORNSTARCH..... 4 OZ		5. Combine the starch with remaining 1 cup cold water and mix to form a slurry. With the sauce at a simmer, slowly whisk in the slurry. Sauce should thicken within a few minutes (if measuring temperature, sauce should thicken at approx. 200°F). Remove from heat. DO NOT return sauce to a boil or cook longer than a few minutes as it may either burn on the bottom or thin out again.
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY..... 8 LB		7. Cook diced chicken to 165°F, and add to hot alfredo sauce. Serve with whole wheat pasta.  OPTIONAL: *Sauce can be frozen. Freeze before adding cornstarch or diced chicken - thicken and add protein just before use.  CCP: Hold at 140° F or higher for service.

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

Calories	165 kcal	Cholesterol	68.76 mg	Protein	24.18 g	Calcium	72.71 mg	31.90%	Calories from Total Fat
Total Fat	5.84 g	Sodium	299.74 mg	Vitamin A	25.68 RE	Iron	2.91 mg	7.41%	Calories from Sat Fat
Saturated Fat	1.36 g	Carbohydrate	7.80 g	Vitamin A	162.55 IU	Water <sup>1</sup>	*101.03* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	0.79 g	Vitamin C	3.67 mg	Ash <sup>1</sup>	*1.25* g	18.92%	Calories from Carbohydrates
								58.68%	Calories from Protein

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# John Stalker Institute

**000110 - Chicken Burrito**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 burrito

Meat/Alt: 2 oz  
 Grains: 2.5 oz  
 Fruit: 0 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

050452 RICE, LONG GRAIN, BROWN, DRY..... 1 1/4 QT		1. Cook the brown rice according to package directions. While the rice cooks, mince the garlic, and chop the onions and peppers.
011215 GARLIC,RAW..... 3 TBSP 011282 ONIONS,RAW..... 1 LB, chopped 011333 PEPPERS,SWEET,GREEN,RAW..... 1 LB 050385 OIL, VEGETABLE..... 1/4 CUP 050428 CHICKEN, FAJITA STRIPS, DARK MEAT, COOKED, IQ..... 8 LB 002047 SALT, TABLE..... 1/2 TSP 002030 PEPPER,BLACK..... 1/2 TSP, ground 002009 CHILI POWDER..... 3 TBSP 799902 CUMIN,GROUND..... 2 TBSP 050540 SALSA, LOW-SODIUM, CANNED..... 48 OZ		2. Heat a large saute pan or tilt skillet over medium-high heat, add vegetable oil, and heat to a simmer. Add peppers and onions, and cook for 5 minutes, stirring occasionally. Add chicken fajita meat, garlic, and salt, and cook to 165° F.  3. Add the ground black pepper, chili powder, and cumin, and cook for an additional 1-2 minutes.  4. Add the hot cooked brown rice and the salsa and mix well.
		CCP: Heat to 165° F or higher for at least 15 seconds
050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch) 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE... 2 1/2 LB		5. On a clean and sanitary surface, spread out as many warmed tortillas as possible. In the center of each tortilla, sprinkle 3/4 oz. of cheese.  6. Scoop 6 oz. of the hot chicken and rice mixture on top of the cheese in each tortilla. With both gloved hands, fold the edge of the tortilla closest to you up over the bean mixture. Next, fold in the sides, and roll away from you to form a solid enclosed burrito. Wrap in foil and transfer to hotel pans.
		CCP: Heat to 165° F or higher for at least 15 seconds

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

Calories	372 kcal	Cholesterol	76.80 mg	Protein	25.67 g	Calcium	328.81 mg	29.72%	Calories from Total Fat
Total Fat	12.30 g	Sodium	1062.67 mg	Vitamin A	89.38 RE	Iron	2.99 mg	10.78%	Calories from Sat Fat
Saturated Fat	4.46 g	Carbohydrate	39.20 g	Vitamin A	508.67 IU	Water <sup>1</sup>	*16.97* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.52 g	Vitamin C	9.75 mg	Ash <sup>1</sup>	*0.21* g	42.10%	Calories from Carbohydrates
								27.57%	Calories from Protein

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# John Stalker Institute

**000304 - Chicken Burrito - 2 grain**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 burrito

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

050452 RICE, LONG GRAIN, BROWN, DRY..... 3/4 QT 011215 GARLIC, RAW..... 3 TBSP 011282 ONIONS, RAW..... 1 LB, chopped 011333 PEPPERS, SWEET, GREEN, RAW..... 1 LB		1. Cook the brown rice according to package directions. While the rice cooks, mince the garlic, and chop the onions and peppers.
050385 OIL, VEGETABLE..... 1/4 CUP 050428 CHICKEN, FAJITA STRIPS, DARK MEAT, COOKED, IQ..... 8 LB 002047 SALT, TABLE..... 1/2 TSP 002030 PEPPER, BLACK..... 1/2 TSP, ground 002009 CHILI POWDER..... 3 TBSP 799902 CUMIN, GROUND..... 2 TBSP 050540 SALSA, LOW-SODIUM, CANNED..... 48 OZ		2. Heat a large saute pan or tilt skillet over medium-high heat, add vegetable oil, and heat to a simmer. Add peppers and onions, and cook for 5 minutes, stirring occasionally. Add chicken fajita meat, garlic, and salt, and cook to 165° F.  3. Add the ground black pepper, chili powder, and cumin, and cook for an additional 1-2 minutes. Add the hot cooked brown rice and the salsa and mix well.  CCP: Heat to 165° F or higher for at least 15 seconds
050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch) 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE... 2 1/2 LB		5. On a clean and sanitary surface, spread out as many warmed tortillas as possible. In the center of each tortilla, sprinkle 3/4 oz. of cheese.  6. Scoop 6 oz. of the hot chicken and rice mixture on top of the cheese in each tortilla. With both gloved hands, fold the edge of the tortilla closest to you up over the bean mixture. Next, fold in the sides, and roll away from you to form a solid enclosed burrito. Wrap in foil and transfer to hotel pans.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.

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

Calories	345 kcal	Cholesterol	76.80 mg	Protein	25.09 g	Calcium	327.05 mg	31.52%	Calories from Total Fat
Total Fat	12.08 g	Sodium	1062.19 mg	Vitamin A	89.38 RE	Iron	2.88 mg	11.52%	Calories from Sat Fat
Saturated Fat	4.42 g	Carbohydrate	33.48 g	Vitamin A	508.67 IU	Water <sup>1</sup>	*16.97* g	*0.00*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.26 g	Vitamin C	9.75 mg	Ash <sup>1</sup>	*0.21* g	38.81%	Calories from Carbohydrates
								29.08%	Calories from Protein

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# John Stalker Institute

**000235 - Chicken Caesar w/Pita**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 8 oz salad

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 1 Cup  
 Milk: 0 Cup

901843 CHICK,DICED,CKD,FROZEN-COMMOD.... 8 LB	1. Thaw chicken.  CCP: Hold for cold service at 41° F or lower.
011251 LETTUCE,COS OR ROMAINE,RAW..... 18 LB 004705 SALAD DRSNG,CAESAR,FAT-FREE..... 3 1/8 CUP 018242 CROUTONS,PLAIN..... 12 CUP 001032 CHEESE,PARMESAN,GRATED..... 6 1/4 CUP 018042 BREAD,PITA,WHOLE-WHEAT..... 50 pita, large (6-1/2" dia)	2. Wash and chop romaine lettuce into bite-sized pieces. Dry lettuce. Place 2 cups lettuce in salad bowls.  3. Top each salad with 2 oz. diced chicken, 2 tablespoons parmesan cheese, and 1/4 cup croutons.  4. Slice pita breads into quarters. Serve a full pita on the side with each salad. Serve with 2 tablespoons dressing.  CCP: Hold for cold service at 41° F or lower.

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

Calories	441 kcal	Cholesterol	76.12 mg	Protein	35.08 g	Calcium	224.08 mg	24.04%	Calories from Total Fat
Total Fat	11.79 g	Sodium	872.82 mg	Vitamin A	*454.14* RE	Iron	4.88 mg	8.44%	Calories from Sat Fat
Saturated Fat	4.14 g	Carbohydrate	51.60 g	Vitamin A	14371.41 IU	Water <sup>1</sup>	233.38 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	8.57 g	Vitamin C	6.55 mg	Ash <sup>1</sup>	4.74 g	46.76%	Calories from Carbohydrates
								31.80%	Calories from Protein

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



# John Stalker Institute

**000069 - Chicken Caesar Wrap**

**Recipe HACCP Process: #3 Complex Food Preparation**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 wrap

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.75 Cup  
 Milk: 0 Cup

901843 CHICK,DICED,CKD,FROZEN-COMMOD.... 8 LB 050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch)	1. Thaw chicken.  2. Lay out thawed tortillas on a clean, sanitized surface, such as a parchment-lined sheet pan.
000182R Caesar Side Salad..... 75 (1 cup)	3. Add 2 oz. chicken meat to each tortilla, and add 1/2 cup of prepared caesar salad (minus the croutons). Carefully and tightly wrap, and slice in half if desired for presentation purposes. Serve chilled.  CCP: Hold for cold service at 41° F or lower.

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

Calories	352 kcal	Cholesterol	65.20 mg	Protein	27.87 g	Calcium	163.10 mg	23.34%	Calories from Total Fat
Total Fat	9.14 g	Sodium	796.62 mg	Vitamin A	*291.00* RE	Iron	3.45 mg	5.75%	Calories from Sat Fat
Saturated Fat	2.25 g	Carbohydrate	39.04 g	Vitamin A	9522.64 IU	Water <sup>1</sup>	*164.68* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.89 g	Vitamin C	4.38 mg	Ash <sup>1</sup>	*2.49* g	44.31%	Calories from Carbohydrates
								31.63%	Calories from Protein

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# John Stalker Institute

## 000104 - Chicken Fajitas

### Recipe HACCP Process: #2 Same Day Service

Source:  
 Number of Portions: 50  
 Size of Portion: 1 fajita

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

011251 LETTUCE,COS OR ROMAINE,RAW..... 3 LB 050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch)		1. Wash lettuce thoroughly and shred.
011282 ONIONS,RAW..... 2 LB 011333 PEPPERS,SWEET,GREEN,RAW..... 1 LB 011821 PEPPERS,SWEET,RED,RAW..... 1 LB 011951 PEPPERS,SWEET,YELLOW,RAW..... 1 LB 050383 OIL, VEGETABLE..... 1 1/4 CUP 002047 SALT, TABLE..... 1 TSP 002030 PEPPER,BLACK..... 1 TSP, ground		2. Peel and thinly slice onions. Core, seed, and thinly slice all peppers.  3. Heat vegetable oil in large saute pan or tilt skillet. Add onions and peppers and saute until tender and brown in spots. Add salt and black pepper to season the vegetables.
050428 CHICKEN, FAJITA STRIPS, DARK MEAT, COOKED, IQ.... 8 LB		3. Add seasoned fajita meat and cook thoroughly. Mix together, season additionally if needed, and serve 1/2 cup portion in a warmed whole grain tortilla.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.
		Optional Garnishes/Sauces:  *Can serve with salsa of any variety, or hot sauce  *Can serve with 1 oz. sour cream  *Can convert to a burrito and add a grain portion by adding cooked rice and wrapping into a burrito  *Roasted corn can be added as an extra vegetable in the fajitas  *Chopped cilantro or lime wedges can be used as garnish

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

Calories	279 kcal	Cholesterol	64.00 mg	Protein	18.11 g	Calcium	123.61 mg	38.42%	Calories from Total Fat
Total Fat	11.93 g	Sodium	884.97 mg	Vitamin A	139.49 RE	Iron	2.19 mg	7.67%	Calories from Sat Fat
Saturated Fat	2.38 g	Carbohydrate	24.93 g	Vitamin A	2752.41 IU	Water <sup>1</sup>	*67.15* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.32 g	Vitamin C	38.47 mg	Ash <sup>1</sup>	*0.47* g	35.69%	Calories from Carbohydrates
								25.92%	Calories from Protein

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# John Stalker Institute

**000300 - Chicken Fajitas - Elem**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
Number of Portions: 50  
Size of Portion: 1 fajita

Meat/Alt: 2 oz  
Grains: 1 oz  
Fruit: 0 Cup  
Vegetable: 0.25 Cup  
Milk: 0 Cup

011251 LETTUCE,COS OR ROMAINE,RAW..... 3 LB 018364 TORTILLAS,RTB OR -FRY,FLR..... 50 tortilla med 6"dia		1. Wash lettuce thoroughly and shred.
011282 ONIONS,RAW..... 2 LB 011333 PEPPERS,SWEET,GREEN,RAW..... 1 LB 011821 PEPPERS,SWEET,RED,RAW..... 1 LB 011951 PEPPERS,SWEET,YELLOW,RAW..... 1 LB 050383 OIL, VEGETABLE..... 1 1/4 CUP 002047 SALT, TABLE..... 1 TSP 002030 PEPPER,BLACK..... 1 TSP, ground		2. Peel and thinly slice onions. Core, seed, and thinly slice all peppers.  3. Heat vegetable oil in large saute pan or tilt skillet. Add onions and peppers and saute until tender and brown in spots. Add salt and black pepper to season the vegetables.
050428 CHICKEN, FAJITA STRIPS, DARK MEAT, COOKED, IQ.... 8 LB		3. Add seasoned fajita meat and cook thoroughly. Mix together, season additionally if needed, and serve 1/2 cup portion in a warmed whole grain tortilla.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.
		Optional Garnishes/Sauces:  *Can serve with salsa of any variety, or hot sauce  *Can serve with 1 oz. sour cream  *Can convert to a burrito and add a grain portion by adding cooked rice and wrapping into a burrito  *Roasted corn can be added as an extra vegetable in the fajitas  *Chopped cilantro or lime wedges can be used as garnish

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

Calories	250 kcal	Cholesterol	64.00 mg	Protein	16.51 g	Calcium	55.41 mg	41.23%	Calories from Total Fat
Total Fat	11.44 g	Sodium	750.77 mg	Vitamin A	139.49 RE	Iron	2.18 mg	8.55%	Calories from Sat Fat
Saturated Fat	2.37 g	Carbohydrate	20.29 g	Vitamin A	2752.41 IU	Water <sup>1</sup>	*76.63* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.01 g	Vitamin C	38.47 mg	Ash <sup>1</sup>	*1.22* g	32.51%	Calories from Carbohydrates
								26.44%	Calories from Protein

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# John Stalker Institute

**000114 - Chicken Filet Sandwich**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

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

902439 Chicken, Filet, Unbreaded... 8 LB	1. Spread chicken filets in a single layer on a parchment-lined sheet pan. Bake at the following recommended temperatures and times, or until chicken filets reach an internal temperature of 165°F.  Convection Oven: 350°F for 10-12 minutes Conventional Oven: 375°F for 13-15 minutes  CCP: Heat to 165° F or higher for at least 15 seconds
902430 Rolls, Hamburger, WW..... 50 buns	2. Place chicken filets on each burger bun, and serve immediately or hold for hot service.  CCP: Hold at 140° F or higher for service.
	IDEAS FOR EXTRAS/GARNISHES:  *Washed Lettuce Leaves *Sliced Tomatoes *Fresh Baby Spinach *Pickles *Thinly Sliced Red Onion *Condiments - Ketchup, Mustard, Mayonnaise, or Hot Sauce

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

Calories	234 kcal	Cholesterol	51.84 mg	Protein	24.87 g	Calcium	57.28 mg	16.02%	Calories from Total Fat
Total Fat	4.16 g	Sodium	726.55 mg	Vitamin A	0.00 RE	Iron	2.06 mg	3.59%	Calories from Sat Fat
Saturated Fat	0.93 g	Carbohydrate	24.86 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	42.56%	Calories from Carbohydrates
								42.57%	Calories from Protein

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# John Stalker Institute

**000130 - Chicken Parmesan with WW Pasta**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 serving

**Recipe HACCP Process: #2 Same Day Service**

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

005324 CHICKEN PATTY,FRZ,CKD..... 6 1/4 LB 001035 CHEESE,PROVOLONE..... 25 OZ	1. Cook chicken patties according to manufacturers directions.  2. When chicken patties are almost finished cooking, add 1 slice provolone to top each chicken patty. Place trays back until oven just until cheese is melted.  VARIATION: *Can utilize sliced mozzarella or other mild white cheese in place of provolone.  CCP: Heat to 165° F or higher for at least 15 seconds
990125 TOMATO SAUCE,CND,MARINARA SAUCE.... 12 1/2 CUP	3. Heat marinara sauce to a gently simmer over low heat. Place cheese-covered chicken patties in a single layer in hotel pans, and add 1/4 cup hot marinara sauce to top each patty.
902428 Pasta, Whole Wheat..... 25 CUP, cooked	4. Serve with 1/2 cup of cooked whole wheat pasta.  CCP: Hold at 140° F or higher for service.

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

Calories	342 kcal	Cholesterol	34.16 mg	Protein	16.55 g	Calcium	139.19 mg	45.97%	Calories from Total Fat
Total Fat	17.47 g	Sodium	820.94 mg	Vitamin A	157.55 RE	Iron	1.83 mg	12.62%	Calories from Sat Fat
Saturated Fat	4.80 g	Carbohydrate	32.45 g	Vitamin A	725.37 IU	Water <sup>1</sup>	*86.19* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.48 g	Vitamin C	8.00 mg	Ash <sup>1</sup>	*3.23* g	37.95%	Calories from Carbohydrates
								19.35%	Calories from Protein

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# John Stalker Institute

**000241 - Chicken Salad Pita w/veggie**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

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

000073R Chicken Salad..... 25 (1/2 cup)	1. Prepare chicken salad per recipe instructions.  CCP: Refrigerate until served.
011821 PEPPERS,SWEET,RED,RAW.... 8 large,2-1/4 per LB 011124 CARROTS,RAW..... 8 large (7-1/4" to 8-1/2")	2. Wash, seed, and slice the red pepper. Peel and slice the carrots into 2 inch sticks.
018042 BREAD,PITA,WHOLE-WHEAT... 50 pita, large (6-1/2" dia)	3. Slice 1/3 of each pita bread off the top and place the small piece inside the larger piece to create a double layer of pita in the bottom. This will help prevent the moisture from the chicken salad from making the pita soggy.  4. Scoop 1/2 cup of chicken salad into each pita. Serve with several red pepper slices and carrot sticks on the side.  VARIATIONS: Can substitute tuna salad or egg salad for the chicken salad using equal quantities.  CCP: Hold for cold service at 41° F or lower.

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

Calories	283 kcal	Cholesterol	32.48 mg	Protein	17.17 g	Calcium	24.99 mg	22.62%	Calories from Total Fat
Total Fat	7.12 g	Sodium	612.92 mg	Vitamin A	478.79 RE	Iron	2.57 mg	4.32%	Calories from Sat Fat
Saturated Fat	1.36 g	Carbohydrate	39.68 g	Vitamin A	2818.88 IU	Water <sup>1</sup>	87.52 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.80 g	Vitamin C	34.72 mg	Ash <sup>1</sup>	2.33 g	56.02%	Calories from Carbohydrates
								24.25%	Calories from Protein

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# John Stalker Institute

**000074 - Chicken Salad Sandwich**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

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

000073R Chicken Salad..... 75 (1/2 cup) 018064 BREAD,WHEAT (INCL WHEAT BERRY)... 100 slice	1. Spread out 50 slices of bread on a clean, sanitary surface, such as a parchment-lined sheet pan. Scoop 1/2 cup of chicken salad onto each slice of bread. Spread evenly to coat, and place other piece of bread on top.  CCP: Cool to 41° F or lower within 4 hours.
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\*Nutrients are based upon 1 Portion Size (1 sandwich)

Calories	457 kcal	Cholesterol	97.43 mg	Protein	37.62 g	Calcium	109.31 mg	35.52%	Calories from Total Fat
Total Fat	18.05 g	Sodium	1091.35 mg	Vitamin A	15.48 RE	Iron	3.44 mg	7.34%	Calories from Sat Fat
Saturated Fat	3.73 g	Carbohydrate	34.06 g	Vitamin A	183.19 IU	Water <sup>1</sup>	120.74 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	3.01 g	Vitamin C	1.71 mg	Ash <sup>1</sup>	3.70 g	29.80%	Calories from Carbohydrates
								32.91%	Calories from Protein

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# John Stalker Institute

**000133 - Chicken Stir Fry with Noodles**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 cup

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

011333 PEPPERS,SWEET,GREEN,RAW..... 8 CUP, sliced 011821 PEPPERS,SWEET,RED,RAW..... 8 CUP, sliced 011951 PEPPERS,SWEET,YELLOW,RAW..... 8 cups, sliced 011215 GARLIC,RAW..... 8 cloves 011216 GINGER ROOT,RAW..... 3 OZ 050383 OIL, VEGETABLE..... 1 CUP 011124 CARROTS,RAW..... 6 CUP, grated 901843 CHICK,DICED,CKD,FROZEN-COMMOD... 8 LB 799917 SAUCE,SOY SAUCE..... 2/3 CUP	1. Wash, seed, and slice all peppers. Peel and mince garlic. Peel skin from ginger using the edge of a spoon, and mince or grate finely.  2. In a large saute pan, heat oil over medium high heat. Saute peppers until they begin to soften and turn brown in spots. Add garlic and ginger and cook for an additional 1-2 minutes, stirring often.  3. Add the grated carrots, the diced cooked chicken, and the soy sauce. Cook, stirring occasionally, to 165°F.	
109555 LO MEIN NOODLES/ORGANIC..... 6 1/4 LB 116464 FORTUNE COOKIE..... 25 PIECE	4. Place a large pot of water on to boil for the noodles. Add noodles to boiling water and cook to desired doneness. Serve 1/2 cup noodles with 1/2 cup of chicken stir fry. Serve 1 fortune cookie on the side.	
CCP: Heat to 165° F or higher for at least 15 seconds		
CCP: Hold at 140° F or higher for service.		
NOTES/VARIATIONS:  * If desired, can sub equal parts tofu or tempeh for chicken for a vegetarian version. Tofu is now considered a meat alternate in the NSLP, tempeh is not.  *Whole Wheat Spaghetti Noodles can be substituted for the lo mein noodles if desired.  *Other asian sauces can be used, for example Hoisin sauce, but be aware that most of the prepackaged sauces are very high in both sugar and salt.		

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

Calories	401 kcal	Cholesterol	64.95 mg	Protein	26.93 g	Calcium	21.16 mg	24.79%	Calories from Total Fat
Total Fat	11.05 g	Sodium	464.40 mg	Vitamin A	475.98 RE	Iron	1.20 mg	4.97%	Calories from Sat Fat
Saturated Fat	2.22 g	Carbohydrate	47.80 g	Vitamin A	2803.65 IU	Water <sup>1</sup>	*102.35* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.10 g	Vitamin C	58.66 mg	Ash <sup>1</sup>	*1.67* g	47.66%	Calories from Carbohydrates
								26.85%	Calories from Protein

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# John Stalker Institute

**000076 - Chicken Tenders**

Source:  
 Number of Portions: 50  
 Size of Portion: 3 oz.

Meat/Alt: 2 oz  
 Grains: 1 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

**Recipe HACCP Process: #2 Same Day Service**

902427 Chicken, Breaded Strips... 9 LB	1. Place breaded chicken tenders in a single layer on a sheet pans. Cook for the following times, or until chicken strips are heated to 165°F:  Convection Oven: 350°F for 10-12 minutes Conventional Oven: 375°F for 12-15 minutes  CCP: Heat to 165° F or higher for at least 15 seconds
	2. Can be held in warmer or steam table for up to 1 hour. Serve with or without condiments.  NOTE: Serving size is 3 oz., the exact number of tenders per serving will vary depending on the size of the tenders used.  CCP: Hold at 140° F or higher for service.

\*Nutrients are based upon 1 Portion Size (3 oz.)

Calories	149 kcal	Cholesterol	17.25 mg	Protein	11.50 g	Calcium	0.00 mg	31.15%	Calories from Total Fat
Total Fat	5.17 g	Sodium	321.99 mg	Vitamin A	0.00 RE	Iron	0.83 mg	6.92%	Calories from Sat Fat
Saturated Fat	1.15 g	Carbohydrate	14.95 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	1.15 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	40.00%	Calories from Carbohydrates
								30.77%	Calories from Protein

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# John Stalker Institute

**000075 - Chicken Teriyaki Salad (v. 2)**

Source:  
 Number of Portions: 50  
 Size of Portion: 6 oz.

**Recipe HACCP Process: #1 No Cook**

Meat/Alt: 2 oz  
 Grains: 0 oz  
 Fruit: 0.25 Cup  
 Vegetable: 1.125 Cup  
 Milk: 0 Cup

050428 CHICKEN, FAJITA STRIPS, DARK MEAT, COOKED, IQ.... 8 LB	1. Thaw chicken.
011251 LETTUCE,COS OR ROMAINE,RAW..... 18 LB 011124 CARROTS,RAW..... 2 LB 011590 WATERCHESTNUTS,CHINESE,CND,SOL&LIQUIDS..... 1 1/2 QT, slices 990117 MANDARIN ORANGES,CND,LT SYRUP,DRND..... 5 LB	2. Wash lettuce, and chop or tear into bite-sized pieces.  3. Peel carrots, and grate or slice into thin julienne strips.  4. Drain water chestnuts and mandarin oranges.
004016 SALAD DRSNG,SESAME SD DRSNG,REG..... 16 OZ	5. Place 2 cups lettuce in a salad bowl. Top with 2 oz chicken, 1 tablespoon carrots, 1/4 cup each of water chestnuts and mandarin oranges.  6. Serve with 1 tablespoon dressing.  CCP: Hold for cold service at 41° F or lower.

\*Nutrients are based upon 1 Portion Size (6 oz.)

Calories	205 kcal	Cholesterol	64.00 mg	Protein	16.16 g	Calcium	73.58 mg	37.51%	Calories from Total Fat
Total Fat	8.52 g	Sodium	614.45 mg	Vitamin A	1080.23 RE	Iron	2.78 mg	7.32%	Calories from Sat Fat
Saturated Fat	1.66 g	Carbohydrate	18.01 g	Vitamin A	17908.75 IU	Water <sup>1</sup>	*226.26* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.99 g	Vitamin C	17.23 mg	Ash <sup>1</sup>	*1.62* g	35.23%	Calories from Carbohydrates
								31.61%	Calories from Protein

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# John Stalker Institute

**000122 - Chickpea Salad**

Source: Cambridge PS  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

**Recipe HACCP Process: #1 No Cook**

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

902367 BEANS, GARBANZO (CHICKPEAS), CANNED, WITH SAL.... 25 CUP 050536 CORN, CANNED, WHOLE KERNEL (LIQUID PACK), LOW... 12 CUP 011291 ONIONS, SPRING OR SCALLIONS (INCL TOPS&BULB), R..... 2 CUP, chopped 011297 PARSLEY, RAW..... 1 CUP, chopped 011821 PEPPERS, SWEET, RED, RAW..... 3 large, 2-1/4 per LB		1. Drain and rinse garbanzo beans (3 - #10 cans) and corn (1 - #10 can). Wash and dice red bell peppers. Mix together beans, corn, chopped scallions, parsley, and diced red pepper in a large bowl.
050383 OIL, VEGETABLE..... 3/4 CUP 902415 Vinegar, Red Wine..... 1 CUP 011215 GARLIC, RAW..... 1 TBSP 002047 SALT, TABLE..... 1 TBSP 002030 PEPPER, BLACK..... 1 TSP, ground		2. Mince 1 Tablespoon on fresh garlic, or use 2 Tablespoons of jarred chopped garlic. In a separate bowl from the main ingredients of the salad, mix the dressing - vegetable oil (can sub olive oil), red wine vinegar, garlic, salt, and pepper.
		3. Pour the dressing over the garbanzo bean + corn mixture, and toss well to coat all ingredients evenly. Chill and hold for cold service.  CCP: Hold for cold service at 41° F or lower.

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

Calories	210 kcal	Cholesterol	0.00 mg	Protein	7.19 g	Calcium	45.95 mg	21.81%	Calories from Total Fat
Total Fat	5.08 g	Sodium	569.43 mg	Vitamin A	76.03 RE	Iron	2.17 mg	3.06%	Calories from Sat Fat
Saturated Fat	0.71 g	Carbohydrate	35.53 g	Vitamin A	510.01 IU	Water <sup>1</sup>	*13.83* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	6.44 g	Vitamin C	22.95 mg	Ash <sup>1</sup>	*0.47* g	67.80%	Calories from Carbohydrates
								13.73%	Calories from Protein

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

# John Stalker Institute

**000047 - Chipotle Corn**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

**Recipe HACCP Process: #2 Same Day Service**

050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE... 12 LB 050384 OIL, VEGETABLE..... 1/2 CUP 002047 SALT, TABLE..... 1 TBSP 002030 PEPPER, BLACK..... 2 TSP, ground 902423 Chipotle Pepper, ground..... 2 Tablespoons	1. Toss drained corn with oil, salt, black pepper, and chipotle seasoning.  2. Cook according to preferred method:  A) Stovetop Method: Heat a large skillet over medium-high heat. Add vegetable oil and heat until smoking. Add well-drained corn and toss, moderating heat as necessary, until corn is well caramelized and brown in spots.  B) Convection Oven Method: Spread corn on sheet pans, and bake at 450°F for 12-15 minutes, or until corn is caramelized and brown in spots.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.
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\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	108 kcal	Cholesterol	0.00 mg	Protein	2.83 g	Calcium	4.12 mg	24.61%	Calories from Total Fat
Total Fat	2.96 g	Sodium	146.48 mg	Vitamin A	64.54 RE	Iron	0.59 mg	3.68%	Calories from Sat Fat
Saturated Fat	0.44 g	Carbohydrate	21.26 g	Vitamin A	323.10 IU	Water <sup>1</sup>	*0.01* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.82 g	Vitamin C	*3.85* mg	Ash <sup>1</sup>	*0.37* g	78.54%	Calories from Carbohydrates
								10.47%	Calories from Protein

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# John Stalker Institute

**000204 - Cinnamon Baked Apples**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

901000 MARGARINE,80% FAT,TUB,CANOLA HARVEST SOFT SPR... 8 OZ 019335 SUGARS,GRANULATED..... 12 OZ 799907 APPLES,CND,H2O PK,SLCD,DRN..... 2 #10 CAN, drained 002010 CINNAMON,GROUND..... 1 TBSP	<ol style="list-style-type: none"> <li>1. Drain apples.</li> <li>2. Melt margarine. Mix all ingredients.</li> <li>3. Bake until tender, about 20 minutes, basting occasionally while cooking to glaze.                           Conventional oven: 375°F                          Convection oven: 350°F</li> <li>4. Serve 1/2 cup.</li> </ol> <p>CCP: Heat to 140° F or higher</p> <p>CCP: Hold at 140° F or higher for service.</p>
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\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	113 kcal	Cholesterol	*0.00* mg	Protein	0.33 g	Calcium	*6.68* mg	32.16%	Calories from Total Fat
Total Fat	4.05 g	Sodium	33.48 mg	Vitamin A	*8.92* RE	Iron	*0.21* mg	4.68%	Calories from Sat Fat
Saturated Fat	0.59 g	Carbohydrate	20.72 g	Vitamin A	*44.87* IU	Water <sup>1</sup>	87.04 g	*0.11%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.01* g	Dietary Fiber	*2.51* g	Vitamin C	*0.21* mg	Ash <sup>1</sup>	0.37 g	73.13%	Calories from Carbohydrates
								1.16%	Calories from Protein

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# John Stalker Institute

**000164 - Cinnamon Rstd Sweet Potatoes**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

011601 YAM,RAW..... 15 LB	1. Wash yams/sweet potatoes well in abundant cold water. Cut into halves if large, and quarters if very large. Leave whole if small.
004053 OIL,OLIVE,SALAD OR COOKING... 1 1/4 CUP	2. Pour olive oil over potatoes, stir or toss to coat completely.
002047 SALT, TABLE..... 3 TBSP 002030 PEPPER, BLACK..... 1 TBSP, ground 002010 CINNAMON, GROUND..... 5 TBSP	3. Sprinkle salt, black pepper, and cinammon over potatoes. Stir to coat. Spread potatoes in a single layer on oiled sheet pans, or on parchment-lined baking sheets sprayed with pan spray. Roast potatoes in a single layer at the following temperatures:  Convection oven: 375° F for 35-50 minutes Conventional oven: 400°F for 45-60 minutes  CCP: Heat to 140° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.
	VARIATION:  *Rosemary Roasted Sweet Potatoes - Sprinkle 1/2 oz. finely minced fresh rosemary (or 1.5 teaspoons dried rosemary) on potatoes when adding the salt and pepper. Cook as directed above.

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

Calories	211 kcal	Cholesterol	0.00 mg	Protein	2.13 g	Calcium	31.88 mg	24.13%	Calories from Total Fat
Total Fat	5.65 g	Sodium	436.86 mg	Vitamin A	0.23 RE	Iron	0.85 mg	3.42%	Calories from Sat Fat
Saturated Fat	0.80 g	Carbohydrate	38.66 g	Vitamin A	190.84 IU	Water <sup>1</sup>	94.81 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	6.03 g	Vitamin C	23.30 mg	Ash <sup>1</sup>	2.24 g	73.43%	Calories from Carbohydrates
								4.04%	Calories from Protein

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# John Stalker Institute

**000024 - Cole Slaw**

Source: Food for Fifty  
 Number of Portions: 50  
 Size of Portion: 1/3 cup

**Recipe HACCP Process: #1 No Cook**

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

011109 CABBAGE,RAW..... 9 LB	1. Shred or chop cabbage.
019335 SUGARS,GRANULATED..... 1/2 CUP 002047 SALT, TABLE..... 1 1/2 TBSP 075003 MAYONNAISE,LoFat,No Cholesterol... 1 QT	2. Combine vinegar, sugar, and salt.
	3. Add this dressing to cabbage and mix lightly. Serve the same day or the next day. Store, tightly wrapped, in cooler.  VARIATIONS:  *Add 1/2 tsp. celery salt, or 1/2 tsp. cayenne pepper for slightly different flavor profile  *Add red cabbage in place of some or all of the green cabbage  *Add 1/4 cup finely chopped onion, or 1 cup shredded carrots  CCP: Hold for cold service at 41° F or lower.

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

Calories	86 kcal	Cholesterol	0.00 mg	Protein	1.05 g	Calcium	32.81 mg	54.55%	Calories from Total Fat
Total Fat	5.20 g	Sodium	393.32 mg	Vitamin A	10.61 RE	Iron	0.39 mg	7.00%	Calories from Sat Fat
Saturated Fat	0.67 g	Carbohydrate	9.31 g	Vitamin A	80.01 IU	Water <sup>1</sup>	75.26 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.04 g	Vitamin C	29.88 mg	Ash <sup>1</sup>	1.07 g	43.40%	Calories from Carbohydrates
								4.87%	Calories from Protein

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# John Stalker Institute

**000124 - Colorful Marinated Vegetables**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

011333 PEPPERS,SWEET,GREEN,RAW..... 8 large,2-1/4 per LB 011821 PEPPERS,SWEET,RED,RAW..... 8 large,2-1/4 per LB 011951 PEPPERS,SWEET,YELLOW,RAW... 8 pepper,large	1. Wash, seed, and slice peppers thinly. Mix together in a large bowl.
011124 CARROTS,RAW..... 3 CUP, chopped	2. Peel and thinly slice carrots into sticks or coins. Cook and cool if desired, or keep raw. Add to the mixed peppers.
011979 PEPPERS,JALAPENO,RAW..... 2 pepper 004053 OIL,OLIVE,SALAD OR COOKING..... 1/2 CUP	3. Using gloves, seed and finely mince the jalapeno peppers and add to the mixed vegetables.
902415 Vinegar, Red Wine..... 1/3 CUP 002047 SALT,TABLE..... 1 TBSP 002030 PEPPER,BLACK..... 1/2 TSP, ground 901071 OREGANO LEAVES,DRIED..... 1 TBSP, leaves	4. Mix the dressing: Combine vegetable oil (can sub olive oil), red wine vinegar (or other desired vinegar), salt, black pepper, and dried oregano.
	5. Add dressing to mixed vegetables and stir well to combine. Can be served immediately, but can also be made a day ahead. Serve chilled.  CCP: Hold for cold service at 41° F or lower.

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

Calories	44 kcal	Cholesterol	0.00 mg	Protein	0.87 g	Calcium	11.56 mg	48.15%	Calories from Total Fat
Total Fat	2.37 g	Sodium	149.28 mg	Vitamin A	389.82 RE	Iron	0.41 mg	6.80%	Calories from Sat Fat
Saturated Fat	0.34 g	Carbohydrate	5.51 g	Vitamin A	2279.57 IU	Water <sup>1</sup>	*83.52* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.53 g	Vitamin C	110.37 mg	Ash <sup>1</sup>	*0.82* g	49.71%	Calories from Carbohydrates
								7.83%	Calories from Protein

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# John Stalker Institute

**000123 - Cornbread**

Source:  
 Number of Portions: 50  
 Size of Portion: 2 oz. slice

**Recipe HACCP Process: #2 Same Day Service**

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

001145 BUTTER, WITHOUT SALT..... 1 1/4 LB		1. Preheat convection oven to 325°F. Liberally grease your baking pans with non-stick pan spray. Line with parchment if desired.  2. Melt butter in a small pan on the stovetop or in oven. When fully melted, set aside to cool.
050393 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED.... 3 CUP 050400 FLOUR, WHOLE WHEAT..... 4 1/2 CUP 020020 CORNMEAL, WHOLE-GRAIN, YEL..... 7 1/2 CUP 902441 Baking Powder..... 4 Tablespoons 902442 Baking Soda..... 1 1/2 Tablespoon 019335 SUGARS, GRANULATED..... 1/3 CUP 002047 SALT, TABLE..... 1 1/2 TBSP		3. Combine flours, cornmeal, baking powder, baking soda, sugar, and salt, and whisk together to evenly combine.
902426 Eggs, whole, large..... 10 eggs 001088 MILK, BTTRMLK, FLUID, CULTURED, LOWFAT..... 7 1/2 CUP		4. Whisk eggs. Add buttermilk and cooled melted butter, and whisk again to fully combine.  5. Make a well in the dry ingredients, and pour wet ingredients into the dry. Stir just to combine. DO NOT OVERMIX.  6. Bake in hotel pans or sheet pans for about 20 minutes, or until a wooden skewer inserted into the center of the cornbread emerges clean and dry. Be cautious not to overbake, as cornbread will dry out quickly if overcooked.
		OPTIONAL: *Serve with butter and/or honey. *Can be placed on menu with vegetable, chicken, or beef chili.

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

Calories	247 kcal	Cholesterol	68.05 mg	Protein	6.25 g	Calcium	100.43 mg	41.81%	Calories from Total Fat
Total Fat	11.45 g	Sodium	411.50 mg	Vitamin A	107.24 RE	Iron	1.67 mg	23.97%	Calories from Sat Fat
Saturated Fat	6.57 g	Carbohydrate	31.13 g	Vitamin A	390.81 IU	Water <sup>1</sup>	*37.04* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.85 g	Vitamin C	0.37 mg	Ash <sup>1</sup>	*1.08* g	50.51%	Calories from Carbohydrates
								10.14%	Calories from Protein

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# John Stalker Institute

**000195 - Deli Bar**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

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

900801 HAM,DELI,95% FAT-FREE..... 2 LB 001215 CHEESE PRODUCT,PAST PROCESS,AMERICAN,RED FAT,.... 1 LB 007079 TURKEY BREAST MEAT..... 2 LB 007068 SALAMI CKD BF..... 1 LB 007007 BOLOGNA,BF..... 1/4 LB 018042 BREAD,PITA,WHOLE-WHEAT..... 15 pita, large (6-1/2" dia) 018353 ROLLS,HARD (INCL KAISER)..... 15 roll (3-1/2" dia) 018075 BREAD,WHOLE-WHEAT,COMMLY PREP..... 40 slice 900984 LETTUCE,BIBB,RAW..... 6 1/2 LB 901590 TOMATOES,PLUM+ITALIAN,RAW..... 12 1/2 CUP, chopped or sliced 075003 MAYONNAISE,LoFat,No Cholesterol..... 20 TSP 083730 MUSTARD YELLOW PREPARED..... 20 TSP		1. Place 50 slices of bread on a clean, sanitized surface, such as a parchment-lined sheet pan. Add 2 oz. of meat and/or cheese to each slice of bread. Top with another slice of bread.  OPTIONAL:  *Can add other varieties of sliced cheese.  *Can serve with lettuce and sliced tomato.  *Can serve with mustard or mayonnaise packets.  CCP: Hold for cold service at 41° F or lower.
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\*Nutrients are based upon 1 Portion Size (1 sandwich)

Calories	270 kcal	Cholesterol	28.49 mg	Protein	17.19 g	Calcium	120.57 mg	24.94%	Calories from Total Fat
Total Fat	7.47 g	Sodium	980.14 mg	Vitamin A	102.24 RE	Iron	3.19 mg	8.61%	Calories from Sat Fat
Saturated Fat	2.58 g	Carbohydrate	34.33 g	Vitamin A	2421.81 IU	Water <sup>1</sup>	156.95 g	*0.74%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.22* g	Dietary Fiber	4.62 g	Vitamin C	9.28 mg	Ash <sup>1</sup>	4.33 g	50.95%	Calories from Carbohydrates
								25.51%	Calories from Protein

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# John Stalker Institute

**000148 - Fancy Focaccia White Pizza**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 3 oz. piece

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

900356 CHEESE,MOZZARELLA,LOWFAT.....	4 1/2 LB	1. Shred mozzarella cheese.
000132R Chicken Alfredo Sauce..... 018973 FOCACCIA,ITALIAN FLATBREAD,PLN....	12 (1/2 cup) 50 PIECE	2. Spread cool alfredo sauce (6 cups in total) on focaccia bread in an even layer, leaving 1/2 inch or so around the edges uncovered.
799905 OREGANO LEAVES,DRIED..... 902424 Basil, Dried.....	2 TBSP, leaves 2 Tablespoons	3. Sprinkle with shredded mozzarella cheese, then sprinkle dried oregano and basil across the surface of the focaccia. Bake in a preheated 350°F oven for 8-10 minutes, or until heated through and cheese is melted. Cut into 3 oz. pieces and serve hot.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.

\*Nutrients are based upon 1 Portion Size (3 oz. piece)

Calories	305 kcal	Cholesterol	38.55 mg	Protein	21.41 g	Calcium	338.71 mg	41.54%	Calories from Total Fat
Total Fat	14.09 g	Sodium	607.28 mg	Vitamin A	*85.96* RE	Iron	2.67 mg	17.69%	Calories from Sat Fat
Saturated Fat	6.00 g	Carbohydrate	23.93 g	Vitamin A	264.49 IU	Water <sup>1</sup>	*69.39* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.27 g	Vitamin C	*0.94* mg	Ash <sup>1</sup>	*2.74* g	31.36%	Calories from Carbohydrates
								28.06%	Calories from Protein

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# John Stalker Institute

**000028 - Farm Fresh Veggie Sticks**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 cup

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

011960 CARROTS,BABY,RAW... 5 LB 011143 CELERY,RAW..... 7 LB 902419 Jicama..... 10 LB	1. Remove baby carrots from bags and rinse. Wash celery, and slice into sticks. Peel jicama with a sharp knife, and slice into pieces the size of french fries.
	2. Arrange mixed vegetables into cups or on plates. Serve with a favorite dipping sauce or dressing.  CCP: Hold for cold service at 41° F or lower.
	VARIATIONS:  *Other vegetables to consider may include cucumber, zucchini, broccoli, cauliflower, cherry tomatoes, or fresh fennel.

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

Calories	61 kcal	Cholesterol	0.00 mg	Protein	1.48 g	Calcium	47.48 mg	2.47%	Calories from Total Fat
Total Fat	0.17 g	Sodium	89.96 mg	Vitamin A	696.66 RE	Iron	1.08 mg	0.55%	Calories from Sat Fat
Saturated Fat	0.04 g	Carbohydrate	13.94 g	Vitamin A	6577.96 IU	Water <sup>1</sup>	*101.58* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	6.87 g	Vitamin C	*3.15* mg	Ash <sup>1</sup>	*0.76* g	91.69%	Calories from Carbohydrates
								9.76%	Calories from Protein

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# John Stalker Institute

**000119 - Farmer's Garden Salad**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 cup

**Recipe HACCP Process: #1 No Cook**

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0.875 Cup  
 Milk: 0 Cup

011251 LETTUCE,COS OR ROMAINE,RAW.....	25 CUP, shredded	1. Wash and shred romaine lettuce. Keep chilled while you prepare the other ingredients.
011143 CELERY,RAW..... 011205 CUCUMBER,WITH PEEL,RAW..... 901590 TOMATOES,PLUM+ITALIAN,RAW..... 011124 CARROTS,RAW.....	6 1/2 CUP, chopped 6 1/2 CUP, slices 6 1/2 CUP, chopped or sliced 6 1/2 CUP, chopped	2. Wash all vegetables thoroughly. Chop celery, cube or slice cucumber, and dice or slice tomatoes. Carrots can be either sliced or shredded.
902367 BEANS, GARBANZO (CHICKPEAS), CANNED, WITH SAL...	6 1/2 CUP	3. Drain and rinse garbanzo beans.
		4. Serve 1/2 cup shredded lettuce, topped with 1/8 cup celery, 1/8 cup cucumbers, 1/8 cup tomatoes, 1/8 cup carrots, and 1/8 cup garbanzo beans.  OPTIONAL: Serve with preferred dressing on the side.  CCP: Hold for cold service at 41° F or lower.

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

Calories	56 kcal	Cholesterol	0.00 mg	Protein	2.37 g	Calcium	32.88 mg	8.79%	Calories from Total Fat
Total Fat	0.55 g	Sodium	118.65 mg	Vitamin A	549.74 RE	Iron	0.83 mg	1.13%	Calories from Sat Fat
Saturated Fat	0.07 g	Carbohydrate	11.22 g	Vitamin A	5119.81 IU	Water <sup>1</sup>	*84.44* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.90 g	Vitamin C	6.87 mg	Ash <sup>1</sup>	*0.56* g	79.68%	Calories from Carbohydrates
								16.85%	Calories from Protein

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# John Stalker Institute

**000018 - Fiesta Corn & Black Bean Salad**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R..... 011821 PEPPERS,SWEET,RED,RAW.....	2 CUP, chopped 2 CUP, chopped	1. Wash scallions and red bell pepper. Slice green and white portion of the scallions thinly, and chop the red bell pepper into a small dice.
050536 CORN, CANNED, WHOLE KERNEL (LIQUID PACK), LOW... 902365 BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUI.....	2 1/2 QT 2 1/2 QT	2. Drain corn and black beans.
009152 LEMON JUICE,RAW..... 004053 OIL,OLIVE,SALAD OR COOKING..... 002047 SALT, TABLE..... 002030 PEPPER,BLACK..... 799902 CUMIN,GROUND.....	1/2 CUP 3/4 CUP 2 TBSP 1 TBSP, ground 1 TBSP	3. Whisk together lemon juice (can sub lime juice), olive oil, salt, pepper, and cumin in a small bowl. Pour this dressing over the corn, bean, and vegetable salad. Serve cold.  CCP: Hold for cold service at 41° F or lower.
		ALTERNATE VERSIONS:  Can add either of the following to enhance flavor of the salad: A) 3/4 cup finely chopped sun-dried tomato B) 4 cups cherry tomatoes, sliced in half and roasted in a 250°F convection oven for 40 mins-1 hour, or until sweet and partially dried. You could also prepare wedges of whole tomatoes in the same manner.

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

Calories	103 kcal	Cholesterol	0.00 mg	Protein	3.93 g	Calcium	23.84 mg	32.91%	Calories from Total Fat
Total Fat	3.77 g	Sodium	524.54 mg	Vitamin A	41.45 RE	Iron	1.40 mg	4.76%	Calories from Sat Fat
Saturated Fat	0.55 g	Carbohydrate	15.01 g	Vitamin A	257.39 IU	Water <sup>1</sup>	*11.37* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.25 g	Vitamin C	13.40 mg	Ash <sup>1</sup>	*0.81* g	58.23%	Calories from Carbohydrates
								15.25%	Calories from Protein

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# John Stalker Institute

**000263 - Fish Sandwich**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

**Recipe HACCP Process: #2 Same Day Service**

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

902437 Fish, tilapia, raw..... 7 1/2 LB 002028 PAPRIKA..... 2 TSP 799905 OREGANO LEAVES, DRIED..... 1 TSP, leaves 002047 SALT, TABLE..... 1 TSP	011251 LETTUCE, COS OR ROMAINE, RAW... 6 CUP, shredded 901590 TOMATOES, PLUM+ITALIAN, RAW..... 6 CUP, chopped or sliced 902422 Cilantro..... 8 OZ 050540 SALSA, LOW-SODIUM, CANNED..... 3 CUP	1. Thaw fish fillets if individually frozen. Lay tilapia out on a parchment-lined sheet pan. Mix together paprika, oregano, and salt, and sprinkle on the fish fillets. Bake at the following temperatures and times: Convection Oven: 350°F for 6-8 minutes Conventional Oven: 375°F for 8-10 minutes  CCP: Heat to 145° F or higher for at least 15 Seconds
018353 ROLLS, HARD (INCL KAISER)..... 50 roll (3-1/2" dia) 050160 Tartar Sauce..... 50 TBSP		2. While fish cooks, prepare chopped lettuce and chopped tomatoes. Wash and chop cilantro (if using) and open salsa.  3. When fish is done, place 2 oz portion on roll. Top with 2 Tablespoons each chopped lettuce and tomato, a small sprinkle of the chopped cilantro, and 1 Tablespoon salsa. Serve immediately. Serve tartar sauce on the side.  CCP: Hold at 140° F or higher for service.
		OPTIONAL GARNISH: *Wedges of fresh limes  ALTERNATE SERVICE METHOD:  *Each item in the filling - fish, lettuce, tomato, cilantro, and salsa - can be held separately on the serving line, and tacos can be assembled to order.

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

Calories	276 kcal	Cholesterol	38.02 mg	Protein	20.84 g	Calcium	63.03 mg	14.19%	Calories from Total Fat
Total Fat	4.35 g	Sodium	537.35 mg	Vitamin A	113.23 RE	Iron	2.96 mg	2.12%	Calories from Sat Fat
Saturated Fat	0.65 g	Carbohydrate	36.15 g	Vitamin A	1115.18 IU	Water <sup>1</sup>	*43.43* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.13 g	Vitamin C	*3.78* mg	Ash <sup>1</sup>	*1.41* g	52.42%	Calories from Carbohydrates
								30.22%	Calories from Protein

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# John Stalker Institute

**000112 - Fish Tacos**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
Number of Portions: 50  
Size of Portion: 1 taco

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

902437 Fish, tilapia, raw..... 8 LB 002028 PAPRIKA..... 2 TSP 799905 OREGANO LEAVES,DRIED..... 1 TSP, leaves 002047 SALT, TABLE..... 1 TSP	1. Thaw fish fillets if individually frozen. Lay tilapia out on a parchment-lined sheet pan.  2. Mix together paprika, oregano, and salt, and sprinkle on the fish fillets. Bake at the following temperatures and times. Convection Oven: 350°F for 6-8 minutes Conventional Oven: 375°F for 8-10 minutes  CCP: Heat to 145° F or higher for at least 15 Seconds
011251 LETTUCE,COS OR ROMAINE,RAW... 6 CUP, shredded 901590 TOMATOES,PLUM+ITALIAN,RAW..... 6 CUP, chopped or sliced 902422 Cilantro..... 8 OZ 050540 SALSA, LOW-SODIUM, CANNED..... 3 CUP	3. While fish cooks, prepare chopped lettuce and chopped tomatoes. Wash and chop cilantro for the tacos (if using).
018363 TORTILLAS,RTB OR -FRY,CORN..... 100 tortilla	4. When fish is done, working quickly, break it up into small chunks and spread 2 oz. cooked fish on each taco. Top with 2 Tablespoons each chopped lettuce and tomato, a small sprinkle of the chopped cilantro, and 1 Tablespoon salsa. Serve immediately.  CCP: Hold at 140° F or higher for service.
	OPTIONAL GARNISH: *Wedges of fresh limes  ALTERNATE SERVICE METHOD: *Each item in the filling - fish, lettuce, tomato, cilantro, and salsa - can be held separately on the serving line, and tacos can be assembled to order.

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

Calories	186 kcal	Cholesterol	36.29 mg	Protein	18.79 g	Calcium	45.26 mg	7.11%	Calories from Total Fat
Total Fat	1.47 g	Sodium	128.30 mg	Vitamin A	106.93 RE	Iron	1.53 mg	1.13%	Calories from Sat Fat
Saturated Fat	0.23 g	Carbohydrate	23.57 g	Vitamin A	1084.64 IU	Water <sup>1</sup>	*47.79* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	3.65 g	Vitamin C	*3.58* mg	Ash <sup>1</sup>	*0.72* g	50.60%	Calories from Carbohydrates
								40.33%	Calories from Protein

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# John Stalker Institute

**000179 - Flabread Pizza**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 flatbread

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

902448 Flatbread..... 50 each	50 each	1. Lay out flatbread on parchment-lined sheet pans - thawing first if necessary.
902409 TOMATO SAUCE, CANNED, LIGHTLY SEASONED WITH S.... 050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED.....	6 CUP 6 3/4 LB	2. Spread 2 TBSP of sauce thinly over the pizza crust. Add approx. 2 oz. of cheese per flatbread, evenly spreading close to the edges of the crust.  3. Bake at the following times and temperatures, or until cheese is bubbling and golden.  Convection Oven: 325°F for 10-12 minutes. Conventional Oven: 350°F for 12-15 minutes.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.
		NOTE:  *Any type of tomato-based sauce can be utilized, tomato sauce, pizza sauce, or marinara sauce.  *If making in advance, to prevent crust from becoming soggy, a thin layer of olive oil can be brushed on the crust before sauce is added.  VARIATIONS:  *Can add any of the following - Pepperoni, Sausage, Mushroom, Bell Peppers, Spinach, Fresh Tomatoes, assorted mixed vegetables, or other types of cheeses.  (These additions will alter the nutritional components of the meal.)

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

Calories	237 kcal	Cholesterol	19.44 mg	Protein	*17.28* g	Calcium	455.76 mg	26.20%	Calories from Total Fat
Total Fat	6.90 g	Sodium	809.12 mg	Vitamin A	48.00 RE	Iron	2.00 mg	19.69%	Calories from Sat Fat
Saturated Fat	5.19 g	Carbohydrate	24.56 g	Vitamin A	240.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	8.48 g	Vitamin C	*1.15* mg	Ash <sup>1</sup>	*N/A* g	41.45%	Calories from Carbohydrates
								*29.16%*	Calories from Protein

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# John Stalker Institute

**000197 - Foccacia Pizza**

Source:  
 Number of Portions: 50  
 Size of Portion: slice

**Recipe HACCP Process: #2 Same Day Service**

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

018973 FOCACCIA,ITALIAN FLATBREAD,PLN....	50 PIECE	1. Place foccacia on a parchment-lined sheet pan.
002044 BASIL,FRESH.....	4 OZ	2. Using a sharp knife and clean, dry cutting surface, thinly slice fresh basil and set aside.
900356 CHEESE,MOZZARELLA,LOWFAT..... 001037 CHEESE,RICOTTA,PART SKIM MILK..... 004053 OIL,OLIVE,SALAD OR COOKING..... 011215 GARLIC,RAW.....	5 LB 1 1/2 LB 1 CUP 1/2 CUP	3. Top each foccacia with 1.5 oz. shredded & .5 oz ricotta cheese. Add a sprinkle of the thinly sliced fresh basil to top.  4. Bake at oven set to the following temperatures: Convection Oven: 325°F Conventional Oven: 350°F  5. Serve pizzas when hot. Cheese should be fully melted.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.
		Optional: Can serve with side of marinara sauce if desired.  Note: To store fresh basil and avoid browning or spoilage, avoid temperatures that are too cold or too warm. Basil thrives in an ambient temperature of 50 degrees F. Even if optimally stored, fresh basil will only keep for a few days.

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

Calories	338	kcal	Cholesterol	28.71	mg	Protein	18.48	g	Calcium	395.06	mg	50.53%	Calories from Total Fat
Total Fat	19.00	g	Sodium	576.69	mg	Vitamin A	*110.77*	RE	Iron	2.09	mg	19.99%	Calories from Sat Fat
Saturated Fat	7.52	g	Carbohydrate	23.36	g	Vitamin A	407.66	IU	Water <sup>1</sup>	60.25	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	g	Dietary Fiber	1.09	g	Vitamin C	0.83	mg	Ash <sup>1</sup>	2.81	g	27.61%	Calories from Carbohydrates
												21.84%	Calories from Protein

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# John Stalker Institute

**000185 - Focaccia, Chicken, Mozzarella**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 6 oz sandwich

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

018973 FOCACCIA,ITALIAN FLATBREAD,PLN..... 50 PIECE 002044 BASIL,FRESH..... 4 OZ 050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY... 4 LB 900356 CHEESE,MOZZARELLA,LOWFAT..... 4 LB	1. Slice each focaccia bread in half lengthwise to create a top and bottom portion. Place bottom halves on a parchment-lined sheet pan.  2. Using a sharp knife and clean, dry cutting surface, thinly slice fresh basil and set aside.  3. Top each focaccia half with 1 oz. thawed diced cooked chicken, and 1 oz. shredded mozzarella cheese. Add a sprinkle of the thinly sliced fresh basil to top.  4. Place top half of focaccia 'bun' on the sandwich, and bake at oven set to the following temperatures: Convection Oven: 325°F Conventional Oven: 350°F  5. Serve sandwiches when hot. Cheese should be fully melted.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.  Optional: Can serve with side of marinara sauce if desired.  Note: To store fresh basil and avoid browning or spoilage, avoid temperatures that are too cold or too warm. Basil thrives in an ambient temperature of 50 degrees F. Even if optimally stored, fresh basil will only keep for a few days.
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\*Nutrients are based upon 1 Portion Size (6 oz sandwich)

Calories	307 kcal	Cholesterol	52.88 mg	Protein	25.50 g	Calcium	289.23 mg	40.52%	Calories from Total Fat
Total Fat	13.83 g	Sodium	528.10 mg	Vitamin A	*78.06* RE	Iron	3.35 mg	16.18%	Calories from Sat Fat
Saturated Fat	5.52 g	Carbohydrate	21.87 g	Vitamin A	308.38 IU	Water <sup>1</sup>	*45.12* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.06 g	Vitamin C	0.41 mg	Ash <sup>1</sup>	*2.30* g	28.48%	Calories from Carbohydrates
								33.22%	Calories from Protein

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# John Stalker Institute

**000150 - French Bread Pizza**

Source:  
 Number of Portions: 50  
 Size of Portion: 3 oz.

**Recipe HACCP Process: #2 Same Day Service**

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

018029 BREAD,FRENCH OR VIENNA (INCL SOURDOUGH)... 50 slice, large 004053 OIL,OLIVE,SALAD OR COOKING..... 1/2 CUP		1. Lay out slices of french bread on parchment-lined sheet pans. Using a clean pastry brush, lightly brush each slice with olive oil. This creates an oil layer between the sauce and bread that will help prevent the bread from becoming soggy.
990125 TOMATO SAUCE,CND,MARINARA SAUCE..... 12 CUP 900356 CHEESE,MOZZARELLA,LOWFAT..... 4 1/2 LB 007057 PEPPERONI,PORK,BEEF..... 1 3/4 LB		2. Add 1/4 cup marinara sauce per french bread pizza, then top with shredded mozzarella cheese. Add additional toppings as desired. Bake until golden brown and cheese is melted, and serve hot.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.

\*Nutrients are based upon 1 Portion Size (3 oz.)

Calories	538 kcal	Cholesterol	38.51 mg	Protein	26.39 g	Calcium	354.93 mg	35.12%	Calories from Total Fat
Total Fat	21.00 g	Sodium	1344.66 mg	Vitamin A	193.29 RE	Iron	4.33 mg	14.33%	Calories from Sat Fat
Saturated Fat	8.57 g	Carbohydrate	61.85 g	Vitamin A	787.66 IU	Water <sup>1</sup>	99.99 g	*0.43%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.26* g	Dietary Fiber	4.52 g	Vitamin C	7.98 mg	Ash <sup>1</sup>	5.86 g	45.98%	Calories from Carbohydrates
								19.62%	Calories from Protein

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# John Stalker Institute

**000140 - Garlic Chicken + Pasta**

Source: The Lunch Box  
 Number of Portions: 50  
 Size of Portion: 8 oz.

**Recipe HACCP Process: #2 Same Day Service**

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

050465 SPAGHETTI, WHOLE GRAIN, DRY.....	5 LB	1. Prepare the spaghetti (or other shaped pasta) according to package directions. Spread into a 2" or 4" hotel pan.
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY...	8 LB	2. Toss thawed diced chicken with pasta. Cover and set aside.
011215 GARLIC,RAW..... 000084 CHICKEN STOCK..... 050384 OIL, VEGETABLE..... 901071 OREGANO LEAVES,DRIED..... 902424 Basil, Dried..... 002047 SALT, TABLE..... 002030 PEPPER,BLACK.....	3/4 CUP 3 QT 3/4 CUP 1 TSP, leaves 1/2 Tablespoons 1 1/2 TSP 1 TSP, ground	3. Place the 3/4 cup whole peeled garlic cloves, chicken stock, and oil in a large pot, and bring to a boil over high heat. Once the garlic mixture is boiling, add the dry oregano and basil, and the salt and black pepper, then reduce to a simmer and cover tightly for about 30 minutes or until the garlic is very soft.  4. To finish the garlic sauce, use one of the following methods:  Immersion blender method: Using an immersion blender, puree the sauce until very smooth and creamy.  Blender/Food Processor method: Remove garlic from pot using a skimmer or strainer, and place in a blender or food processor with a little liquid if necessary to attain a smooth puree. At this point, whisk the pureed garlic back into the hot stock.
		5. Pour garlic sauce (As much as needed) into the pan of cooked spaghetti and diced chicken. Stir well.  6. Cover with foil and bake at 350°F for 30 minutes, or until an internal temp of 165°F has been reached. Serve a full 8 oz. portion. Can serve with optional grated parmesan cheese on top, if desired. CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.

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

Calories	303 kcal	Cholesterol	66.85 mg	Protein	29.03 g	Calcium	22.90 mg	23.96%	Calories from Total Fat
Total Fat	8.08 g	Sodium	445.54 mg	Vitamin A	0.40 RE	Iron	4.47 mg	4.34%	Calories from Sat Fat
Saturated Fat	1.46 g	Carbohydrate	35.25 g	Vitamin A	3.06 IU	Water <sup>1</sup>	*1.20* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.54 g	Vitamin C	*0.65* mg	Ash <sup>1</sup>	*0.22* g	46.50%	Calories from Carbohydrates
								38.29%	Calories from Protein

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# John Stalker Institute

**000005 - Garlic Mashed Potatoes**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

011354 POTATOES,WHITE,FLESH & SKN,RAW..... 15 LB		1. Scrub potatoes well in cold water. Cook potatoes: close drain and cover the unpeeled potatoes with water in a stem kettle or large pot. Turn on the heat and bring to a boil. Reduce to a simmer and cook until the largest potatoes are fork-tender, about 30 minutes.  CCP: Heat to 140° F or higher
001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM)... 1 QT 001001 BUTTER,WITH SALT..... 4 OZ 900771 GARLIC,GRANULATED..... 3 TBSP 002032 PEPPER,WHITE..... 1 1/2 TSP, ground		2. Scald the milk, being careful not to boil over. Add the butter, granulated garlic, and white pepper.  3. Remove potatoes from the kettle or pot and drain. Place directly into a large mixing bowl.  4. Whisk in the hot milk, garlic, and butter mixture at the slowest speed, gradually increasing the speed until smooth. Mixing too long will cool the potatoes, and can make them gummy.
011297 PARSLEY,RAW..... 2 TBSP, chopped		5. Remove mashed potatoes to serving pans. Sprinkle with chopped parsley to garnish (optional). Hold on steam table or warmer for service.  CCP: Hold at 140° F or higher for service.

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

Calories	119 kcal	Cholesterol	5.27 mg	Protein	3.06 g	Calcium	37.50 mg	15.14%	Calories from Total Fat
Total Fat	2.00 g	Sodium	46.42 mg	Vitamin A	32.01 RE	Iron	0.75 mg	9.13%	Calories from Sat Fat
Saturated Fat	1.20 g	Carbohydrate	22.78 g	Vitamin A	120.18 IU	Water <sup>1</sup>	129.35 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	3.34 g	Vitamin C	27.11 mg	Ash <sup>1</sup>	1.49 g	76.72%	Calories from Carbohydrates
								10.31%	Calories from Protein

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# John Stalker Institute

**000239 - Greek Yogurt Parfait - HS**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 8 oz parfait

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

050370 STRAWBERRIES, FROZEN, THAWED, SLICED OR DICED.... 6 1/4 CUP 009054 BLUEBERRIES,FRZ,UNSWTND..... 6 1/4 CUP, unthawed	1. Thaw berries. If using fresh fruit: wash berries, slice strawberries, and toss berries together in bowl and chill.
001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ..... 50 CUP	2. Arrange 50 clear plastic cups. Add 1/2 cup greek yogurt to each.  3. Add 2 tablespoons berry mixture atop greek yogurt in each cup. Add 1/2 cup cup additional greek yogurt to top berries.  4. Add another 2 tablespoons berry mixture to top the second layer of yogurt.  CCP: Refrigerate until served.
050210 Granola..... 12 1/2 CUP 902455 Graham Crackers..... 12 1/2 (2 full crackers)	5. Immediately before service, add 1/4 cup granola on top of parfait.  6. Serve with 1 oz. package of graham crackers on the side.  CCP: Hold for cold service at 41° F or lower.

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

Calories	356 kcal	Cholesterol	14.70 mg	Protein	16.50 g	Calcium	470.40 mg	18.51%	Calories from Total Fat
Total Fat	7.33 g	Sodium	266.69 mg	Vitamin A	42.50 RE	Iron	1.73 mg	7.84%	Calories from Sat Fat
Saturated Fat	3.10 g	Carbohydrate	58.72 g	Vitamin A	142.61 IU	Water <sup>1</sup>	*225.20* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	3.37 g	Vitamin C	15.94 mg	Ash <sup>1</sup>	*2.71* g	65.93%	Calories from Carbohydrates
								18.53%	Calories from Protein

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# John Stalker Institute

**000093 - Grilled Cheese on WW Bread**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

**Recipe HACCP Process: #2 Same Day Service**

Meat/Alt: 1 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

050351 CHEESE, CHEDDAR, YELLOW, BLOCK..... 50 OZ 018075 BREAD,WHOLE-WHEAT,COMMLY PREP... 100 slice	1. Slice cheese into 1 oz. slices, if not already sliced. Lay out 50 slices of bread on a sanitized surface, or parchment-lined sheet trays. Place 1 slice of cheese on each piece of bread, laying another slice on top. Melt butter in a large pan or tilt skillet over medium-low heat, being careful not to brown or burn butter. Cook sandwiches until golden brown on both sides, and cheese is melted.  CCP: Hold at 140° F or higher for service.
	VARIATIONS:  *As the cooking fat for the grilled cheese, you can also sub in margarine, vegetable oil, or pan spray to cook the sandwiches.  *For an even lower fat version, you can assemble the sandwiches on parchment-lined sheet pans, and bake in a hot oven until cheese is melted. Convection ovens tend to dry out the bread, so use caution if trying this method.

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

Calories	252 kcal	Cholesterol	30.00 mg	Protein	14.31 g	Calcium	263.92 mg	40.22%	Calories from Total Fat
Total Fat	11.28 g	Sodium	440.32 mg	Vitamin A	56.80 RE	Iron	1.55 mg	22.82%	Calories from Sat Fat
Saturated Fat	6.40 g	Carbohydrate	23.48 g	Vitamin A	285.68 IU	Water <sup>1</sup>	*21.60* g	1.66%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.46 g	Dietary Fiber	3.81 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*2.14* g	37.23%	Calories from Carbohydrates
								22.69%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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<sup>1</sup> - denotes optional nutrient values



# John Stalker Institute

**000171 - Ham & Chz Sandwich on Goldfish**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

Meat/Alt: 2 oz  
 Grains: 1.5 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

900801 HAM,DELI,95% FAT-FREE..... 5 LB 001215 CHEESE PRODUCT,PAST PROCESS,AMERICAN,RED FAT,.... 3 1/4 LB 902447 Bread, Goldfish..... 50 (1 each)		1. Place 50 slices of bread on a clean, sanitized surface, such as a parchment-lined sheet pan. Add 1.5 oz. of sliced ham to each sandwich. Top ham with 1 oz. sliced cheese, and another slice of bread.  OPTIONAL:  *Can add other varieties of sliced cheese.  *Can serve with lettuce and sliced tomato.  *Can serve with mustard or mayonnaise packets.  CCP: Hold for cold service at 41° F or lower.
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\*Nutrients are based upon 1 Portion Size (1 sandwich)

Calories	219 kcal	Cholesterol	36.04 mg	Protein	16.74 g	Calcium	258.69 mg	25.99%	Calories from Total Fat
Total Fat	6.33 g	Sodium	1118.71 mg	Vitamin A	55.72 RE	Iron	2.19 mg	13.99%	Calories from Sat Fat
Saturated Fat	3.41 g	Carbohydrate	26.47 g	Vitamin A	278.62 IU	Water <sup>1</sup>	*48.79* g	*0.03%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.01* g	Dietary Fiber	4.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*3.51* g	48.27%	Calories from Carbohydrates
								30.53%	Calories from Protein

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# John Stalker Institute

**000102 - Hamburger on WW Bun**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 hamburger

**Recipe HACCP Process: #2 Same Day Service**

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

902431 Beef Patties, charbroiled...	50 patties	1. Place hamburger patties in a single layer on parchment-lined sheet pans. Cook to a minimum internal temperature of 165°F.  CCP: Heat to 155° F or higher for at least 15 Seconds
902430 Rolls, Hamburger, WW.....	50 buns	2. Insert cooked hamburger patties into buns and serve, or hold for hot service.  OPTIONAL SIDES:  *Fresh Washed Lettuce Leaves  *Sliced Tomatoes  *Pickles  *Condiments - Ketchup, Mustard, and/or Mayonnaise  CCP: Hold at 140° F or higher for service.

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

Calories	280 kcal	Cholesterol	35.00 mg	Protein	17.00 g	Calcium	80.00 mg	48.22%	Calories from Total Fat
Total Fat	15.00 g	Sodium	690.00 mg	Vitamin A	0.00 RE	Iron	3.24 mg	17.68%	Calories from Sat Fat
Saturated Fat	5.50 g	Carbohydrate	27.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	1.61%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.50 g	Dietary Fiber	3.00 g	Vitamin C	2.40 mg	Ash <sup>1</sup>	*N/A* g	38.57%	Calories from Carbohydrates
								24.29%	Calories from Protein

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# John Stalker Institute

**000010 - Harvest Home "Fries"**

Source: MA FTS Cookbook  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

**Recipe HACCP Process: #2 Same Day Service**

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

011282 ONIONS,RAW..... 1 LB + 6 OZ 011333 PEPPERS,SWEET,GREEN,RAW..... 1 LB 004053 OIL,OLIVE,SALAD OR COOKING..... 1/4 CUP 001145 BUTTER,WITHOUT SALT..... 1/2 CUP	1. Peel and chop onions and bell peppers into a medium (1/2 inch) dice. Heat olive oil in a large skillet, and add chopped onions and bell pepper. Cook over medium-high heat, stirring frequently, until the onions are well-cooked and just beginning to brown, about 5 minutes.
011354 POTATOES,WHITE,FLESH & SKN,RAW... 10 LB 901493 SQUASH,WNTR,BUTTRNUT,RAW..... 2 LB + 8 OZ 050385 OIL, VEGETABLE..... 1/2 CUP 002049 THYME,FRSH..... 3 TBSP 002047 SALT, TABLE..... 3 TBSP 002020 GARLIC POWDER..... 1 TSP 002030 PEPPER,BLACK..... 1 TSP, ground	2. Melt butter over a low flame. Cut potatoes and butternut squash into a 1/2 inch dice. (The potatoes can be peeled or unpeeled). Toss together the potatoes, squash, vegetable oil, butter, thyme (can sub 1 tsp. dried thyme if you do not have fresh), salt, garlic powder, and black pepper to thoroughly combine.
	3. Roast in a single layer on parchment-covered baking sheets until the vegetables are just cooked through but not mushy.  Convection oven: 375°F for approx. 8-12 minutes Conventional oven: 400°F for about 13-17 minutes  CCP: Heat to 140° F or higher
	4. Add to a hotel pan, and add the cooked onion and peppers. Stir the mixture gently with rubber spatulas to avoid breaking up the vegetables too much. Serve hot.  CCP: Hold at 140° F or higher for service.

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

Calories	123 kcal	Cholesterol	4.88 mg	Protein	2.00 g	Calcium	19.95 mg	38.54%	Calories from Total Fat
Total Fat	5.25 g	Sodium	440.93 mg	Vitamin A	117.05 RE	Iron	0.70 mg	12.35%	Calories from Sat Fat
Saturated Fat	1.68 g	Carbohydrate	17.90 g	Vitamin A	414.92 IU	Water <sup>1</sup>	*114.51* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.92 g	Vitamin C	29.11 mg	Ash <sup>1</sup>	*2.17* g	58.36%	Calories from Carbohydrates
								6.51%	Calories from Protein

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# John Stalker Institute

**000136 - Hearty Beef Chili**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
Number of Portions: 50  
Size of Portion: 1 cup

Meat/Alt: 2 oz  
Grains: 0 oz  
Fruit: 0 Cup  
Vegetable: 0.75 Cup  
Milk: 0 Cup

050385 OIL, VEGETABLE..... 050512 BEEF, FINE GROUND, CRUMBLES, PAN-BROILED..... 902370 BEANS, KIDNEY, RED, CANNED, SOLIDS AND LIQUID..... 902373 BEANS, PINTO, CANNED, SOLIDS AND LIQUIDS, WIT.....	1/4 CUP + 1/4 CUP 5 LB 80 OZ 80 OZ	1. Heat 1/4 cup vegetable oil in a large pan or tilt skillet, and add ground beef in batches, cooking to 155°F and browning well. Remove beef to a paper towel lined sheet pan to remove grease and oil. Meanwhile, drain and rinse both the pinto and kidney beans, and mix in a large bowl.
011282 ONIONS,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 011215 GARLIC,RAW..... 002009 CHILI POWDER..... 799902 CUMIN,GROUND..... 901071 OREGANO LEAVES,DRIED..... 050541 TOMATO SAUCE, LOW-SODIUM, CANNED.....	2 CUP, chopped 1 LB, chopped 5 cloves 2 TBSP 1 TBSP 1 TBSP, leaves 96 OZ	2. In a large pot or skillet heat the remaining 1/4 cup vegetable oil over medium high heat. When oil is hot, Add the onions and peppers, and cook until onions turn soft and translucent, 5-6 minutes. Add garlic, chili powder, cumin, and oregano and cook for another 2 minutes.  3. Add drained beans and tomato sauce to the seasoned vegetables, and bring to a simmer over medium-low heat.
011507 SWEET POTATO,RAW,UNPREP..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE... 050346 CHEESE, CHEDDAR, YELLOW, SHREDDED.....	2 CUP, cubes 1 1/2 CUP 1 1/2 LB	4. Add cubed sweet potatoes and cooked ground beef, cover, and let simmer for 15-20 minutes, stirring occasionally. Add the corn and cook, uncovered, for another 5 to 10 minutes or until the sweet potatoes are fully cooked. Transfer to hotel pans for service. Serve with shredded cheddar on the side, or added directly onto the hot chili.  OPTIONAL: *Serve with lowfat plain yogurt, or lowfat sour cream, in addition to the shredded cheese.  CCP: Heat to 155° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.

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

Calories	301 kcal	Cholesterol	54.40 mg	Protein	20.99 g	Calcium	145.91 mg	42.73%	Calories from Total Fat
Total Fat	14.29 g	Sodium	483.58 mg	Vitamin A	241.94 RE	Iron	3.56 mg	17.84%	Calories from Sat Fat
Saturated Fat	5.97 g	Carbohydrate	22.01 g	Vitamin A	1475.42 IU	Water <sup>1</sup>	*18.55* g	*1.44%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.48* g	Dietary Fiber	6.57 g	Vitamin C	11.26 mg	Ash <sup>1</sup>	*0.17* g	29.24%	Calories from Carbohydrates
								27.89%	Calories from Protein

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# John Stalker Institute

**000135 - Hearty Chicken Chili**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 cup

Meat/Alt: 2 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0.75 Cup  
 Milk: 0 Cup

902370 BEANS, KIDNEY, RED, CANNED, SOLIDS AND LIQUID..... 3 1/2 LB 902373 BEANS, PINTO, CANNED, SOLIDS AND LIQUIDS, WIT..... 3 1/2 LB 050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY..... 5 LB		1. Drain and rinse both the pinto and kidney beans, and mix in a large bowl.
050385 OIL, VEGETABLE..... 1/2 CUP 011215 GARLIC,RAW..... 5 cloves		2. In a large pot or skillet heat the vegetable oil over medium high heat. When oil is hot, add the garlic and cook until fragrant but not browned.
011282 ONIONS,RAW..... 2 CUP, chopped 011333 PEPPERS,SWEET,GREEN,RAW..... 1 LB, chopped 002009 CHILI POWDER..... 2 TBSP 799902 CUMIN,GROUND..... 1 TBSP 901071 OREGANO LEAVES,DRIED..... 1 TBSP, leaves		3. Add the onions and peppers, and cook until onions turn soft and translucent, 5-6 minutes. Add chili powder, cumin, and oregano and cook for another 2 minutes.
050541 TOMATO SAUCE, LOW-SODIUM, CANNED..... 96 OZ		4. Add drained beans and tomato sauce to the seasoned vegetables, and bring to a simmer over medium-low heat.
011507 SWEET POTATO,RAW,UNPREP..... 2 LB 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE... 1 QT 050346 CHEESE, CHEDDAR, YELLOW, SHREDDED..... 1 1/2 LB		5. Add cubed sweet potatoes and diced chicken, cover, and let simmer for 15-20 minutes, stirring occasionally. Add the corn and cook, uncovered, for another 5 to 10 minutes or until the sweet potatoes are fully cooked. Transfer to hotel pans for service. Serve with shredded cheddar on the side, or added directly onto the hot chili.  OPTIONAL:  *Serve with lowfat plain yogurt, or lowfat sour cream, in addition to the shredded cheese.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.

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

Calories	247 kcal	Cholesterol	56.00 mg	Protein	21.22 g	Calcium	131.16 mg	35.70%	Calories from Total Fat
Total Fat	9.81 g	Sodium	385.16 mg	Vitamin A	502.44 RE	Iron	3.71 mg	13.95%	Calories from Sat Fat
Saturated Fat	3.83 g	Carbohydrate	21.97 g	Vitamin A	3311.01 IU	Water <sup>1</sup>	*28.46* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.66 g	Vitamin C	11.58 mg	Ash <sup>1</sup>	*0.29* g	35.52%	Calories from Carbohydrates
								34.30%	Calories from Protein

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# John Stalker Institute

## 000144 - Honey Glazed Carrots

Source:  
 Number of Portions: 50  
 Size of Portion: 1/4 cup

### Recipe HACCP Process:

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

050525 CARROTS, BABY-CUT, FRESH, PEELED.... 8 LB	1. Steam carrots until tender but not mushy.
001145 BUTTER, WITHOUT SALT..... 4 OZ 019296 HONEY..... 1/2 CUP 002047 SALT, TABLE..... 1 TSP	2. Add butter, honey, and salt to a small saucepan and heat over a low flame until melted. If working without a range top, mix and place in a low oven until fully melted and combined.  CCP: Heat to 140° F or higher
	3. Once carrots are steamed, toss with butter-honey mixture to coat evenly. Serve warm.  NOTE: These can be stored in a warmer or steam table for up to 1/2 hour without flavor or quality compromise.  CCP: Hold at 140° F or higher for service.

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

Calories	52 kcal	Cholesterol	4.88 mg	Protein	0.49 g	Calcium	23.82 mg	33.24%	Calories from Total Fat
Total Fat	1.93 g	Sodium	103.86 mg	Vitamin A	1018.06 RE	Iron	0.67 mg	20.35%	Calories from Sat Fat
Saturated Fat	1.18 g	Carbohydrate	8.71 g	Vitamin A	10063.72 IU	Water <sup>1</sup>	*0.99* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.10 g	Vitamin C	1.94 mg	Ash <sup>1</sup>	*0.13* g	66.79%	Calories from Carbohydrates
								3.73%	Calories from Protein

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# John Stalker Institute

**000020 - Hummus (v.2)**

Source:  
 Number of Portions: 50  
 Size of Portion: .25 cup

**Recipe HACCP Process: #1 No Cook**

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

902367 BEANS, GARBANZO (CHICKPEAS), CANNED, WITH SAL... 16 CUP		1. Rinse and drain garbanzo beans. If using dried garbanzos, soak for at least 8 hours, then boil until soft, rinse, and drain.
902417 Tahini (Sesame Seed Paste)..... 8 OZ 011215 GARLIC,RAW..... 5 cloves 009152 LEMON JUICE,RAW..... 1/4 CUP 004053 OIL,OLIVE,SALAD OR COOKING..... 3/4 CUP 002047 SALT,TABLE..... 2 TSP		2. Using a food processor or blender, working in batches, puree garbanzos with all other ingredients. The finished product should be smooth, and approximately the consistency of creamy peanut butter. Add warm water if necessary to achieve this texture.  CCP: Hold for cold service at 41° F or lower.
		3. Serve as a dip with pita bread, tortilla chips, or fresh carrots & celery.  VARIATION:  *Can sub other nut butters (including Sun Butter) for the Tahini/Sesame Seed Paste in this recipe. Use equal parts as a substitution.

\*Nutrients are based upon 1 Portion Size (.25 cup)

Calories	148 kcal	Cholesterol	0.00 mg	Protein	4.73 g	Calcium	43.17 mg	39.82%	Calories from Total Fat
Total Fat	6.54 g	Sodium	329.34 mg	Vitamin A	3.73 RE	Iron	1.44 mg	5.13%	Calories from Sat Fat
Saturated Fat	0.84 g	Carbohydrate	18.46 g	Vitamin A	18.66 IU	Water <sup>1</sup>	*1.30* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	3.71 g	Vitamin C	3.51 mg	Ash <sup>1</sup>	*0.25* g	49.97%	Calories from Carbohydrates
								12.81%	Calories from Protein

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# John Stalker Institute

**000266 - Italian Herbed Chicken**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
Number of Portions: 50  
Size of Portion: 2 oz.

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

004053 OIL, OLIVE, SALAD OR COOKING..... 1 CUP 002047 SALT, TABLE..... 1 TSP 002030 PEPPER, BLACK..... 1/2 TSP, ground 050151 ITALIAN SEASONING MIX..... 5 TBSP 799913 CHICKEN WHOLE RAW 8 PIECE CUT USDA COMMODITY.... 6 1/4 LB	1. Spray parchment-lined sheet pans with pan spray, or rub with a small amount of vegetable oil.  2. Lay chicken on sheet pan and sprinkle with salt, black pepper, and Italian seasoning mix. Bake at the following temperatures:  Convection oven: 325°F Conventional oven: 350°F  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.
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\*Nutrients are based upon 1 Portion Size (2 oz.)

Calories	175 kcal	Cholesterol	50.00 mg	Protein	14.03 g	Calcium	13.02 mg	62.45%	Calories from Total Fat
Total Fat	12.14 g	Sodium	93.30 mg	Vitamin A	29.95 RE	Iron	0.98 mg	14.41%	Calories from Sat Fat
Saturated Fat	2.80 g	Carbohydrate	0.18 g	Vitamin A	149.88 IU	Water <sup>1</sup>	*0.00* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	0.11 g	Vitamin C	0.14 mg	Ash <sup>1</sup>	*0.12* g	0.40%	Calories from Carbohydrates
								32.09%	Calories from Protein

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# John Stalker Institute

**000003 - Italian Mixed Vegetables**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

**Recipe HACCP Process: #2 Same Day Service**

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

011135 CAULIFLOWER,RAW..... 6 LB	1. Cut the vegetables into bite sizes of approximately equal size.
011124 CARROTS,RAW..... 6 LB 011090 BROCCOLI,RAW..... 6 LB 004021 SALAD DRSNG,ITALIAN DRSNG,RED FAT... 1/2 CUP 002047 SALT, TABLE..... 1 TSP 902424 Basil, Dried..... 2 Tablespoons 799905 OREGANO LEAVES,DRIED..... 1 TBSP, leaves	2. Toss the vegetables with salad dressing, salt, basil and oregano and mix until evenly coated. Place on a parchment-lined sheet pan in a single layer (use multiple sheet pans if necessary) and roast until tender and golden in color.  Convection Oven: 350°F for approx. 25 minutes Conventional Oven: 375°F for approx. 35 minutes  CCP: Heat to 140° F or higher
	3. Add vegetables to a 2.5" hotel pan and serve immediately. Do not allow to remain for too long in a warming cabinet or steam table, or vegetables will overcook. Batch cook as necessary.  CCP: Hold at 140° F or higher for service.

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

Calories	57 kcal	Cholesterol	0.14 mg	Protein	3.10 g	Calcium	57.71 mg	10.25%	Calories from Total Fat
Total Fat	0.64 g	Sodium	144.79 mg	Vitamin A	1617.47 RE	Iron	0.85 mg	1.44%	Calories from Sat Fat
Saturated Fat	0.09 g	Carbohydrate	11.68 g	Vitamin A	9498.93 IU	Water <sup>1</sup>	*148.82* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.05 g	Vitamin C	*78.03* mg	Ash <sup>1</sup>	*1.63* g	82.69%	Calories from Carbohydrates
								21.97%	Calories from Protein

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# John Stalker Institute

**000014 - Kale + Romaine Salad**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 cup

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

011233 KALE,RAW.....	8 LB	1. Remove kale leaves from stems by hand or using a knife. Thoroughly wash the leaves in cold water, and shred into thin strips using scissors or a sharp knife.
011251 LETTUCE,COS OR ROMAINE,RAW...	8 LB	2. Remove the bottom section of the romaine heads, and chop remaining leaves into bite-sized pieces. Wash thoroughly, and combine with shredded kale. Add favorite dressing and serve the same day.  CCP: Hold for cold service at 41° F or lower.

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

Calories	49 kcal	Cholesterol	0.00 mg	Protein	3.29 g	Calcium	121.93 mg	13.43%	Calories from Total Fat
Total Fat	0.73 g	Sodium	37.01 mg	Vitamin A	834.61 RE	Iron	1.94 mg	1.75%	Calories from Sat Fat
Saturated Fat	0.09 g	Carbohydrate	9.65 g	Vitamin A	17480.35 IU	Water <sup>1</sup>	129.96 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	2.98 g	Vitamin C	89.99 mg	Ash <sup>1</sup>	1.53 g	79.40%	Calories from Carbohydrates
								27.04%	Calories from Protein

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# John Stalker Institute

**000307 - LASAGNA WITH GROUND BEEF - ESE**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: SERVINGS

Meat/Alt: 2 oz  
 Grains: 1 oz  
 Fruit: 0 Cup  
 Vegetable: 0.375 Cup  
 Milk: 0 Cup

023567 BEEF,GROUND,85% LN MEAT / 15% FAT,RAW..... 3 LB + 4 OZ 011282 ONIONS,RAW..... 3 LB, chopped 799903 GARLIC,GRANULATED..... 2 TBSP 002030 PEPPER,BLACK..... 1 TSP 002029 PARSLEY,DRIED..... 1/4 CUP 799910 TOMATOES,RED,RIPE,CND,DICED,REG PK..... 2 QT + 1/4 CUP 050500 TOMATO PASTE, WITHOUT SALT ADDED..... 1/4 # 10 Can 014429 WATER,MUNICIPAL..... 3 QT 002003 SPICES,BASIL,DRIED..... 3 TBSP, ground 799905 OREGANO LEAVES,DRIED..... 3 TBSP, ground 002023 MARJORAM,DRIED..... 1 TBSP 799906 THYME LEAF,DRIED..... 1 tsp, ground		1. Brown ground beef. Drain. Continue immediately. Add onions and granulated garlic. Cook for 5 minutes.  2. Add pepper, parsley, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat.
799909 LASAGNA NOODLES,ENR,DRY..... 3 LB 799911 CHEESE BLEND, AMERICAN AND SKIM MILK CHEESES... 1 LB + 9 OZ 050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED..... 2 LB + 6 OZ		3. Assemble ingredients as follows: In steamtable pans (12" x 20" x 2 1/2") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. Alternate layers as follows: Sauce, noodles, sauce, cheeses, noodles, sauce, cheese.  4. Tightly cover pans and bake: Conventional oven: 350° F for 1 1/4 - 1 1/2 hours Convection oven: 325° F for 45 minutes  5. Let stand for 15 minutes before serving. Cut each pan 5 x 5 (25 pieces per pan).  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.

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

Calories	278 kcal	Cholesterol	34.39 mg	Protein	20.12 g	Calcium	310.45 mg	28.93%	Calories from Total Fat
Total Fat	8.95 g	Sodium	442.16 mg	Vitamin A	154.54 RE	Iron	2.98 mg	16.75%	Calories from Sat Fat
Saturated Fat	5.18 g	Carbohydrate	29.96 g	Vitamin A	692.43 IU	Water <sup>1</sup>	*140.61* g	*0.89%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.28* g	Dietary Fiber	2.72 g	Vitamin C	9.43 mg	Ash <sup>1</sup>	*1.08* g	43.04%	Calories from Carbohydrates
								28.90%	Calories from Protein

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# John Stalker Institute

**000001 - Lemon Zest Broccoli**

Source: MA FTS Cookbook  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

**Recipe HACCP Process: #2 Same Day Service**

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

011090 BROCCOLI,RAW..... 12 LB	12 LB	1. Remove broccoli crowns from stems and chop. To use the optional stems, remove browned bottom ends from stems, peel with a paring knife, and thinly slice the tender centers.  2. Steam the broccoli, with stems if using, in a steamer or a large pot with 2 inches of water, covered, over medium-high heat. Steam until just tender, but still bright green in color. This will take anywhere from 2-7 minutes, depending on the size of the florets and the strength of the steamer.  3. Drain broccoli thoroughly.  CCP: Heat to 140° F or higher
009156 LEMON PEEL,RAW..... 1 TSP	1 TSP	4. To obtain raw lemon peel/zest, wash and dry 2-3 lemons. Using a microplane or the small grating side of a cheese grater, zest the lemons, taking care to only zest the outer yellow skin and not the bitter white pith underneath. You should obtain a scant teaspoon of zest.
001032 CHEESE,PARMESAN,GRATED..... 3/4 CUP 002047 SALT, TABLE..... 1 TBSP 002030 PEPPER,BLACK..... 2 TSP 004053 OIL,OLIVE,SALAD OR COOKING... 3/4 CUP	3/4 CUP 1 TBSP 2 TSP 3/4 CUP	5. Mix together the lemon zest with the grated parmesan cheese, salt, black pepper, and olive oil. It should form a thin flavorful paste. Toss this sauce with the warm broccoli and serve immediately. Try to avoid leaving the dish in a warmer or steam table, or the florets will overcook and discolor. Batch cook as needed.  CCP: Hold at 140° F or higher for service.

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

Calories	72 kcal	Cholesterol	1.32 mg	Protein	3.66 g	Calcium	68.35 mg	50.69%	Calories from Total Fat
Total Fat	4.07 g	Sodium	200.41 mg	Vitamin A	170.26 RE	Iron	0.84 mg	9.34%	Calories from Sat Fat
Saturated Fat	0.75 g	Carbohydrate	7.35 g	Vitamin A	691.67 IU	Water <sup>1</sup>	97.57 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	2.86 g	Vitamin C	97.16 mg	Ash <sup>1</sup>	1.44 g	40.64%	Calories from Carbohydrates
								20.21%	Calories from Protein

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# John Stalker Institute

**000087 - Macaroni + Cheese**

Source: Food for Fifty  
 Number of Portions: 50  
 Size of Portion: 8 oz.

**Recipe HACCP Process: #2 Same Day Service**

Meat/Alt: 1 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

014429 WATER,MUNICIPAL..... 20 QT 002047 SALT, TABLE..... 4 TBSP + 2 TBSP 050521 MACARONI, WHOLE GRAIN, DRY..... 5 LB 050385 OIL, VEGETABLE..... 2 TBSP		1. First, cook macaroni noodles. Bring water to a rolling boil in a large pot or steam kettle. Add 4 Tablespoons salt to the water, then add pasta and stir until water returns to a boil. Stir occasionally and cook according to package directions. Drain and cool completely by running cold water over the noodles. Toss with vegetable oil to prevent sticking.  NOTE: Slightly undercooking the pasta at this stage, or cooking it al dente, is preferable to overcooking, since the dish will later be baked.
050393 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED..... 8 OZ 901031 MUSTARD, POWDER/DRY..... 1 TBSP		2. Melt butter. Stir in flour, 2 Tablespoons salt, and dry mustard and cook over a medium-low flame for 5-8 minutes, stirring frequently.
001079 MILK, RED FAT, FLUID, 2% MILKFAT, W/ ADDED VIT A..... 1 GAL		3. Add milk gradually, stirring constantly with a wire whisk. Cook until thickened.
050346 CHEESE, CHEDDAR, YELLOW, SHREDDED..... 4 LB 018079 BREAD CRUMBS, DRY, GRATED, PLN..... 8 OZ 901000 MARGARINE, 80% FAT, TUB, CANOLA HARVEST SOFT SPR... 12 OZ		4. Add shredded cheese to sauce, and cook until cheese melts completely. Pour this thick sauce over cold macaroni noodles and stir well to combine. Pour the macaroni and cheese mixture into two 2" full hotel pans that have been well-coated with pan spray. Top with breadcrumbs (if desired), cover with foil, and cook at the following times/temperatures:  *Convection Oven: 350°F for approx. 20 minutes. *Conventional Oven: 375° F for approx. 25 minutes.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.

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

Calories	433 kcal	Cholesterol	*44.65* mg	Protein	19.44 g	Calcium	*395.27* mg	42.74%	Calories from Total Fat
Total Fat	20.58 g	Sodium	1208.02 mg	Vitamin A	*117.22* RE	Iron	*2.37* mg	20.13%	Calories from Sat Fat
Saturated Fat	9.69 g	Carbohydrate	45.32 g	Vitamin A	*512.01* IU	Water <sup>1</sup>	*449.88* g	*0.04%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.02* g	Dietary Fiber	*4.84* g	Vitamin C	*0.16* mg	Ash <sup>1</sup>	*3.38* g	41.84%	Calories from Carbohydrates
								17.95%	Calories from Protein

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# John Stalker Institute

**000199 - Macaroni + Cheese w/Ham**

Source: Food for Fifty  
 Number of Portions: 50  
 Size of Portion: 8 oz.

**Recipe HACCP Process: #2 Same Day Service**

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

014429 WATER,MUNICIPAL..... 20 QT 002047 SALT, TABLE..... 4 TBSP + 2 TBSP 050521 MACARONI, WHOLE GRAIN, DRY..... 5 LB 050385 OIL, VEGETABLE..... 2 TBSP	20 QT 4 TBSP + 2 TBSP 5 LB 2 TBSP	1. First, cook macaroni noodles. Bring water to a rolling boil in a large pot or steam kettle. Add 4 Tablespoons salt to the water, then add pasta and stir until water returns to a boil. Stir occasionally and cook according to package directions. Drain and cool completely by running cold water over the noodles. Toss with vegetable oil to prevent sticking.  NOTE: Slightly undercooking the pasta at this stage, or cooking it al dente, is preferable to overcooking, since the dish will later be baked.
001145 BUTTER, WITHOUT SALT..... 12 OZ 050393 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED.... 8 OZ 901031 MUSTARD, POWDER/DRY..... 1 TBSP	12 OZ 8 OZ 1 TBSP	2. Melt butter. Stir in flour, 2 Tablespoons salt, and dry mustard and cook over a medium-low flame for 5-8 minutes, stirring frequently.
001079 MILK, RED FAT, FLUID, 2% MILKFAT, W/ ADDED VIT A..... 1 GAL	1 GAL	3. Add milk gradually, stirring constantly with a wire whisk. Cook until thickened.
050346 CHEESE, CHEDDAR, YELLOW, SHREDDED..... 4 LB 018079 BREAD CRUMBS, DRY, GRATED, PLN..... 8 OZ 007028 HAM, SLICED, EX LN..... 2 1/4 LB	4 LB 8 OZ 2 1/4 LB	4. Add shredded cheese to sauce, and cook until cheese melts completely. Pour this thick sauce over cold macaroni noodles and stir well to combine. Pour the macaroni and cheese mixture into two 2" full hotel pans that have been well-coated with pan spray. Top with breadcrumbs (if desired), cover with foil, and cook at the following times/temperatures:  *Convection Oven: 350°F for approx. 20 minutes. *Conventional Oven: 375° F for approx. 25 minutes.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.

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

Calories	454 kcal	Cholesterol	67.64 mg	Protein	22.83 g	Calcium	397.93 mg	42.37%	Calories from Total Fat
Total Fat	21.37 g	Sodium	1405.74 mg	Vitamin A	168.52 RE	Iron	2.49 mg	24.99%	Calories from Sat Fat
Saturated Fat	12.60 g	Carbohydrate	45.35 g	Vitamin A	682.04 IU	Water <sup>1</sup>	*465.35* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.84 g	Vitamin C	0.16 mg	Ash <sup>1</sup>	*4.12* g	39.97%	Calories from Carbohydrates
								20.12%	Calories from Protein

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# John Stalker Institute

**000046 - Mango Salsa**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/4 cup

**Recipe HACCP Process: #1 No Cook**

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0.125 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

009176 MANGOS,RAW..... 8 LB 901590 TOMATOES,PLUM+ITALIAN,RAW.... 5 LB		1. Cut mangos into bite-sized pieces. Wash tomatoes, cut in half, and remove as many seeds as possible by squeezing each half. Cut tomatoes into bite-sized pieces.
799908 ONIONS,RED,RAW..... 2 CUP, chopped 009160 LIME JUICE,RAW..... 1/2 CUP 002047 SALT, TABLE..... 2 TBSP		2. Peel red onions, chop finely, and toss with mango-tomato mixture. Add lime juice and salt, and mix well.
011979 PEPPERS,JALAPENO,RAW..... 4 pepper		3. Handling carefully with gloves, remove tops of jalapeno peppers and slice lengthwise in half. Remove seeds and white portion of peppers with hands or a small spoon. Cut into thin strips, then into a fine dice, and add to salsa. The heat of the jalapenos may vary, so use as much as desired to achieve a flavor balance.
902422 Cilantro..... 8 OZ		4. Wash and dry cilantro, and pick the leaves from the stems. Discard stems. Finely chop the cilantro leaves, and add to salsa (optional). Taste, and season again if necessary. Serve chilled.  CCP: Hold for cold service at 41° F or lower.
		VARIATIONS:  *Can use pineapple to replace a portion or all of the mango.  *Can add diced avocado on the day of service.

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

Calories	56 kcal	Cholesterol	0.00 mg	Protein	1.09 g	Calcium	14.64 mg	6.05%	Calories from Total Fat
Total Fat	0.38 g	Sodium	288.53 mg	Vitamin A	367.41 RE	Iron	0.26 mg	1.32%	Calories from Sat Fat
Saturated Fat	0.08 g	Carbohydrate	13.52 g	Vitamin A	1460.01 IU	Water <sup>1</sup>	*112.36* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.86 g	Vitamin C	*34.71* mg	Ash <sup>1</sup>	*1.25* g	96.03%	Calories from Carbohydrates
								7.70%	Calories from Protein

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# John Stalker Institute

**000081 - Meat Sauce**

Source: Cambridge PS  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

**Recipe HACCP Process: #2 Same Day Service**

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

023567 BEEF,GROUND,85% LN MEAT / 15% FAT,RAW..... 10 LB 004053 OIL,OLIVE,SALAD OR COOKING..... 1/3 CUP		1. In a large pan or tilt skillet, heat the ground beef over medium high heat until all the meat has browned and reached 155°F.  CCP: Heat to 155° F or higher for at least 15 Seconds
		2. Once fully cooked, transfer the meat into a colander to allow the excess fat to drain. Alternately, you could spread the meat onto a sheet pan lined with paper towel to absorb the grease.
011215 GARLIC,RAW..... 1/3 CUP 011282 ONIONS,RAW..... 2 CUP, chopped		3. Once the beef has been removed from the pan, use the same pan to heat the oil over a medium flame. Chop garlic finely, and add to the pot, along with the chopped onion. Cook until soft.
050151 ITALIAN SEASONING MIX..... 2 TBSP 002047 SALT, TABLE..... 1 TBSP 002030 PEPPER,BLACK..... 1 TBSP, ground		4. Once the onions are soft and have lost their raw flavor, add the Italian seasoning, salt, and black pepper.
902406 SPAGHETTI SAUCE, MEATLESS, CANNED, TOMATO BAS... 96 OZ 902410 TOMATOES, CANNED, DICED..... 64 OZ		5. Return the cooked meat to the pan, then add the spaghetti sauce and diced tomatoes.
		6. Stir frequently, bringing the sauce to a gentle boil. Reduce the heat to a simmer, and cook, uncovered, stirring occasionally for 45 minutes to an hour.
		7. Serve the sauce immediately with cooked pasta, or hold for hot service.  CCP: Hold at 140° F or higher for service.

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

Calories	246 kcal	Cholesterol	61.69 mg	Protein	17.97 g	Calcium	42.26 mg	56.94%	Calories from Total Fat
Total Fat	15.56 g	Sodium	589.17 mg	Vitamin A	83.08 RE	Iron	2.72 mg	20.55%	Calories from Sat Fat
Saturated Fat	5.61 g	Carbohydrate	7.28 g	Vitamin A	416.24 IU	Water <sup>1</sup>	*65.87* g	*3.10%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.85* g	Dietary Fiber	0.51 g	Vitamin C	6.55 mg	Ash <sup>1</sup>	*1.23* g	11.85%	Calories from Carbohydrates
								29.24%	Calories from Protein

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# John Stalker Institute

**000115 - Meatball Marinara Sub**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 6" sub

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

902440 Meatballs, Beef, Fully Cooked, 1 oz..... 9 LB	1. Spread frozen meatballs in a single layer on a parchment-lined sheet pan. Cook according to package instructions, or until heated through to an internal temperature of 165°F.  CCP: Heat to 165° F or higher for at least 15 seconds
990125 TOMATO SAUCE,CND,MARINARA SAUCE.... 4 QT 902434 Hot Dog Rolls, WW..... 50 rolls	2. While meatballs cook in oven, heat up marinara sauce to a gentle simmer. Add as much hot marinara sauce as desired to meatballs in a 4" deep hotel pan, and serve directly onto buns on the service line.  CCP: Hold at 140° F or higher for service.
	OPTIONAL:  *Slices of mozzarella or provolone cheese, or shredded cheese, can be added to top the sub if desired.

\*Nutrients are based upon 1 Portion Size (1 6" sub)

Calories	347 kcal	Cholesterol	38.42 mg	Protein	20.65 g	Calcium	112.82 mg	38.32%	Calories from Total Fat
Total Fat	14.79 g	Sodium	1356.77 mg	Vitamin A	172.97 RE	Iron	3.45 mg	12.25%	Calories from Sat Fat
Saturated Fat	4.73 g	Carbohydrate	33.87 g	Vitamin A	864.85 IU	Water <sup>1</sup>	*66.01* g	*1.24%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.48* g	Dietary Fiber	4.92 g	Vitamin C	10.24 mg	Ash <sup>1</sup>	*1.89* g	39.01%	Calories from Carbohydrates
								23.78%	Calories from Protein

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# John Stalker Institute

**000302 - Mediterranean Salad - side**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 cup

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

009152 LEMON JUICE,RAW..... 1/2 CUP + 2 TBSP 001032 CHEESE,PARMESAN,GRATED..... 1/2 CUP 799918 MINT LEAVES, FRESH..... 1/2 CUP 011215 GARLIC,RAW..... 6 cloves 004053 OIL,OLIVE,SALAD OR COOKING..... 1/2 CUP	1. First, make the dressing: Chop mint leaves finely, and mince garlic. Add lemon juice, parmesan cheese, mint, and garlic to a bowl. Gradually whisk in olive oil until combined.
011251 LETTUCE,COS OR ROMAINE,RAW..... 8 head 901590 TOMATOES,PLUM+ITALIAN,RAW..... 3 LB 901062 ONIONS,RED,RAW..... 4 CUP, chopped 011206 CUCUMBER,PEELED,RAW..... 3 LB	2. Trim, shred, and rough chop the lettuce. Wash and dry thoroughly. Wash and dice the tomatoes. Dice or slice the onions and cucumbers. (TIP: If you want to remove some of the pungent taste of the onions, slice them very thinly and soak them in cold water for 10-15 minutes. This will make their flavor in the salad more mild.)
009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG)... 1 CUP	3. Halve the olives. Toss the lettuce, tomatoes, onions (optional), cucumbers, feta cheese, and olives with the dressing.
	4. Chill and serve as soon as possible after preparation.  CCP: Hold for cold service at 41° F or lower.

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

Calories	58 kcal	Cholesterol	0.88 mg	Protein	2.22 g	Calcium	57.18 mg	48.89%	Calories from Total Fat
Total Fat	3.15 g	Sodium	45.65 mg	Vitamin A	285.60 RE	Iron	1.26 mg	8.79%	Calories from Sat Fat
Saturated Fat	0.57 g	Carbohydrate	6.70 g	Vitamin A	9007.86 IU	Water <sup>1</sup>	163.72 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	2.95 g	Vitamin C	10.60 mg	Ash <sup>1</sup>	1.01 g	46.11%	Calories from Carbohydrates
								15.28%	Calories from Protein

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# John Stalker Institute

**000244 - Mediterranean Wrap**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 wrap

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.75 Cup  
 Milk: 0 Cup

902367 BEANS, GARBANZO (CHICKPEAS), CANNED, WITH SAL... 15 CUP 902417 Tahini (Sesame Seed Paste)..... 6 OZ 011215 GARLIC,RAW..... 4 cloves 009152 LEMON JUICE,RAW..... 1/4 CUP 004053 OIL,OLIVE,SALAD OR COOKING..... 2/3 CUP 002047 SALT, TABLE..... 2 TSP		1. Rinse and drain garbanzo beans. If using dried garbanzos, soak for at least 8 hours, then boil until soft, rinse, and drain.  2. Using a food processor or blender, working in batches, puree garbanzos with all other ingredients. The finished product should be smooth, and approximately the consistency of creamy peanut butter. Add warm water if necessary to achieve this texture.
011251 LETTUCE,COS OR ROMAINE,RAW..... 8 LB 011821 PEPPERS,SWEET,RED,RAW..... 6 large,2-1/4 per LB		3. Wash and dry romaine lettuce. Shred.  4. Seed and thinly slice red bell peppers.
004053 OIL,OLIVE,SALAD OR COOKING..... 1 CUP 902415 Vinegar, Red Wine..... 1 CUP 002047 SALT, TABLE..... 1 TSP 002030 PEPPER,BLACK..... 1/2 TSP, ground 901071 OREGANO LEAVES,DRIED..... 1 TSP, leaves		5. Prepare the dressing: mix olive oil, red wine vinegar, salt, black pepper, and oregano with a whisk and set aside.
001019 CHEESE,FETA..... 3 1/2 LB 009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG)..... 3 1/2 CUP 050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch)		6. Toss the Mediterranean salad: combine shredded romaine, crumbled feta cheese, sliced black olives, an dsliced red bell peppers in a large bowl. Immediately before preparing the wraps, add prepared dressing and toss to evenly coat all ingredients.  7. Prepare the wraps: Lay out whole grain tortillas on a clean sanitary surface. Add 1/4 cup hummus to each tortilla, then add 1/2 cup of salad mixture to each and wrap tightly. Cut on the bias, wrap tightly with saran wrap, and serve immediately.  CCP: Hold for cold service at 41° F or lower.
		NOTE: Other types of vinegar can be substituted for the red wine vinegar in the dressing.

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

Calories	404 kcal	Cholesterol	28.26 mg	Protein	13.95 g	Calcium	327.84 mg	45.36%	Calories from Total Fat
Total Fat	20.38 g	Sodium	1131.04 mg	Vitamin A	348.92 RE	Iron	3.64 mg	14.96%	Calories from Sat Fat
Saturated Fat	6.72 g	Carbohydrate	42.64 g	Vitamin A	7128.35 IU	Water <sup>1</sup>	*113.14* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	8.67 g	Vitamin C	31.46 mg	Ash <sup>1</sup>	*2.75* g	42.18%	Calories from Carbohydrates
								13.80%	Calories from Protein

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# John Stalker Institute

**000117 - Mouthwatering Fruit Salad**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

009326 WATERMELON,RAW..... 8 CUP, diced 009131 GRAPES,AMERICAN TYPE (SLIP SKN),RAW..... 8 CUP 009181 MELONS,CANTALOUPE,RAW..... 8 CUP, diced	1. Wash exterior of watermelon and cantaloupe. Slice into evenly diced pieces, varying the size as needed for the age level of your students. Wash grapes, and slice in half if desired.
001009 CHEESE,CHEDDAR..... 3 1/4 LB	2. Cube cheese into a small dice, slightly smaller than the size of your cut fruit.
001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ... 6 QT + 1 CUP 050210 Granola..... 100 OZ	3. Toss chilled yogurt with fruit and cheese just before service. Top with 2 oz. granola per serving. Do not add granola more than a few minutes in advance of service, as it will soften and lose its crunch.  CCP: Hold for cold service at 41° F or lower.

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

Calories	419 kcal	Cholesterol	38.31 mg	Protein	18.65 g	Calcium	468.81 mg	33.53%	Calories from Total Fat
Total Fat	15.62 g	Sodium	348.46 mg	Vitamin A	192.71 RE	Iron	2.05 mg	17.33%	Calories from Sat Fat
Saturated Fat	8.07 g	Carbohydrate	53.48 g	Vitamin A	1356.68 IU	Water <sup>1</sup>	*171.76* g	*N/A**%	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	3.52 g	Vitamin C	13.16 mg	Ash <sup>1</sup>	*2.80* g	51.01%	Calories from Carbohydrates
								17.79%	Calories from Protein

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# John Stalker Institute

**000152 - Nachos w/Ground Beef & Chz**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 5 oz.

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

023567 BEEF,GROUND,85% LN MEAT / 15% FAT,RAW..... 5 LB 002009 CHILI POWDER..... 2 TBSP 799902 CUMIN,GROUND..... 1 TBSP + 1 1/2 TSP 002028 PAPRIKA..... 1 1/2 TSP 002026 ONION POWDER..... 1 1/2 TSP 002047 SALT, TABLE..... 1 TSP		1. Heat tilt skillet or large saute pan over medium heat. Add ground beef and brown, stirring often. Add chili powder, cumin, paprika, and onion powder, and salt, and mix in well. Drain meat.  CCP: Heat to 155° F or higher for at least 15 Seconds
011251 LETTUCE,COS OR ROMAINE,RAW..... 25 CUP, shredded 901590 TOMATOES,PLUM+ITALIAN,RAW..... 12 1/2 CUP, chopped or sliced 050540 SALSA, LOW-SODIUM, CANNED..... 25 CUP		2. Meanwhile, prepare cold items to be served with nachos. Shred lettuce, chop or slice tomatoes, and open canned salsa.
119030 CHIPS, TORTILLA..... 6 1/4 LB 799911 CHEESE BLEND, AMERICAN AND SKIM MILK CHEESES... 1 1/2 LB		3. Reheat seasoned cooked ground beef in a tightly covered hotel pan. Serve 2 oz. tortilla chips with 1.5 oz. meat, 1/2 oz shredded cheese. Add 1/2 cup salsa, 1/2 cup lettuce, and 1/4 cup tomato separately on the plate.  CCP: Heat to 155° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.

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

Calories	470 kcal	Cholesterol	38.04 mg	Protein	18.44 g	Calcium	276.12 mg	44.46%	Calories from Total Fat
Total Fat	23.23 g	Sodium	643.36 mg	Vitamin A	313.10 RE	Iron	6.86 mg	11.81%	Calories from Sat Fat
Saturated Fat	6.17 g	Carbohydrate	48.55 g	Vitamin A	3593.04 IU	Water <sup>1</sup>	*94.63* g	*0.81%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.42* g	Dietary Fiber	6.89 g	Vitamin C	11.69 mg	Ash <sup>1</sup>	*0.95* g	41.30%	Calories from Carbohydrates
								15.69%	Calories from Protein

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# John Stalker Institute

**000209 - Onion & Peppers for Fajita**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/4 cup

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

011215 GARLIC,RAW..... 6 cloves	1. Peel and mince garlic cloves and set aside.
	2. Clean peppers by removing seeds from inside. Wash thoroughly in cold water and Slice thinly. Wash and slice onions as well.
004053 OIL,OLIVE,SALAD OR COOKING.... 1/2 CUP	3. Heat olive oil in a tilt skillet or saute pan. Add minced garlic and cook, stirring, until garlic begins to brown and becomes fragrant.  NOTE: Be careful not to overly brown or burn the garlic at this stage or the bitterness will invade the entire dish.
002047 SALT, TABLE..... 2 TSP 011821 PEPPERS,SWEET,RED,RAW..... 3 1/2 LB 011282 ONIONS,RAW..... 5 LB 011333 PEPPERS,SWEET,GREEN,RAW... 3 1/2 LB	4. Add the peppers and onions and cook until tender. Add salt and serve as side to Fajita.   CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.

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

Calories	54 kcal	Cholesterol	0.00 mg	Protein	1.11 g	Calcium	16.56 mg	39.30%	Calories from Total Fat
Total Fat	2.36 g	Sodium	98.45 mg	Vitamin A	200.99 RE	Iron	0.36 mg	5.75%	Calories from Sat Fat
Saturated Fat	0.34 g	Carbohydrate	7.74 g	Vitamin A	1112.56 IU	Water <sup>1</sup>	99.72 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	1.99 g	Vitamin C	69.54 mg	Ash <sup>1</sup>	0.69 g	57.39%	Calories from Carbohydrates
								8.22%	Calories from Protein

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# John Stalker Institute

**000134 - OpenFacedThanksgiving Sandwich**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

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

902436 Turkey, Roast, Boneless..... 7 LB 902445 Stuffing, Stove Top..... 50 ounces	1. Cook Turkey roast according to directions. While the turkey cooks, prepare and cook stuffing.  CCP: Heat to 165° F or higher for at least 15 seconds
018075 BREAD,WHOLE-WHEAT,COMMLY PREP... 50 slice 051363 CRANBERRY SAUCE, CANNED..... 6 CUP 001001 BUTTER,WITH SALT..... 1 LB	2. Lay out bread slices on a sanitary surface or in parchment-lined hotel pans. Place 2 ounces cooked turkey breast and 1 oz. stuffing on each open-faced sandwich.  3. Place in oven to warm.  4. Serve with 2 tablespoons cranberry sauce on the side.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.

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

Calories	361 kcal	Cholesterol	60.21 mg	Protein	19.73 g	Calcium	53.82 mg	28.31%	Calories from Total Fat
Total Fat	11.34 g	Sodium	1088.74 mg	Vitamin A	81.29 RE	Iron	2.64 mg	13.58%	Calories from Sat Fat
Saturated Fat	5.44 g	Carbohydrate	44.70 g	Vitamin A	291.99 IU	Water <sup>1</sup>	*12.24* g	*0.58%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.23* g	Dietary Fiber	3.25 g	Vitamin C	*0.67* mg	Ash <sup>1</sup>	*1.26* g	49.58%	Calories from Carbohydrates
								21.88%	Calories from Protein

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# John Stalker Institute

**000186 - Panini, Cuban**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 panini

Meat/Alt: 3 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.375 Cup  
 Milk: 0 Cup

Alternate Menu Name: Cuban Panini

010074 PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,RAW.... 4 1/2 LB 050385 OIL, VEGETABLE..... 1/4 CUP 002047 SALT, TABLE..... 1 TSP 002030 PEPPER,BLACK..... 1/2 TSP, ground	1. Heat convection oven to 275°F, or conventional oven to 300°F. Rub pieces of pork shoulder with oil, salt, and black pepper, and place in a hotel pan covered tightly with foil. Cook for 1.5-2 hours, and check for doneness. Pork should easily peel away with a fork or tongs. Cook longer if necessary to achieve desired tenderness.  2. Once pork is fully cooked and tender, allow pork to cool slightly, then slice into thin pieces suitable for size of sandwich bread. This should create at least 50 1 oz. portions of pork.  CCP: Heat to 145° F or higher for at least 15 Seconds
011251 LETTUCE,COS OR ROMAINE,RAW..... 4 LB 901590 TOMATOES,PLUM+ITALIAN,RAW..... 3 LB 011937 PICKLES,CUCUMBER,DILL..... 16 OZ	3. While pork cooks, prepare cold ingredients. Wash and cut lettuce into suitable sized pieces for sandwich. Wash and slice tomatoes thinly, and lay 1 tomato slice on each lettuce leaf, along with 2-3 pickle slices. Chill.
018064 BREAD,WHEAT (INCL WHEAT BERRY)..... 100 slice 001040 CHEESE,SWISS..... 3 1/4 LB 007029 HAM,SLICED,REG (APPROX 11% FAT)..... 3 1/4 LB	4. Place 50 bread slices on a parchment-lined sheet pan, Add 1 oz. slice of swiss cheese, 1 oz. sliced ham, and 1 oz. sliced pork shoulder to each slice.  5. Bake in an oven set to the following temperatures: Convection Oven: 325° F Conventional Oven: 350° F  6. After 3-4 minutes, once cheese has fully melted, remove from oven and top with prearranged pickles, lettuce, and tomatoes. Top with second slice of bread, warmed if desired, and serve. Alternately, serve cold pickles, lettuce, and tomato on the side. Can serve with lowfat mayonnaise if desired.  CCP: Heat to 145° F or higher for 3 minutes  CCP: Hold at 140° F or higher for service.

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

Calories	417 kcal	Cholesterol	69.65 mg	Protein	27.23 g	Calcium	343.87 mg	41.19%	Calories from Total Fat
Total Fat	19.10 g	Sodium	907.19 mg	Vitamin A	189.63 RE	Iron	3.10 mg	18.23%	Calories from Sat Fat
Saturated Fat	8.46 g	Carbohydrate	33.91 g	Vitamin A	3657.29 IU	Water <sup>1</sup>	*147.32* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.01 g	Vitamin C	6.28 mg	Ash <sup>1</sup>	*4.26* g	32.50%	Calories from Carbohydrates
								26.10%	Calories from Protein

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# John Stalker Institute

**000243 - Pita Chips, hummus, tabouleh**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: Serving

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

011821 PEPPERS,SWEET,RED,RAW... 8 large,2-1/4 per LB 011124 CARROTS,RAW..... 8 large (7-1/4" to 8-1/2")	1. Wash, seed, and thinly slice red bell peppers. Peel and slice carrots into sticks.
050333 Hummus..... 25 CUP 050263 Tabouleh..... 25 CUP 902450 Chips,Pita..... 50 OZ	2. Serve 1 oz. pita chips with 1/2 cup hummus and 1/2 cup tabbouleh. Add several sticks of red bell pepper and carrot on the side.  CCP: Hold for cold service at 41° F or lower.

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

Calories	419 kcal	Cholesterol	0.00 mg	Protein	14.14 g	Calcium	62.62 mg	30.48%	Calories from Total Fat
Total Fat	14.19 g	Sodium	747.02 mg	Vitamin A	530.01 RE	Iron	3.58 mg	4.50%	Calories from Sat Fat
Saturated Fat	2.10 g	Carbohydrate	62.38 g	Vitamin A	3040.12 IU	Water <sup>1</sup>	*34.93* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	10.93 g	Vitamin C	50.87 mg	Ash <sup>1</sup>	*0.24* g	59.57%	Calories from Carbohydrates
								13.50%	Calories from Protein

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# John Stalker Institute

**000105 - Pizza Sticks**

Source:  
 Number of Portions: 50  
 Size of Portion: 2 pizza sticks

**Recipe HACCP Process: #2 Same Day Service**

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

902432 Whole Grain Pizza Sticks.... 100 sticks	1. Place pizza sticks on a parchment-lined sheet pan in a single layer. Cook to a minimum internal temperature of 165°F and serve immediately or hold for hot service.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.
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\*Nutrients are based upon 1 Portion Size (2 pizza sticks)

Calories	320 kcal	Cholesterol	10.00 mg	Protein	16.00 g	Calcium	300.00 mg	39.38%	Calories from Total Fat
Total Fat	14.00 g	Sodium	820.00 mg	Vitamin A	40.00 RE	Iron	2.16 mg	14.06%	Calories from Sat Fat
Saturated Fat	5.00 g	Carbohydrate	32.00 g	Vitamin A	200.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	4.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	40.00%	Calories from Carbohydrates
								20.00%	Calories from Protein

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# John Stalker Institute

**000205 - Pizza with Roasted Veg**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 54  
 Size of Portion: 1 slice

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

902429 Pizza Crust, Whole Wheat, 12"..... 9 crusts, 12"		1. Lay out pizza crusts on parchment-lined sheet pans - thawing first if necessary.
902409 TOMATO SAUCE, CANNED, LIGHTLY SEASONED WITH S... 6 CUP 050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED..... 6 3/4 LB 011333 PEPPERS,SWEET, GREEN,RAW..... 1 LB, chopped 011821 PEPPERS,SWEET,RED,RAW..... 1 LB 011265 MUSHROOMS,PORTABELLA,RAW..... 1 LB 004053 OIL,OLIVE,SALAD OR COOKING..... 1 CUP 011282 ONIONS,RAW..... 1 LB		2. Spread 2/3 cup of sauce thinly over the pizza crust. Add approx. 12 oz. of cheese per pizza, evenly spreading close to the edges of the crust.  3. Bake per pizza crust manufacturer's instructions, or until cheese is bubbling and golden. Cool slightly before serving. Serving size is 1/6 of pizza.  CCP: Hold at 140° F or higher for service.
		NOTE:  *Any type of tomato-based sauce can be utilized, tomato sauce, pizza sauce, or marinara sauce.  *If making in advance, to prevent crust from becoming soggy, a thin layer of olive oil can be brushed on the crust before sauce is added.  VARIATIONS:  *Can add any of the following - Pepperoni, Sausage, Mushroom, Bell Peppers, Spinach, Fresh Tomatoes, assorted mixed vegetables, or other types of cheeses.  (These additions will alter the nutritional components of the meal.)

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

Calories	292 kcal	Cholesterol	18.00 mg	Protein	21.43 g	Calcium	465.65 mg	35.72%	Calories from Total Fat
Total Fat	11.58 g	Sodium	740.21 mg	Vitamin A	97.61 RE	Iron	1.73 mg	19.65%	Calories from Sat Fat
Saturated Fat	6.37 g	Carbohydrate	28.23 g	Vitamin A	516.47 IU	Water <sup>1</sup>	*30.91* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.02 g	Vitamin C	19.17 mg	Ash <sup>1</sup>	*0.18* g	38.71%	Calories from Carbohydrates
								29.38%	Calories from Protein

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# John Stalker Institute

**000095 - Pizza with WW Crust**

Source:  
 Number of Portions: 54  
 Size of Portion: 1 slice

**Recipe HACCP Process: #2 Same Day Service**

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

902429 Pizza Crust, Whole Wheat, 12".....	9 crusts, 12"	1. Lay out pizza crusts on parchment-lined sheet pans - thawing first if necessary.
902409 TOMATO SAUCE, CANNED, LIGHTLY SEASONED WITH S.... 050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED.....	6 CUP 6 3/4 LB	2. Spread 2/3 cup of sauce thinly over the pizza crust. Add approx. 12 oz. of cheese per pizza, evenly spreading close to the edges of the crust.  3. Bake per pizza crust manufacturer's instructions, or until cheese is bubbling and golden. Cool slightly before serving. Serving size is 1/6 of pizza.  CCP: Hold at 140° F or higher for service.
		NOTE:  *Any type of tomato-based sauce can be utilized, tomato sauce, pizza sauce, or marinara sauce.  *If making in advance, to prevent crust from becoming soggy, a thin layer of olive oil can be brushed on the crust before sauce is added.  VARIATIONS:  *Can add any of the following - Pepperoni, Sausage, Mushroom, Bell Peppers, Spinach, Fresh Tomatoes, assorted mixed vegetables, or other types of cheeses.  (These additions will alter the nutritional components of the meal.)

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

Calories	247 kcal	Cholesterol	18.00 mg	Protein	21.00 g	Calcium	462.00 mg	27.34%	Calories from Total Fat
Total Fat	7.50 g	Sodium	738.45 mg	Vitamin A	44.44 RE	Iron	1.60 mg	21.15%	Calories from Sat Fat
Saturated Fat	5.80 g	Carbohydrate	26.22 g	Vitamin A	222.22 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	4.44 g	Vitamin C	1.07 mg	Ash <sup>1</sup>	*N/A* g	42.49%	Calories from Carbohydrates
								34.02%	Calories from Protein

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# John Stalker Institute

**000082 - Plain Sauce (Marinara Sauce)**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup.

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

011215 GARLIC,RAW..... 1/3 CUP 011282 ONIONS,RAW..... 1 PINT, chopped 004053 OIL,OLIVE,SALAD OR COOKING..... 1/2 CUP	1. Mince garlic finely, and reserve with chopped onion. Heat oil over medium heat in a large pan or tilt skillet, and cook, stirring frequently, until tender and golden in color.
990131 TOMATOES,CRUSHED,CND,DRND... 96 OZ 902410 TOMATOES, CANNED, DICED..... 96 OZ	2. Add canned crushed and diced tomatoes to onion-garlic mixture. Bring to a light boil.
050151 ITALIAN SEASONING MIX..... 3 TBSP 002047 SALT, TABLE..... 1 TBSP 002030 PEPPER,BLACK..... 1 1/2 TSP, ground	3. Stir in Italian seasoning, salt, and pepper. Reduce heat to a simmer and cook for 40 minutes to 1 hour, stirring occasionally.  4. Cook until sauce reaches desired consistency and flavor. Serve immediately tossed with pasta, or cover and hold for hot service.  CCP: Hold at 140° F or higher for service.
VARIATIONS:  *Can add other vegetables as desired - shredded carrots, shredded zucchini, or other chopped mixed vegetables.  NOTE: If not using the same day as prepared, cool rapidly.  CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours	

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

Calories	51 kcal	Cholesterol	0.00 mg	Protein	1.29 g	Calcium	43.48 mg	42.15%	Calories from Total Fat
Total Fat	2.40 g	Sodium	330.20 mg	Vitamin A	176.33 RE	Iron	0.85 mg	5.84%	Calories from Sat Fat
Saturated Fat	0.33 g	Carbohydrate	6.94 g	Vitamin A	882.15 IU	Water <sup>1</sup>	*55.72* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.50 g	Vitamin C	13.86 mg	Ash <sup>1</sup>	*0.81* g	54.28%	Calories from Carbohydrates
								10.05%	Calories from Protein

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# John Stalker Institute

**000043 - POTATO PUFFS: frozen,cooked**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

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

011399 POTATO PUFFS,FRZ,OVEN-HEATED.... 1 CUP	1. Follow manufacturer's instructions for heating.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.
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\*Nutrients are based upon 1 Portion Size (CUP)

Calories	243	kcal	Cholesterol	0.00	mg	Protein	2.62	g	Calcium	17.92	mg	40.83%	Calories from Total Fat
Total Fat	11.03	g	Sodium	614.40	mg	Vitamin A	2.56	RE	Iron	0.82	mg	8.62%	Calories from Sat Fat
Saturated Fat	2.33	g	Carbohydrate	35.52	g	Vitamin A	6.40	IU	Water <sup>1</sup>	76.42	g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A*	g	Dietary Fiber	3.20	g	Vitamin C	8.06	mg	Ash <sup>1</sup>	2.41	g	58.42%	Calories from Carbohydrates
												4.32%	Calories from Protein

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# John Stalker Institute

**000163 - Potato Wedges**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

**Recipe HACCP Process: #2 Same Day Service**

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

050489 POTATOES, RUSSET, IQF, WEDGES.... 15 LB 004053 OIL, OLIVE, SALAD OR COOKING..... 1/4 CUP	1. Heat convection oven to 325°F, or conventional oven to 350°F.  2. Cut potatoes in quarters, if not purchased in that manner.  3. Place potato wedges, cut side down, on parchment-lined sheet pans, adding just enough olive oil to each sheet pan to lubricate the surface and prevent sticking.  ALTERNATE METHOD: Pan spray can be utilized instead of olive oil in this step.  4. Cook until tender and very soft. Cooking times will vary widely depending on the size of potato used.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.
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\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	178 kcal	Cholesterol	0.00 mg	Protein	3.69 g	Calcium	21.50 mg	20.68%	Calories from Total Fat
Total Fat	4.09 g	Sodium	68.06 mg	Vitamin A	0.00 RE	Iron	0.97 mg	4.54%	Calories from Sat Fat
Saturated Fat	0.90 g	Carbohydrate	34.70 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*0.00* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.87 g	Vitamin C	15.40 mg	Ash <sup>1</sup>	*0.00* g	78.04%	Calories from Carbohydrates
								8.29%	Calories from Protein

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# John Stalker Institute

**000147 - Pulled Pork,Black Beans&Salsa**

Source:  
 Number of Portions: 50  
 Size of Portion: 8 oz.

Meat/Alt: 2 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0.375 Cup  
 Milk: 0 Cup

**Recipe HACCP Process: #2 Same Day Service**

010074 PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,RAW..... 9 LB 002047 SALT,TABLE..... 1 TBSP 002030 PEPPER,BLACK..... 2 TSP, ground	1. Preheat convection oven to 275°F, or conventional oven to 300°F.  2. Cut pork into similar sized pieces. Large chunks are fine as long as they are consistent, as the pork will break down during the cooking process. Mix salt and black pepper together. Rub salt mixture into pork pieces to coat, and place in deep hotel pans. Cover tightly with foil and place in oven.  3. Cook in oven, turning chunks every hour or so, for 2.5 to 3 hours, or until pork can be peeled easily apart by a tong or by hand. Heat to 145°F or higher for at least 15 seconds.  4. Allow to cool slightly, then shred using gloved hands. Add shredded pork to another hotel pan, adding a bit of water if necessary. Cover tightly with foil, and return to oven to heat through.  CCP: Heat to 145° F or higher for 3 minutes
902365 BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUI.... 50 OZ	5. Meanwhile, heat black beans in a saucepan or in oven. Season if desired.  ALTERNATE METHOD FOR BEANS: Chop 1 whole onion and 1 green pepper; saute in a pan. Add black beans and simmer 10-15 minutes.  CCP: Heat to 140° F or higher for at least 15 Seconds
050540 SALSA, LOW-SODIUM, CANNED..... 12 CUP	6. Serve 2 oz. pulled pork with 1 oz. black beans and 1/4 cup canned salsa.  ALTERNATE SERVICE/PLATING: This dish could also be assembled along with cooked brown rice in a burrito, or served with a whole wheat tortilla or whole grain tortilla chips.  CCP: Hold at 140° F or higher for service.

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

Calories	205 kcal	Cholesterol	51.44 mg	Protein	17.90 g	Calcium	27.42 mg	45.71%	Calories from Total Fat
Total Fat	10.42 g	Sodium	386.18 mg	Vitamin A	67.74 RE	Iron	2.35 mg	15.01%	Calories from Sat Fat
Saturated Fat	3.42 g	Carbohydrate	8.94 g	Vitamin A	345.66 IU	Water <sup>1</sup>	*55.81* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.80 g	Vitamin C	3.16 mg	Ash <sup>1</sup>	*1.17* g	17.43%	Calories from Carbohydrates
								34.89%	Calories from Protein

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# John Stalker Institute

**000238 - Roast Beef Wrap**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

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

900984 LETTUCE,BIBB,RAW..... 6 LB 901590 TOMATOES,PLUM+ITALIAN,RAW..... 3 LB		1. Wash and shred romaine lettuce.  2. Wash and dice tomatoes.
050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch) 602081 ROAST BEEF, COOKED,SLICED, 6/2 LB..... 8 LB 042138 MAYONNAISE,RED-CAL OR DIET,CHOL-FREE.... 40 TSP 002046 MUSTARD,PREPARED,YELLOW..... 10 tsp or 1 packet		3. Lay out tortillas on a clean sanitary surface. Add 2 oz. sliced roast beef to each tortilla, and top with 1/2 cup shredded lettuce and 1/4 cup diced tomatoes.  4. Wrap tightly, slice on the bias, and serve.  CCP: Hold for cold service at 41° F or lower.

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

Calories	222	kcal	Cholesterol	31.83	mg	Protein	19.06	g	Calcium	122.35	mg	24.00%	Calories from Total Fat
Total Fat	5.92	g	Sodium	944.20	mg	Vitamin A	69.67	RE	Iron	1.77	mg	5.44%	Calories from Sat Fat
Saturated Fat	1.34	g	Carbohydrate	23.87	g	Vitamin A	2030.17	IU	Water <sup>1</sup>	*80.78*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	g	Dietary Fiber	3.96	g	Vitamin C	5.49	mg	Ash <sup>1</sup>	*0.60*	g	43.00%	Calories from Carbohydrates
												34.34%	Calories from Protein

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# John Stalker Institute

**000111 - Roast Turkey**

Source:  
 Number of Portions: 50  
 Size of Portion: 2 oz.

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

**Recipe HACCP Process: #2 Same Day Service**

902436 Turkey, Roast, Boneless.... 7 LB	1. Thawing Instructions (Turkey Roast typically will come frozen)  Use one of these two methods:  METHOD A) Place on tray in 38°F refrigerator until fully thawed. Estimated thaw time is 24 hours for every 5 lbs. of turkey roast.  METHOD B) Place in sink with an overflow drain. Cover with constantly running cold water for about 1/2 hour per pound of turkey.
	2. Cooking Instructions:  Unwrap the roast, and place on a wire rack in a shallow roasting pan or sheet pan. Bake, either uncovered or wrapped in foil, to a minimum internal temperature of 165°F. This may take several hours, depending on the size of the roast. Recommended cooking temperatures are below:  Convection Oven: 275°F Conventional Oven: 325°F  CCP: Heat to 165° F or higher for at least 15 seconds
	3. Remove from oven. Let stand 30 minutes, then remove netting and slice in 1/2" pieces, approx. 2 oz per slice. Shingle turkey slices in steam table pans and serve immediately or hold for hot service.  NOTE:  *Turkey may be served with gravy or rich broth if desired.  CCP: Hold at 140° F or higher for service.

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

Calories	68 kcal	Cholesterol	39.69 mg	Protein	11.91 g	Calcium	0.00 mg	26.25%	Calories from Total Fat
Total Fat	1.98 g	Sodium	447.92 mg	Vitamin A	0.00 RE	Iron	0.61 mg	7.50%	Calories from Sat Fat
Saturated Fat	0.57 g	Carbohydrate	0.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	0.00%	Calories from Carbohydrates
								70.00%	Calories from Protein

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# John Stalker Institute

**000206 - Roasted Broccoli**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

011090 BROCCOLI,RAW..... 10 LB 004053 OIL,OLIVE,SALAD OR COOKING... 1/2 CUP 002047 SALT,TABLE..... 3/4 TSP 002030 PEPPER,BLACK..... 1/2 TSP, ground	<p>1. Steam the broccoli florets in a perforated pan until tender but still firm, 4-8 minutes depending on the intensity of the steamer and size of the broccoli. They should retain their bright green color.</p> <p>ALTERNATE COOKING METHOD: The broccoli can also be dropped into a pot of vigorously boiling water, cooked briefly, then drained.</p> <p>2. Combine the broccoli with the salt, black pepper, and oil in a hotel pan or large bowl. Toss thoroughly to evenly coat the broccoli.</p> <p>3. Spread broccoli on a parchment-covered sheet pan and roast briefly, until tender and hot. Broccoli may brown in places, this will add flavor. To skip a step, you can also roast the raw broccoli without steaming, it will just take longer for them to cook.</p> <p>Convection Oven: 400°3 for approx 3-10 minutes                  Conventional Oven: 350°F for approx. 4-15 minutes</p> <p>NOTE: Cooking times will vary widely depending if broccoli has been pre-steamed. Take care to not overcook the broccoli.</p> <p>4. Serve immediately.</p> <p>CCP: Heat to 140° F or higher                  CCP: Hold at 140° F or higher for service.</p> <p>NOTE: Broccoli ingredient is 10 pounds of florets.</p>
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\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	50 kcal	Cholesterol	0.00 mg	Protein	2.56 g	Calcium	42.78 mg	44.94%	Calories from Total Fat
Total Fat	2.50 g	Sodium	65.35 mg	Vitamin A	139.71 RE	Iron	0.68 mg	6.01%	Calories from Sat Fat
Saturated Fat	0.33 g	Carbohydrate	6.04 g	Vitamin A	565.30 IU	Water <sup>1</sup>	81.01 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	2.36 g	Vitamin C	80.92 mg	Ash <sup>1</sup>	0.88 g	48.31%	Calories from Carbohydrates
								20.49%	Calories from Protein

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# John Stalker Institute

## 000146 - Roasted Butternut Squash

### Recipe HACCP Process: #2 Same Day Service

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

901493 SQUASH,WNTR,BUTTRNUT,RAW.... 15 LB 004053 OIL,OLIVE,SALAD OR COOKING..... 1/4 CUP	<ol style="list-style-type: none"> <li>1. Heat convection oven to 325°F, or conventional oven to 350°F.</li> <li>2. Working carefully, as squash can be quite resistant to a knife, cut squash in half and remove seeds with a large spoon. Place squash, cut side down, on parchment-lined sheet pans, adding just enough olive oil to each sheet pan to lubricate the surface and prevent sticking.</li> <li>4. Cook until tender and very soft. Cooking times will vary widely depending on the size of squash used. A way to check for doneness is to press down lightly on the top of the squash. It should depress easily and feel very soft to the touch.</li> <li>5. Flip to cool slightly, then scoop soft cooked interior from squash with a large spoon. Use caution to not include any of the skin as you remove the flesh.</li> <li>6. Serve hot.</li> </ol> <p>CCP: Heat to 140° F or higher</p> <p>CCP: Hold at 140° F or higher for service.</p>
	<p>ALTERNATE METHOD:                  Once roasted, whipped butternut squash can be made by blending roasted squash with butter, milk, and/or seasonings/sweetener in a mixing bowl.</p> <p>ALTERNATE SQUASH TYPES:                  Acorn Squash, Hubbard Squash, or other hardy winter squash can be substituted for the butternut squash. Or if making whipped squash, try a squash blend.</p>

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

Calories	56 kcal	Cholesterol	0.00 mg	Protein	1.29 g	Calcium	38.11 mg	20.27%	Calories from Total Fat
Total Fat	1.26 g	Sodium	5.46 mg	Vitamin A	552.48 RE	Iron	0.80 mg	3.00%	Calories from Sat Fat
Saturated Fat	0.19 g	Carbohydrate	11.69 g	Vitamin A	1860.18 IU	Water <sup>1</sup>	122.14 g	*N/A%	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	2.04 g	Vitamin C	16.74 mg	Ash <sup>1</sup>	0.78 g	83.77%	Calories from Carbohydrates
								9.26%	Calories from Protein

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# John Stalker Institute

**000160 - Roasted Carrot Fries**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

**Recipe HACCP Process: #2 Same Day Service**

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

011124 CARROTS,RAW..... 10 LB	1. Steam the carrots in a perforated pan until tender but still firm, 4-8 minutes depending on the intensity of the steamer and size of the carrots.  ALTERNATE COOKING METHOD: The carrots can also be dropped into a pot of vigorously boiling water, cooked briefly, then drained.
004053 OIL,OLIVE,SALAD OR COOKING... 1 CUP 002047 SALT,TABLE..... 3/4 TSP 002030 PEPPER,BLACK..... 1/2 TSP, ground	2. Toss the carrots with the olive oil, salt, and pepper to evenly coat the carrots.  3. Spread coated carrots on a parchment-covered sheet pan and roast briefly, until tender and hot. Carrots may brown in places, this will add flavor. To skip a step, you can also roast the raw carrots without steaming, it will just take longer for them to cook.  Convection Oven: 400°3 for approx 3-10 minutes Conventional Oven: 350°F for approx. 4-15 minutes  NOTE: Cooking times will vary widely depending if carrots have been pre-steamed.  4. Serve immediately.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.

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

Calories	75 kcal	Cholesterol	0.00 mg	Protein	0.85 g	Calcium	30.10 mg	54.14%	Calories from Total Fat
Total Fat	4.54 g	Sodium	98.05 mg	Vitamin A	2551.91 RE	Iron	0.30 mg	7.55%	Calories from Sat Fat
Saturated Fat	0.63 g	Carbohydrate	8.71 g	Vitamin A	15250.80 IU	Water <sup>1</sup>	80.10 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.55 g	Vitamin C	5.35 mg	Ash <sup>1</sup>	0.97 g	46.16%	Calories from Carbohydrates
								4.49%	Calories from Protein

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# John Stalker Institute

**000061 - Roasted Chickpeas**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/4 cup

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

902367 BEANS, GARBANZO (CHICKPEAS), CANNED, WITH SAL... 13 CUP	1. Preheat oven to the following temperatures:  Convection oven: 375°F Conventional oven: 400°F  2. Rinse and drain the cooked canned chickpeas, and dry slightly by spreading on a parchment-lined sheet pan.
004053 OIL, OLIVE, SALAD OR COOKING..... 1/2 CUP 002028 PAPRIKA..... 1 TBSP 799902 CUMIN, GROUND..... 1 TBSP 002031 PEPPER, RED OR CAYENNE..... 1/2 TSP 002047 SALT, TABLE..... 1 TSP	3. Combine the oil, paprika, cumin, cayenne, and salt in a large bowl. Add chickpeas and toss to coat evenly. Transfer the chickpeas to a parchment-lined sheet pan and spread them out into a single layer.  4. Bake until golden and crispy, which should take 15-20 minutes in a convection oven, and 25-30 minutes in a conventional oven. Shake the sheet pan occasionally during baking to promote even cooking. Transfer the chickpeas to a serving vessel.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.
	5. Can be cooled quickly to be served on a salad bar.  CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours  CCP: Hold for cold service at 41° F or lower.

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

Calories	94 kcal	Cholesterol	0.00 mg	Protein	3.13 g	Calcium	21.33 mg	27.85%	Calories from Total Fat
Total Fat	2.92 g	Sodium	234.19 mg	Vitamin A	12.27 RE	Iron	0.97 mg	3.61%	Calories from Sat Fat
Saturated Fat	0.38 g	Carbohydrate	14.26 g	Vitamin A	92.00 IU	Water <sup>1</sup>	*0.03* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.82 g	Vitamin C	2.41 mg	Ash <sup>1</sup>	*0.14* g	60.42%	Calories from Carbohydrates
								13.28%	Calories from Protein

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# John Stalker Institute

**000011 - Roasted Green Beans**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

011052 BEANS,SNAP,GREEN,RAW..... 10 LB	1. Steam the green beans in a perforated pan until tender but still firm, 4-8 minutes depending on the intensity of the steamer and size of the greens beans. They should retain their bright green color.  ALTERNATE COOKING METHOD: The beans can also be dropped into a pot of vigorously boiling water, cooked briefly, then drained.
004053 OIL,OLIVE,SALAD OR COOKING... 4 TBSP 002047 SALT,TABLE..... 3/4 TSP 002030 PEPPER,BLACK..... 1/2 TSP, ground	2. Combine the green beans with the olive oil, salt, and black pepper in a hotel pan or large bowl.  3. Spread coated beans on a parchment-covered sheet pan and roast briefly, until tender and hot. Beans may brown in places, this will add flavor. To skip a step, you can also roast the raw green beans without steaming, it will just take longer for them to cook.  Convection Oven: 400°3 for approx 3-10 minutes Conventional Oven: 350°F for approx. 4-15 minutes  NOTE: Cooking times will vary widely depending if beans have been pre-steamed. Take care to not overcook the beans.  4. Serve immediately.  CCP: Heat to 140° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.

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

Calories	38 kcal	Cholesterol	0.00 mg	Protein	1.66 g	Calcium	33.70 mg	30.54%	Calories from Total Fat
Total Fat	1.28 g	Sodium	40.84 mg	Vitamin A	60.79 RE	Iron	0.94 mg	4.65%	Calories from Sat Fat
Saturated Fat	0.19 g	Carbohydrate	6.34 g	Vitamin A	626.08 IU	Water <sup>1</sup>	81.94 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	2.46 g	Vitamin C	11.07 mg	Ash <sup>1</sup>	0.69 g	67.20%	Calories from Carbohydrates
								17.63%	Calories from Protein

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# John Stalker Institute

**000029 - Roasted Potato Puffs**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

011399 POTATO PUFFS,FRZ,OVEN-HEATED.... 25 CUP	1. Remove potato puffs from freezer. Arrange puffs on a single layer on a parchment-lined sheet pan or sheet pan coated with pan spray. Bake at the following temperatures and times:  Convection oven: 350°F for 10-12 minutes Conventional oven: 375°F for 14-18 minutes  2. Serve immediately, with ketchup or other condiment if desired.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.
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\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	122 kcal	Cholesterol	0.00 mg	Protein	1.31 g	Calcium	8.96 mg	40.83%	Calories from Total Fat
Total Fat	5.52 g	Sodium	307.20 mg	Vitamin A	1.28 RE	Iron	0.41 mg	8.62%	Calories from Sat Fat
Saturated Fat	1.16 g	Carbohydrate	17.76 g	Vitamin A	3.20 IU	Water <sup>1</sup>	38.21 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	1.60 g	Vitamin C	4.03 mg	Ash <sup>1</sup>	1.20 g	58.42%	Calories from Carbohydrates
								4.32%	Calories from Protein

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# John Stalker Institute

## 000004 - Roasted Potato Wedges

Source: MA FTS Cookbook  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

### Recipe HACCP Process: #3 Complex Food Preparation

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

011353 POTATOES,RUSSET,FLESH & SKN,RAW.... 15 LB	NOTE: Russet (baking) potatoes work best for this recipe. If unavailable, may need to adjust process and cooking time with other potato varieties.  1. Scrub potatoes well. Stab with a fork and bake, whole, in oven until cooked through. Convection Oven: 375°F for approx. 40 minutes Conventional Oven: 425°F for approx. 50 minutes  CCP: Heat to 140° F or higher
002028 PAPRIKA..... 1 TBSP + 1 TSP 002026 ONION POWDER..... 2 TBSP + 1 TSP 002020 GARLIC POWDER..... 2 TBSP + 1 TSP 002047 SALT, TABLE..... 2 TSP 002030 PEPPER, BLACK..... 1 TSP, ground 004053 OIL, OLIVE, SALAD OR COOKING..... 1 CUP	2. Halve the potatoes lengthwise, then cut each half into 4-5 wedges each, depending on the potato size. Divide potatoes equally between parchment covered sheet pans in a single layer, skin side down (like boats).  3. Mix the paprika, onion powder, garlic powder, salt, and black pepper in a small bowl, and sprinkle evenly over the wedges.  4. Bake right before service until hot, crisp, and lightly browned. Convection Oven: 400°F for approx. 20 minutes Conventional Oven: 425°F for approx. 25 minutes  CCP: Heat to 140° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.

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

Calories	149 kcal	Cholesterol	0.00 mg	Protein	3.05 g	Calcium	20.01 mg	26.96%	Calories from Total Fat
Total Fat	4.46 g	Sodium	101.84 mg	Vitamin A	11.43 RE	Iron	1.28 mg	3.81%	Calories from Sat Fat
Saturated Fat	0.63 g	Carbohydrate	25.30 g	Vitamin A	92.24 IU	Water <sup>1</sup>	107.00 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	1.93 g	Vitamin C	7.84 mg	Ash <sup>1</sup>	1.83 g	67.96%	Calories from Carbohydrates
								8.20%	Calories from Protein

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

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# John Stalker Institute

**000027 - Roasted Red Potatoes**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

**Recipe HACCP Process: #2 Same Day Service**

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

902418 Potatoes, Red, flesh and skin..... 15 LB		1. Wash potatoes well in abundant cold water. Cut into halves if large, and quarters if very large. Leave whole if small.
004053 OIL, OLIVE, SALAD OR COOKING... 3/4 CUP 002047 SALT, TABLE..... 3 TBSP 002030 PEPPER, BLACK..... 1 TBSP, ground 900771 GARLIC, GRANULATED..... 3 TBSP		2. Pour olive oil over potatoes, stir or toss to coat completely.  3. Sprinkle salt, black pepper, and granulated garlic over potatoes. Stir to coat. Spread potatoes in a single layer on oiled sheet pans, or on parchment-lined baking sheets sprayed with pan spray. Roast potatoes in a single layer at the following temperatures:  Convection oven: 375° F for 35-50 minutes Conventional oven: 400°F for 45-60 minutes  CCP: Heat to 140° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.
		VARIATION:  *Rosemary Roasted Potatoes - Sprinkle 1/2 oz. finely minced fresh rosemary (or 1.5 teaspoons dried rosemary) on potatoes when adding the salt, pepper, and granulated garlic. Cook as directed above.

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

Calories	152 kcal	Cholesterol	0.00 mg	Protein	3.28 g	Calcium	14.96 mg	19.27%	Calories from Total Fat
Total Fat	3.25 g	Sodium	441.01 mg	Vitamin A	4.58 RE	Iron	1.03 mg	2.67%	Calories from Sat Fat
Saturated Fat	0.45 g	Carbohydrate	27.31 g	Vitamin A	23.51 IU	Water <sup>1</sup>	*0.05* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.36 g	Vitamin C	17.29 mg	Ash <sup>1</sup>	*1.12* g	71.99%	Calories from Carbohydrates
								8.66%	Calories from Protein

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# John Stalker Institute

**000033 - Roasted Tomatoes**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

901590 TOMATOES,PLUM+ITALIAN,RAW.... 20 LB	1. Wash tomatoes and slice into either halves or quarters, depending on their size.
004053 OIL,OLIVE,SALAD OR COOKING..... 1 CUP 002047 SALT, TABLE..... 3 TBSP 002030 PEPPER,BLACK..... 2 TSP, ground	2. Toss with olive oil, salt, and black pepper to evenly coat the tomatoes.  3. Arrange in a single layer, cut sides up, on a parchment-lined sheet tray. Cook at the following temperatures and times:  Convection oven: 325°F for 25-35 minutes Conventional oven: 350°F for 35-45 minutes  4. Tomatoes should be sweet and slightly dry in appearance. Allow one to cool, then taste for doneness. Tomatoes will retain their heat for some time, so be careful when tasting.  CCP: Heat to 140° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.
	NOTE: Can be cooled quickly and used in prepared salads. Can also be utilized in most recipes which ask for sun-dried tomatoes.  VARIATION:  *Cherry tomatoes can also be used, if so the cooking times will be decreased.  CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

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

Calories	71 kcal	Cholesterol	0.00 mg	Protein	1.61 g	Calcium	18.86 mg	59.33%	Calories from Total Fat
Total Fat	4.69 g	Sodium	433.58 mg	Vitamin A	112.51 RE	Iron	0.53 mg	8.26%	Calories from Sat Fat
Saturated Fat	0.65 g	Carbohydrate	7.17 g	Vitamin A	1511.87 IU	Water <sup>1</sup>	171.47 g	*N/A**	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	2.20 g	Vitamin C	23.04 mg	Ash <sup>1</sup>	2.00 g	40.36%	Calories from Carbohydrates
								9.04%	Calories from Protein

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# John Stalker Institute

**000125 - Romaine + Baby Spinach Salad**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 cup

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

902443 Spinach, Baby.....	8 LB	1. Examine baby spinach for any traces of dirt or grit, even if it is labeled as 'pre-washed'. Wash and spin dry if needed. If baby spinach has any large stems, remove.
011251 LETTUCE,COS OR ROMAINE,RAW...	8 LB	2. Remove the bottom section of the romaine heads, and chop remaining leaves into bite-sized pieces. Wash thoroughly, and combine with baby spinach. Add favorite dressing and serve the same day.  CCP: Hold for cold service at 41° F or lower.

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

Calories	27 kcal	Cholesterol	0.00 mg	Protein	2.34 g	Calcium	82.01 mg	7.30%	Calories from Total Fat
Total Fat	0.22 g	Sodium	63.87 mg	Vitamin A	841.87 RE	Iron	3.32 mg	0.95%	Calories from Sat Fat
Saturated Fat	0.03 g	Carbohydrate	5.29 g	Vitamin A	9587.12 IU	Water <sup>1</sup>	*68.66* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.98 g	Vitamin C	*2.90* mg	Ash <sup>1</sup>	*0.42* g	78.81%	Calories from Carbohydrates
								34.92%	Calories from Protein

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# John Stalker Institute

**000301 - Salad w/turkey**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 7 oz. salad

Meat/Alt: 2 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 1.25 Cup  
 Milk: 0 Cup

Alternate Menu Name: Garden Salad with Turkey

011251 LETTUCE,COS OR ROMAINE,RAW.....	18 LB	1. Wash lettuce, and cut or tear into bite-sized pieces. Portion 2 cups into individual salad bowls.
007046 TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUN...	6 1/4 LB	2. Cut turkey into thin strips. Arrange 2 oz of turkey on top of each bowl of lettuce.
011333 PEPPERS,SWEET,GREEN,RAW.....	8 LB	3. Wash green peppers and slice into rings. Chop or slice tomatoes. Add peppers and tomatoes to top salad. Serve with choice of dressings.
901590 TOMATOES,PLUM+ITALIAN,RAW.....	6 LB	
		CCP: Hold for cold service at 41° F or lower.

\*Nutrients are based upon 1 Portion Size (7 oz. salad)

Calories	118 kcal	Cholesterol	25.08 mg	Protein	16.11 g	Calcium	71.15 mg	9.32%	Calories from Total Fat
Total Fat	1.22 g	Sodium	458.00 mg	Vitamin A	507.79 RE	Iron	2.34 mg	2.36%	Calories from Sat Fat
Saturated Fat	0.31 g	Carbohydrate	13.27 g	Vitamin A	14963.58 IU	Water <sup>1</sup>	316.29 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.60 g	Vitamin C	75.04 mg	Ash <sup>1</sup>	3.24 g	44.92%	Calories from Carbohydrates
								54.53%	Calories from Protein

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# John Stalker Institute

**000173 - Salad w/turkey and croutons**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 7 oz. salad

Meat/Alt: 2 oz  
 Grains: 1 oz  
 Fruit: 0 Cup  
 Vegetable: 1.25 Cup  
 Milk: 0 Cup

011251 LETTUCE,COS OR ROMAINE,RAW.....	18 LB	1. Wash lettuce, and cut or tear into bite-sized pieces. Portion into individual salad bowls, 2 cups per bowl.
007046 TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUN...	6 1/4 LB	2. Cut turkey into thin strips. Arrange 2 oz of turkey on top of each bowl of lettuce.
011333 PEPPERS,SWEET,GREEN,RAW..... 901590 TOMATOES,PLUM+ITALIAN,RAW..... 018243 CROUTONS,SEASONED.....	8 LB 6 LB 100 .5 OZ	3. Wash green peppers and slice into rings. Chop or slice tomatoes. Add peppers, tomatoes, and croutons to top salad. Serve with choice of dressings.  CCP: Hold for cold service at 41° F or lower.

\*Nutrients are based upon 1 Portion Size (7 oz. salad)

Calories	250 kcal	Cholesterol	27.07 mg	Protein	19.18 g	Calcium	98.41 mg	23.09%	Calories from Total Fat
Total Fat	6.42 g	Sodium	767.28 mg	Vitamin A	510.63 RE	Iron	3.14 mg	6.47%	Calories from Sat Fat
Saturated Fat	1.80 g	Carbohydrate	31.31 g	Vitamin A	14972.67 IU	Water <sup>1</sup>	317.31 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	7.02 g	Vitamin C	75.04 mg	Ash <sup>1</sup>	4.31 g	50.04%	Calories from Carbohydrates
								30.66%	Calories from Protein

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# John Stalker Institute

**000190 - Salad, Spinach Meal**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 8 oz salad

Meat/Alt: 3 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 1 Cup  
 Milk: 0 Cup

Alternate Menu Name: Spinach Salad Meal

902443 Spinach, Baby.....	3 1/8 GAL	1. Wash and dry baby spinach and set aside.
901843 CHICK,DICED,CKD,FROZEN-COMMOD.....	6 1/4 LB	2. Thaw cooked diced chicken completely, and keep cold.
000141 BACON BITS, IMITATION.....	6 1/4 CUP	3. If using fresh bacon to make bacon bits, fry off, drain as much fat as necessary from cooked bacon, then crumble into bits. If using pre-made bacon bits, measure out and set aside.
050347 CHEESE, CHEDDAR, WHITE, SHREDDED...	3 1/8 LB	4. Shred cheddar cheese if in a block form.
901062 ONIONS,RED,RAW..... 011205 CUCUMBER,WITH PEEL,RAW..... 901590 TOMATOES,PLUM+ITALIAN,RAW.....	5 1/4 CUP, sliced 3/4 GAL, slices 3/4 GAL, chopped or sliced	5. Thinly slice red onions and soak in very cold water for 10-15 minutes, then drain. This will remove some of the pungent red onion flavor and aroma from the onions, but they will retain their bright color and crunch.  6. Peel and dice cucumber, and wash and finely dice the tomatoes and chill both until ready to assemble salads.  7. Place 1 cup baby spinach in each salad bowl. Add a few slices of red onion, and ¼ cup each of cucumber and tomato.
018243 CROUTONS,SEASONED..... 018080 BREAD STICKS,PLAIN..... 004640 SALAD DRSNG,RANCH DRSNG,RED FAT....	3 1/8 LB 50 OZ 6 1/4 CUP	8. Top each salad with 2 oz. thawed diced chicken, 2 Tablespoons bacon bits, and 1 oz. shredded cheddar. Last, add 1 oz. croutons and a 1 oz. whole grain breadstick. If not serving immediately, hold bread products outside of packaged salad so they do not become soggy. Serve with 2 Tablespoons ranch or other salad dressing on the side.  CCP: Hold for cold service at 41° F or lower.

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

Calories	612 kcal	Cholesterol	87.53 mg	Protein	37.50 g	Calcium	293.10 mg	40.42%	Calories from Total Fat
Total Fat	27.48 g	Sodium	1463.78 mg	Vitamin A	371.90 RE	Iron	5.83 mg	13.92%	Calories from Sat Fat
Saturated Fat	9.46 g	Carbohydrate	53.11 g	Vitamin A	2080.56 IU	Water <sup>1</sup>	*132.19* g	*0.03%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.02* g	Dietary Fiber	6.05 g	Vitamin C	*7.26* mg	Ash <sup>1</sup>	*4.00* g	34.73%	Calories from Carbohydrates
								24.52%	Calories from Protein

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# John Stalker Institute

**000198 - Salad, Spinach Side**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 4 oz salad

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0.75 Cup  
 Milk: 0 Cup

Alternate Menu Name: Spinach Salad Side

902443 Spinach, Baby..... 3 1/8 GAL	1. Wash and dry baby spinach and set aside.
000141 BACON BITS, IMITATION..... 4 CUP	2. If using fresh bacon to make bacon bits, fry off, drain as much fat as necessary from cooked bacon, then crumble into bits. If using pre-made bacon bits, measure out and set aside.
901062 ONIONS,RED,RAW..... 5 1/4 CUP, sliced 011205 CUCUMBER,WITH PEEL,RAW..... 3/4 GAL, slices 901590 TOMATOES,PLUM+ITALIAN,RAW..... 3/4 GAL, chopped or sliced 004640 SALAD DRSNG,RANCH DRSNG,RED FAT... 3 CUP	3. Thinly slice red onions and soak in very cold water for 10-15 minutes, then drain. This will remove some of the pungent red onion flavor and aroma from the onions, but they will retain their bright color and crunch.  4. Peel and dice cucumber, and wash and finely dice the tomatoes and chill both until ready to assemble salads.  5. Place 1/2 cup baby spinach in each salad bowl. Add a few slices of red onion, and ¼ cup each of cucumber and tomato.  Top each salad with 1 Tablespoons bacon bits, and croutons.  Serve with 1 Tablespoons ranch or other salad dressing on the side.  CCP: Hold for cold service at 41° F or lower.

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

Calories	89 kcal	Cholesterol	2.30 mg	Protein	5.30 g	Calcium	40.85 mg	32.31%	Calories from Total Fat
Total Fat	3.19 g	Sodium	431.62 mg	Vitamin A	303.96 RE	Iron	2.31 mg	2.10%	Calories from Sat Fat
Saturated Fat	0.21 g	Carbohydrate	10.56 g	Vitamin A	1745.95 IU	Water <sup>1</sup>	*84.29* g	*0.09%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.01* g	Dietary Fiber	2.89 g	Vitamin C	*7.17* mg	Ash <sup>1</sup>	*0.78* g	47.47%	Calories from Carbohydrates
								23.81%	Calories from Protein

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# John Stalker Institute

**000139 - SALAD,TOSSED: no dressing**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: CUP

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0.75 Cup  
 Milk: 0 Cup

011251 LETTUCE,COS OR ROMAINE,RAW..... 7 LB 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 12 CUP, chopped or sliced 011112 CABBAGE,RED,RAW..... 6 1/2 CUP, shredded 011124 CARROTS,RAW..... 6 1/2 CUP, grated 011429 RADISHES,RAW..... 2 CUP, slices 016058 CHICKPEAS (GARBANZO BNS,BENGAL GM),MATURE SEE... 6 1/2 CUP		PREPARE VEGETABLES: ROMAINE LETTUCE - trim and chop into 1 inch pieces TOMATOES - chop or slice RED CABBAGE - trim, core, and shred CARROTS - peel, trim, and shred RADISHES - trim and slice CUCUMBERS - trim, score, and slice CHICKPEAS - DRAIN  Mix all ingredients together. Serve 1 cup salad in an individual salad bowl.  CCP: Hold for cold service at 41° F or lower.
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\*Nutrients are based upon 1 Portion Size (CUP)

Calories	55 kcal	Cholesterol	0.00 mg	Protein	2.99 g	Calcium	46.17 mg	15.24%	Calories from Total Fat
Total Fat	0.94 g	Sodium	108.11 mg	Vitamin A	595.18 RE	Iron	1.25 mg	1.77%	Calories from Sat Fat
Saturated Fat	0.11 g	Carbohydrate	10.18 g	Vitamin A	8401.49 IU	Water <sup>1</sup>	150.69 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	3.89 g	Vitamin C	15.21 mg	Ash <sup>1</sup>	1.15 g	73.41%	Calories from Carbohydrates
								21.57%	Calories from Protein

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# John Stalker Institute

**000142 - Sauteed Greens**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
Number of Portions: 50  
Size of Portion: 1/4 cup

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

011215 GARLIC,RAW.....	6 cloves	1. Peel and mince garlic cloves and set aside.
011233 KALE,RAW.....	12 LB	2. Remove kale leaves from stems either by hand or using a sharp knife against a cutting board. Wash thoroughly in cold water to remove all grit. Slice thinly, or tear into bite-sized pieces.
004053 OIL,OLIVE,SALAD OR COOKING... 002047 SALT, TABLE.....	1/2 CUP 2 TSP	3. Heat olive oil in a tilt skillet or saute pan. Add minced garlic and cook, stirring, until garlic begins to brown and becomes fragrant.  NOTE: Be careful not to overly brown or burn the garlic at this stage or the bitterness will invade the entire dish.  4. Add the kale and cook until wilted and tender. Add salt and serve hot.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.
		NOTE: Collard Greens, Turnip Greens, Mustard Greens, or Swiss Chard can be substituted for the kale. Cooking times will vary for each of these greens, or a mixture can be used according to student tastes.

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

Calories	74 kcal	Cholesterol	0.00 mg	Protein	3.62 g	Calcium	147.70 mg	35.53%	Calories from Total Fat
Total Fat	2.92 g	Sodium	141.23 mg	Vitamin A	968.87 RE	Iron	1.87 mg	4.83%	Calories from Sat Fat
Saturated Fat	0.40 g	Carbohydrate	11.02 g	Vitamin A	16738.67 IU	Water <sup>1</sup>	92.16 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	2.18 g	Vitamin C	130.75 mg	Ash <sup>1</sup>	1.91 g	59.50%	Calories from Carbohydrates
								19.53%	Calories from Protein

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# John Stalker Institute

**000208 - Sauteed Mushroom and Onions**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/4 cup

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

011215 GARLIC,RAW.....	6 cloves	1. Peel and mince garlic cloves and set aside.
		2. Remove stems from mushroomns either by hand or using a sharp knife against a cutting board. Wash thoroughly in cold water to remove all grit. Slice thinly. Wash and slice onions as well.
004053 OIL,OLIVE,SALAD OR COOKING...	1/2 CUP	3. Heat olive oil in a tilt skillet or saute pan. Add minced garlic and cook, stirring, until garlic begins to brown and becomes fragrant.  NOTE: Be careful not to overly brown or burn the garlic at this stage or the bitterness will invade the entire dish.
002047 SALT, TABLE..... 011260 MUSHROOMS,RAW..... 011282 ONIONS,RAW.....	2 TSP 7 LB 5 LB	4. Add the mushrooms and onions and cook until tender. Add salt and serve as side to burgers.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.

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

Calories	52 kcal	Cholesterol	0.00 mg	Protein	2.48 g	Calcium	13.07 mg	42.14%	Calories from Total Fat
Total Fat	2.42 g	Sodium	99.41 mg	Vitamin A	0.00 RE	Iron	0.43 mg	6.08%	Calories from Sat Fat
Saturated Fat	0.35 g	Carbohydrate	6.43 g	Vitamin A	0.94 IU	Water <sup>1</sup>	99.34 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	1.41 g	Vitamin C	4.80 mg	Ash <sup>1</sup>	0.95 g	49.67%	Calories from Carbohydrates
								19.20%	Calories from Protein

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# John Stalker Institute

**000178 - Sauteed Spinach**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/4 cup

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

011215 GARLIC,RAW.....	6 cloves	1. Peel and mince garlic cloves and set aside.
902443 Spinach, Baby.....	12 LB	2. Remove stems from spinach if necessary either by hand or using a sharp knife against a cutting board. Wash thoroughly in cold water to remove all grit. Slice thinly, or tear into bite-sized pieces.
004053 OIL,OLIVE,SALAD OR COOKING... 002047 SALT, TABLE.....	1/2 CUP 2 TSP	3. Heat olive oil in a tilt skillet or saute pan. Add minced garlic and cook, stirring, until garlic begins to brown and becomes fragrant.  NOTE: Be careful not to overly brown or burn the garlic at this stage or the bitterness will invade the entire dish.  4. Add the spinach and cook until wilted and tender. Add salt and serve hot.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.
		NOTE: Collard Greens, Turnip Greens, Mustard Greens, or Swiss Chard can be substituted for the spinach. Cooking times will vary for each of these greens, or a mixture can be used according to student tastes.

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

Calories	41 kcal	Cholesterol	0.00 mg	Protein	2.20 g	Calcium	87.82 mg	46.99%	Calories from Total Fat
Total Fat	2.16 g	Sodium	181.51 mg	Vitamin A	979.76 RE	Iron	3.94 mg	6.49%	Calories from Sat Fat
Saturated Fat	0.30 g	Carbohydrate	4.47 g	Vitamin A	4898.83 IU	Water <sup>1</sup>	*0.21* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.18 g	Vitamin C	*0.11* mg	Ash <sup>1</sup>	*0.25* g	43.22%	Calories from Carbohydrates
								21.26%	Calories from Protein

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

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# John Stalker Institute

**000220 - Southwest Buffalo Chicken Wrap**

**Recipe HACCP Process: #3 Complex Food Preparation**

Source:  
 Number of Portions: 50  
 Size of Portion: wraps

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

902444 Buffalo Chicken Tenders..... 9 LB	9 LB	1. Spread chicken tenders on a parchment-lined sheet pan. Bake in a convection oven or conventional oven according to package directions.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours
900984 LETTUCE,BIBB,RAW..... 8 LB 011179 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BLD,DRND,W..... 6 1/4 CUP 902365 BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUI..... 6 1/4 CUP	8 LB 6 1/4 CUP 6 1/4 CUP	2. Wash and cut romaine lettuce from stem into large single leaves. Allow to air dry completely in cooler or press each leaf with a paper towel to dry more quickly.  3. Mix chicken, corn and black beans. Wrap 3 oz. of this mixture inside each large romaine lettuce leaf like wrapping a burrito.
004539 SALAD DRSNG,BLUE OR ROQUEFORT CHS DRSNG,COMM,... 8 CUP 050018 Cornbread..... 37 1/2 PIECE 050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch)	8 CUP 37 1/2 PIECE 50 tortilla (8 inch)	4. Serve cold with 2 tablespoons blue cheese dressing on the side and a 1 oz. piece of cornbread.  OPTIONAL:  *Serve with hot sauce, or other dipping sauce, if desired.  CCP: Hold for cold service at 41° F or lower.

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

Calories	616	kcal	Cholesterol	72.68	mg	Protein	25.14	g	Calcium	218.74	mg	53.38%	Calories from Total Fat
Total Fat	36.52	g	Sodium	1660.97	mg	Vitamin A	108.18	RE	Iron	3.89	mg	10.31%	Calories from Sat Fat
Saturated Fat	7.05	g	Carbohydrate	48.41	g	Vitamin A	2512.25	IU	Water <sup>1</sup>	*100.54*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	g	Dietary Fiber	7.27	g	Vitamin C	*4.55*	mg	Ash <sup>1</sup>	*1.73*	g	31.45%	Calories from Carbohydrates
												16.33%	Calories from Protein

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# John Stalker Institute

**000207 - Southwestern Salad**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 cup

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0.875 Cup  
 Milk: 0 Cup

011251 LETTUCE,COS OR ROMAINE,RAW..... 50 CUP, shredded 901590 TOMATOES,PLUM+ITALIAN,RAW..... 6 1/2 CUP, chopped or sliced 902365 BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUI..... 6 1/2 CUP 050536 CORN, CANNED, WHOLE KERNEL (LIQUID PACK), LOW... 6 1/2 CUP		1. Wash and shred romaine lettuce. Keep chilled while you prepare the other ingredients.  2. Wash the tomatoes. Dice or slice tomatoes.  3. Drain and rinse beans and corn.
050347 CHEESE, CHEDDAR, WHITE, SHREDDED..... 1/2 LB		4. Serve 1 cup shredded lettuce, topped with sprinkle of cheese, 1/8 cup tomatoes, 1/8 cup corn, and 1/8 cup black beans.  OPTIONAL: Serve with preferred dressing on the side.  CCP: Hold for cold service at 41° F or lower.

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

Calories	76 kcal	Cholesterol	4.80 mg	Protein	4.35 g	Calcium	62.45 mg	23.65%	Calories from Total Fat
Total Fat	2.00 g	Sodium	189.35 mg	Vitamin A	149.49 RE	Iron	1.33 mg	12.34%	Calories from Sat Fat
Saturated Fat	1.04 g	Carbohydrate	11.65 g	Vitamin A	4352.52 IU	Water <sup>1</sup>	*66.58* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	3.84 g	Vitamin C	7.51 mg	Ash <sup>1</sup>	*0.39* g	61.37%	Calories from Carbohydrates
								22.93%	Calories from Protein

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# John Stalker Institute

**000276 - Southwestern Salad, High**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 2.5 cup

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 1.375 Cup  
 Milk: 0 Cup

901843 CHICK,DICED,CKD,FROZEN-COMMOD..... 050018 Cornbread.....	6 1/4 LB 100 OZ	1. Thaw chicken.
011251 LETTUCE,COS OR ROMAINE,RAW..... 901590 TOMATOES,PLUM+ITALIAN,RAW..... 902365 BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUI..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE...	100 CUP, shredded 6 1/2 CUP, chopped or sliced 6 1/2 CUP 6 1/2 CUP	2. Wash all vegetables thoroughly. Shred romaine. Dice or slice tomatoes.  3. Drain black beans and corn.
050347 CHEESE, CHEDDAR, WHITE, SHREDDED.....	1/2 LB	4. Serve 2 cup shredded lettuce, topped with sprinkle of cheese, 2 oz diced chicken, 1/8 cup tomatoes, 1/8 cup corn, and 1/8 cup black beans. Serve with 2 oz cornbread.  OPTIONAL: Serve with preferred dressing on the side.  CCP: Hold for cold service at 41° F or lower.

\*Nutrients are based upon 1 Portion Size (2.5 cup)

Calories	334 kcal	Cholesterol	72.69 mg	Protein	24.73 g	Calcium	175.61 mg	27.24%	Calories from Total Fat
Total Fat	10.11 g	Sodium	405.18 mg	Vitamin A	296.39 RE	Iron	3.57 mg	7.62%	Calories from Sat Fat
Saturated Fat	2.83 g	Carbohydrate	37.12 g	Vitamin A	8569.76 IU	Water <sup>1</sup>	*146.52* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	6.25 g	Vitamin C	8.45 mg	Ash <sup>1</sup>	*1.24* g	44.45%	Calories from Carbohydrates
								29.61%	Calories from Protein

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# John Stalker Institute

**000137 - Steak and Cheese Flatbread**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

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

902446 Sandwich Beef Patty Slices..... 6 1/2 LB	1. Cook beef patty slices according to package directions in a large saute pan or tilt skillet.  CCP: Heat to 155° F or higher for at least 15 Seconds
001035 CHEESE,PROVOLONE..... 25 slice (1 oz) 018042 BREAD,PITA,WHOLE-WHEAT... 50 pita, large (6-1/2" dia)	2. Meanwhile, heat whole wheat pita or other flatbread in a 300° F oven, wrapped tightly with foil, until warm.  3. Stuff pita or flatbread with 1.5 oz cooked steak, add 1/2 oz cheese per sandwich, and return sandwiches briefly to oven in a hotel pan until cheese is melted. If storing in a warmer, wrap pan tightly with foil. Serve hot.  CCP: Heat to 155° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.

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

Calories	322 kcal	Cholesterol	35.30 mg	Protein	20.11 g	Calcium	132.53 mg	34.18%	Calories from Total Fat
Total Fat	12.23 g	Sodium	616.95 mg	Vitamin A	36.96 RE	Iron	3.26 mg	14.59%	Calories from Sat Fat
Saturated Fat	5.22 g	Carbohydrate	36.35 g	Vitamin A	123.20 IU	Water <sup>1</sup>	*25.32* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.59 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*1.94* g	45.17%	Calories from Carbohydrates
								24.98%	Calories from Protein

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# John Stalker Institute

**000143 - Steak and Cheese Sub**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sub sandwich

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

902446 Sandwich Beef Patty Slices..... 6 1/2 LB	1. Cook beef patty slices according to package directions in a large saute pan or tilt skillet.  CCP: Heat to 155° F or higher for at least 15 Seconds
001035 CHEESE,PROVOLONE..... 50 slice (1 oz) 018351 ROLLS,HAMBURGER OR HOTDOG,MIXED-GRAIN.... 50 roll(s)	2. Meanwhile, heat hot dog rolls in a 300° F oven, wrapped tightly with foil, until warm.  3. Stuff each hot dog roll with 1.5 oz. cooked steak, add 1 slice cheese per sandwich, and return sub sandwiches briefly to oven in a hotel pan until cheese is melted. If storing in a warmer, wrap pan tightly with foil. Serve hot.  CCP: Heat to 155° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.

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

Calories	314 kcal	Cholesterol	44.96 mg	Protein	21.55 g	Calcium	269.62 mg	48.37%	Calories from Total Fat
Total Fat	16.87 g	Sodium	596.05 mg	Vitamin A	73.92 RE	Iron	3.07 mg	22.77%	Calories from Sat Fat
Saturated Fat	7.94 g	Carbohydrate	20.63 g	Vitamin A	246.40 IU	Water <sup>1</sup>	*27.81* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.49 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*2.09* g	26.29%	Calories from Carbohydrates
								27.45%	Calories from Protein

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# John Stalker Institute

**000031 - Sugar Snap Peas**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

**Recipe HACCP Process: #2 Same Day Service**

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

011300 PEAS,EDIBLE-PODDED,RAW.... 25 CUP, whole	1. Wash the sugar snap peas in cold water and drain. Cut the tops and tails from the sugar snap peas to prepare for steaming.  2. Place the sugar snap peas, still in their pods, in a perforated pan and steam just until crisp-tender and still bright green.  ALTERNATE METHOD: You can also steam the peas over a shallow pot of boiling water, with a colander inserted and a cover placed over the colander. This method may take slightly longer.  NOTE: If you do not have any sort of steamer available, you could cook the peas briefly in boiling water, then remove and serve. Be careful not to over cook if using this method, and remember that steaming is preferable.  3. Serve immediately, and batch cook if necessary. If sugar snap peas have sufficient flavor and sweetness, they should not need any seasoning at all.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.
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\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	13 kcal	Cholesterol	0.00 mg	Protein	0.88 g	Calcium	13.55 mg	4.29%	Calories from Total Fat
Total Fat	0.06 g	Sodium	1.26 mg	Vitamin A	4.41 RE	Iron	0.66 mg	0.84%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	2.38 g	Vitamin A	342.41 IU	Water <sup>1</sup>	28.00 g	*N/A**%	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	0.82 g	Vitamin C	18.90 mg	Ash <sup>1</sup>	0.18 g	71.90%	Calories from Carbohydrates
								26.67%	Calories from Protein

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# John Stalker Institute

**000065 - Sun Butter + Jelly Sandwich**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

Meat/Alt: 1 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

018064 BREAD,WHEAT (INCL WHEAT BERRY)...	100 slice	1. On a clean dry surface, such as a parchment lined sheet pan, lay out 50 slices of bread. Using a #32 scoop or other measure, spread 2 Tablespoons Sun Butter on the bread.
902425 Sun Butter.....	6 1/4 Cups	
019297 JAMS AND PRESERVES.....	6 1/4 CUP	2. Using another #32 scoop, or 2 Tablespoon measure, add 2 Tablespoons jam or jelly to top the Sun Butter. Place 2nd slice on each sandwich.  CCP: Hold for cold service at 41° F or lower.
		Tips for quantity production:  *Frozen bread slices can be used, if sandwiches will not be served immediately, This will reduce the chance of the bread tearing as you spread the sun butter and jam.  *If saving the sandwiches for a few hours or more, spread sun butter thinly on each slice, with jam or jelly in the center. This will prevent the bread from becoming soggy from the jam or jelly.

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

Calories	442 kcal	Cholesterol	0.00 mg	Protein	11.79 g	Calcium	*88.04* mg	34.66%	Calories from Total Fat
Total Fat	17.03 g	Sodium	313.82 mg	Vitamin A	0.40 RE	Iron	3.59 mg	4.77%	Calories from Sat Fat
Saturated Fat	2.35 g	Carbohydrate	63.73 g	Vitamin A	1.16 IU	Water <sup>1</sup>	*32.22* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.88 g	Vitamin C	4.76 mg	Ash <sup>1</sup>	*1.36* g	57.64%	Calories from Carbohydrates
								10.66%	Calories from Protein

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# John Stalker Institute

**000019 - Sweet Potato "Fries" (v. 2)**

**Recipe HACCP Process: #2 Same Day Service**

Source: Cambridge PS  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

Alternate Menu Name: Sweet Potato "Fries" v.2

011507 SWEET POTATO,RAW,UNPREP... 10 LB	1. Preheat oven to 425°F.  2. Wash sweet potatoes and lay them out on a sheet pan to dry.  3. Cut the sweet potatoes in half, then in half again lengthwise. slice each quarter into 4-6 wedges. Each potato should yield about 16 3" wedges.
050385 OIL, VEGETABLE..... 1/3 CUP 002009 CHILI POWDER..... 1 TBSP 799902 CUMIN,GROUND..... 1 TBSP 002010 CINNAMON,GROUND..... 1 TSP 002047 SALT, TABLE..... 1 1/2 TSP	4. Place the sweet potatoes in a 4" or 6" deep hotel pan and coat with a mixture of the chili powder, cumin, cinnamon, and salt. Toss to evenly coat.  5. Spread the wedges in a single layer on parchment lined sheet pans. Roast the wedges for 20 minutes, then carefully turn the wedges over and rotate the pan.  6. Roast the potatoes for another 10-20 minutes, until the wedges are tender and evenly browned.  8. Serve the wedges immediately, or transfer to a hotel pan and serve.  CCP: Heat to 140° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.

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

Calories	92 kcal	Cholesterol	0.00 mg	Protein	1.47 g	Calcium	29.45 mg	15.16%	Calories from Total Fat
Total Fat	1.55 g	Sodium	123.31 mg	Vitamin A	1825.22 RE	Iron	0.67 mg	2.39%	Calories from Sat Fat
Saturated Fat	0.24 g	Carbohydrate	18.42 g	Vitamin A	12916.45 IU	Water <sup>1</sup>	*70.14* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.81 g	Vitamin C	2.19 mg	Ash <sup>1</sup>	*1.11* g	80.22%	Calories from Carbohydrates
								6.40%	Calories from Protein

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# John Stalker Institute

**000166 - Sweet Potato Salad**

**Recipe HACCP Process: #3 Complex Food Preparation**

Source:  
 Number of Portions: 50  
 Size of Portion: 2/3 CUP

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

011507 SWEET POTATO,RAW,UNPREP... 9 LB + 5 OZ	1. Peel the potatoes, rinse, and place in large pot. Cover with water. Bring to a simmer and cook gently until the potatoes are just cooked through but not mushy, about 20 minutes.  Alternatively, cook in steamer until just cooked through but not mushy, about 10 minutes.  2. Drain and transfer to a bowl. Let cool.  CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours
004053 OIL,OLIVE,SALAD OR COOKING.... 1 1/2 CUP 002047 SALT,TABLE..... 3 TBSP 011215 GARLIC,RAW..... 6 clove 799902 CUMIN,GROUND..... 2 TBSP 002028 PAPRIKA..... 2 TBSP 011297 PARSLEY,RAW..... 2 CUP, chopped 902422 Cilantro..... 3 OZ 009152 LEMON JUICE,RAW..... 1/4 CUP	3. Place the salt, garlic, cumin, paprika, parsley, and cilantro in a food processor. With the motor running, begin pouring the olive oil and lemon juice through the feed tube and process for about 1 minute to a bright green puree.  4. When potatoes are cool, cut them into 1/2 inch cube and place back in bowl. Pour over the dressing and gently fold together to dress the potatoes.  CCP: Hold for cold service at 41° F or lower.

\*Nutrients are based upon 1 Portion Size (2/3 CUP)

Calories	134 kcal	Cholesterol	0.00 mg	Protein	1.51 g	Calcium	32.69 mg	44.66%	Calories from Total Fat
Total Fat	6.64 g	Sodium	473.87 mg	Vitamin A	1745.51 RE	Iron	0.94 mg	6.22%	Calories from Sat Fat
Saturated Fat	0.92 g	Carbohydrate	17.61 g	Vitamin A	12433.13 IU	Water <sup>1</sup>	*68.78* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.75 g	Vitamin C	*5.83* mg	Ash <sup>1</sup>	*2.03* g	52.67%	Calories from Carbohydrates
								4.51%	Calories from Protein

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# John Stalker Institute

**000009 - Tasty Green Bean Toss**

Source: MA FTS Cookbook  
 Number of Portions: 50  
 Size of Portion: 1/4 cup

**Recipe HACCP Process: #2 Same Day Service**

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

004053 OIL, OLIVE, SALAD OR COOKING... 011215 GARLIC, RAW.....	1/3 CUP 4 cloves	1. Combine olive oil and garlic in a small skillet and heat very briefly, over medium low heat, just until garlic begins to cook and become fragrant. Remove from heat and allow to cool. Do not allow garlic to brown.
012061 ALMONDS.....	3/4 CUP, sliced	2. Carefully roast the almonds, just until they brown slightly. This step is important, as it brings out better flavors in the almonds. Watch them closely to prevent burning. If almonds are whole, chop or slice after cooling.  Convection Oven: 300°F for approx. 2-5 minutes Conventional Oven: 325°F for approx. 5-7 minutes
011052 BEANS, SNAP, GREEN, RAW.....	6 LB	3. Remove ends from green beans, if using fresh product. Steam the beans in a perforated pan in the steamer, until tender but firm and still bright green in color. This will take from 4-8 minutes, depending on size of the beans and intensity of the steamer. Drain well.  CCP: Heat to 140° F or higher
002047 SALT, TABLE.....	1 TSP	4. Toss the green beans with the reserved garlic oil, nuts, and salt in a hotel pan and serve immediately.  CCP: Hold at 140° F or higher for service.
		NOTE: If working in a nut-free school, omit almonds.

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

Calories	38 kcal	Cholesterol	0.00 mg	Protein	1.30 g	Calcium	24.26 mg	53.25%	Calories from Total Fat
Total Fat	2.24 g	Sodium	50.50 mg	Vitamin A	36.47 RE	Iron	0.62 mg	6.59%	Calories from Sat Fat
Saturated Fat	0.28 g	Carbohydrate	4.17 g	Vitamin A	375.61 IU	Water <sup>1</sup>	49.37 g	*0.01%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.64 g	Vitamin C	6.72 mg	Ash <sup>1</sup>	0.53 g	44.05%	Calories from Carbohydrates
								13.77%	Calories from Protein

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# John Stalker Institute

## 000157 - Teriyaki Chicken w Brown Rice

### Recipe HACCP Process: #2 Same Day Service

Source:  
Number of Portions: 50  
Size of Portion: 8 oz.

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

050452 RICE, LONG GRAIN, BROWN, DRY..... 12 1/2 CUP 014429 WATER,MUNICIPAL..... 25 CUP 002047 SALT, TABLE..... 1 TBSP	1. Cook brown rice with water and salt, according to package directions.
011821 PEPPERS,SWEET,RED,RAW..... 4 CUP, chopped 011333 PEPPERS,SWEET,GREEN,RAW..... 4 CUP, chopped 011951 PEPPERS,SWEET,YELLOW,RAW..... 4 cups, chopped	2. While rice cooks, wash, seed, and chop all peppers.
050384 OIL, VEGETABLE..... 3 TBSP 050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY... 6 1/2 LB 006112 SAUCE,TERIYAKI,RTS..... 6 CUP	3. Saute peppers in vegetable oil over medium high heat in a tilt skillet or large saute pan. Add thawed diced cooked chicken. Add teriyaki sauce and bring to a simmer over a lower heat, adding water as necessary to thin the sauce.  CCP: Heat to 165° F or higher for at least 15 seconds
	4. Serve 4 oz. chicken-pepper mixture over 1 cup cooked brown rice.  CCP: Hold at 140° F or higher for service.

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

Calories	306 kcal	Cholesterol	54.08 mg	Protein	23.91 g	Calcium	26.12 mg	16.35%	Calories from Total Fat
Total Fat	5.57 g	Sodium	1500.73 mg	Vitamin A	77.22 RE	Iron	3.64 mg	3.21%	Calories from Sat Fat
Saturated Fat	1.09 g	Carbohydrate	42.83 g	Vitamin A	432.04 IU	Water <sup>1</sup>	*170.73* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.15 g	Vitamin C	38.31 mg	Ash <sup>1</sup>	*4.23* g	55.90%	Calories from Carbohydrates
								31.20%	Calories from Protein

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# John Stalker Institute

## 000138 - Three Bean Salad

Source: MA FTS Cookbook  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

### Recipe HACCP Process: #3 Complex Food Preparation

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

002053 VINEGAR,DISTILLED..... 1 CUP 019335 SUGARS,GRANULATED..... 1/4 CUP 002045 DILL WEED,FRSH..... 1/3 CUP, sprigs 799904 MUSTARD,POWDER/DRY..... 1 1/2 TSP 002047 SALT, TABLE..... 1 1/2 TSP 011215 GARLIC,RAW..... 1 clove 002030 PEPPER,BLACK..... 1/2 TSP, ground	1. Finely mince the garlic clove. Blend together the vinegar, sugar, dill, mustard, salt, garlic, and black pepper.
004053 OIL,OLIVE,SALAD OR COOKING..... 1 CUP	2. Gradually mix in the oil until combined. This step could be done either by hand or in the food processor.
990135 BEANS,KIDNEY,RED,MATURE,CND,DRND..... 1 LB + 8 OZ 902368 BEANS, GREAT NORTHERN, CANNED, SOLIDS AND LIQ.... 1 LB + 8 OZ 799908 ONIONS,RED,RAW..... 1/2 CUP, chopped	3. Drain and rinse both the kidney beans and great northern beans (other white or light colored beans can be substituted for the great northern beans). Mix the two types of beans together, with the onion, in a large hotel pan.
011052 BEANS,SNAP,GREEN,RAW..... 6 LB + 12 OZ	4. Steam the green beans until tender-crisp, but still bright green in color, about 5 minutes, depending on the intensity of the steamer.  CCP: Heat to 135° F or higher.
	5. Chill under cold running water, or in ice water. Drain.
	6. Toss the chilled green beans with the other mixed beans and the dressing before service. Toss occasionally when serving to ensure each serving includes an even mixture of beans and dressing.  CCP: Hold for cold service at 41° F or lower.

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

Calories	91 kcal	Cholesterol	0.00 mg	Protein	3.13 g	Calcium	36.53 mg	45.54%	Calories from Total Fat
Total Fat	4.61 g	Sodium	160.78 mg	Vitamin A	41.50 RE	Iron	1.09 mg	6.48%	Calories from Sat Fat
Saturated Fat	0.66 g	Carbohydrate	8.53 g	Vitamin A	427.33 IU	Water <sup>1</sup>	*71.67* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	3.01 g	Vitamin C	7.99 mg	Ash <sup>1</sup>	*0.83* g	37.43%	Calories from Carbohydrates
								13.74%	Calories from Protein

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# John Stalker Institute

**000015 - Tomato + Basil Salad**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

901590 TOMATOES,PLUM+ITALIAN,RAW.... 15 LB 002044 BASIL,FRESH..... 1 OZ 902415 Vinegar, Red Wine..... 1 1/2 CUP 019335 SUGARS,GRANULATED..... 1 1/2 CUP 002047 SALT, TABLE..... 2 TSP 002030 PEPPER,BLACK..... 1/2 TSP, ground 004053 OIL,OLIVE,SALAD OR COOKING..... 3/4 CUP	1. Wash, peel, and seed tomatoes. Cut tomatoes into bite-sized pieces and place in large bowl. 2. Cut or tear fresh basil into small pieces. Gently stir into tomatoes. 3. Prepare the dressing: mix vinegar, sugar, salt, and black pepper. Pour over tomatoes, mix briefly, and let sit for 30 minutes in cooler. 4. Drain,reserving the dressing. Serve tomatoes in a bowl, with some of the vinegar dressing added back to salad. Garnish with additional fresh basil leaves, if desired. NOTES: To remove seeds, cut peeled tomatoes in half, and squeeze each half to remove seeds. VARIATION: Tomato Basil and Romaine Salad - Cut or tear 10 lbs. Romaine lettuce into bite-sized pieces. Portion 3 oz. lettuce onto plates, and portion marinated tomato-basil salad on top of greens. Drizzle a small amount of additional vineger dressing on top of greens if desired. Garnish with whole basil leaves, parmesan cheese, or mozzarella cheese. CCP: Hold for cold service at 41° F or lower.
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\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	78 kcal	Cholesterol	0.00 mg	Protein	1.22 g	Calcium	15.16 mg	40.54%	Calories from Total Fat
Total Fat	3.52 g	Sodium	101.30 mg	Vitamin A	86.56 RE	Iron	0.44 mg	5.64%	Calories from Sat Fat
Saturated Fat	0.49 g	Carbohydrate	11.44 g	Vitamin A	1163.56 IU	Water <sup>1</sup>	*129.12* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.65 g	Vitamin C	17.42 mg	Ash <sup>1</sup>	*0.93* g	58.62%	Calories from Carbohydrates
								6.24%	Calories from Protein

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# John Stalker Institute

**000181 - Tortilla Chips (1 oz) & Hummus**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: serving

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

119030 CHIPS, TORTILLA...	50 OZ	1. Prepare hummus per recipe.  2. Serve 1/4 cup hummus with 1 oz. tortilla chips.
050333 Hummus.....	12 1/2 CUP	

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

Calories	231 kcal	Cholesterol	0.00 mg	Protein	5.74 g	Calcium	90.18 mg	42.62%	Calories from Total Fat
Total Fat	10.95 g	Sodium	260.63 mg	Vitamin A	2.13 RE	Iron	1.98 mg	6.69%	Calories from Sat Fat
Saturated Fat	1.72 g	Carbohydrate	29.19 g	Vitamin A	10.63 IU	Water <sup>1</sup>	*N/A* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.19 g	Vitamin C	3.88 mg	Ash <sup>1</sup>	*N/A* g	50.49%	Calories from Carbohydrates
								9.93%	Calories from Protein

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# John Stalker Institute

**000193 - Turkey & Cheese Wrap**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

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

007046 TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUN... 5 LB 050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch) 900984 LETTUCE,BIBB,RAW..... 3 1/8 LB 901590 TOMATOES,PLUM+ITALIAN,RAW..... 12 1/2 CUP, chopped or sliced 050532 CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE..... 1 1/2 LB	1. Place 50 slices of bread on a clean, sanitized surface, such as a parchment-lined sheet pan. Add 1.5 oz. of sliced turkey meat and 1/2 oz cheese to each slice of bread. Top with another slice of bread.  OPTIONAL:  *Can serve with mustard or mayonnaise packets.  CCP: Hold for cold service at 41° F or lower.
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\*Nutrients are based upon 1 Portion Size (1 sandwich)

Calories	236 kcal	Cholesterol	33.02 mg	Protein	18.19 g	Calcium	192.95 mg	27.91%	Calories from Total Fat
Total Fat	7.30 g	Sodium	898.26 mg	Vitamin A	84.52 RE	Iron	1.82 mg	12.80%	Calories from Sat Fat
Saturated Fat	3.35 g	Carbohydrate	24.53 g	Vitamin A	1459.39 IU	Water <sup>1</sup>	*103.41* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.08 g	Vitamin C	9.36 mg	Ash <sup>1</sup>	*1.75* g	41.66%	Calories from Carbohydrates
								30.89%	Calories from Protein

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# John Stalker Institute

## 000109 - Turkey Burrito

Source:  
 Number of Portions: 50  
 Size of Portion: 1 burrito

### Recipe HACCP Process: #2 Same Day Service

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

050452 RICE, LONG GRAIN, BROWN, DRY..... 3/4 QT		1. Cook the brown rice according to package directions.
011215 GARLIC,RAW..... 3 TBSP 011282 ONIONS,RAW..... 1 LB, chopped 011333 PEPPERS,SWEET,GREEN,RAW..... 1 LB 902435 Turkey, Ground Raw..... 10 LB 050385 OIL, VEGETABLE..... 1/4 CUP 002047 SALT, TABLE..... 1/2 TSP 002030 PEPPER, BLACK..... 1/2 TSP, ground 002009 CHILI POWDER..... 3 TBSP 799902 CUMIN, GROUND..... 2 TBSP 050540 SALSA, LOW-SODIUM, CANNED..... 48 OZ		2. While the rice cooks, mince the garlic, and chop the onions and peppers.  3. Heat a large saute pan or tilt skillet over medium-high heat. Add half of oil, and heat to simmering. Add ground turkey and cook to an internal temperature of 165°F. Drain well and hold aside.  4. To the same pan, heat the remaining vegetable oil to a shimmer, add the peppers and onions, and cook for 5 minutes, stirring occasionally. After 5 minutes, add the garlic, ground black pepper, chili powder, cumin, and salt. Continue cooking for another 1-2 minutes, stirring occasionally.  5. Add the cooked turkey back to the mixture. Cook until simmering gently, then add the hot brown rice, and the salsa, and mix well.  CCP: Heat to 165° F or higher for at least 15 seconds
050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch) 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE... 2 1/2 LB		6. On a clean and sanitary surface, spread out as many warmed tortillas as possible. In the center of each tortilla, sprinkle 1 oz. of cheese.  7. Scoop 4 oz. of the hot turkey mixture on top of the cheese in each tortilla. With both gloved hands, fold the edge of the tortilla closest to you up over the bean mixture. Next, fold in the sides, and roll away from you to form a solid enclosed burrito. Wrap in foil and transfer to pans.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Hold at 140° F or higher for service.

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

Calories	416	kcal	Cholesterol	83.20	mg	Protein	27.78	g	Calcium	348.17	mg	42.10%	Calories from Total Fat
Total Fat	19.47	g	Sodium	616.11	mg	Vitamin A	80.27	RE	Iron	3.29	mg	14.26%	Calories from Sat Fat
Saturated Fat	6.59	g	Carbohydrate	32.71	g	Vitamin A	463.10	IU	Water <sup>1</sup>	*16.97*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	g	Dietary Fiber	4.26	g	Vitamin C	9.24	mg	Ash <sup>1</sup>	*0.21*	g	31.44%	Calories from Carbohydrates
												26.70%	Calories from Protein

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# John Stalker Institute

**000159 - Turkey Sandwich on 1.5oz Pita**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

Meat/Alt: 2 oz  
 Grains: 1.5 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

007046 TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUN... 7 LB 018042 BREAD,PITA,WHOLE-WHEAT..... 50 pita, small (4" dia)		1. Slice off top 1/3 of pita bread. Place smaller piece inside the larger pocket. Add 2 oz. of sliced turkey meat to each pita pocket.  OPTIONAL:  *Can add sliced cheese.  *Can serve with lettuce and sliced tomato.  *Can serve with mustard or mayonnaise packets. CCP: Hold for cold service at 41° F or lower.
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\*Nutrients are based upon 1 Portion Size (1 sandwich)

Calories	149 kcal	Cholesterol	28.09 mg	Protein	17.31 g	Calcium	9.31 mg	7.82%	Calories from Total Fat
Total Fat	1.29 g	Sodium	641.80 mg	Vitamin A	4.21 RE	Iron	1.26 mg	1.97%	Calories from Sat Fat
Saturated Fat	0.33 g	Carbohydrate	18.09 g	Vitamin A	21.07 IU	Water <sup>1</sup>	55.85 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.39 g	Vitamin C	3.64 mg	Ash <sup>1</sup>	2.47 g	48.71%	Calories from Carbohydrates
								46.60%	Calories from Protein

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# John Stalker Institute

**000067 - Turkey Sandwich on WW Bread**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

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

007046 TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUN... 7 LB 018064 BREAD,WHEAT (INCL WHEAT BERRY)..... 100 slice	1. Place 50 slices of bread on a clean, sanitized surface, such as a parchment-lined sheet pan. Add 2 oz. of sliced turkey meat to each sandwich. Top turkey meat with another slice of bread.  OPTIONAL:  *Can add sliced cheese.  *Can serve with lettuce and sliced tomato.  *Can serve with mustard or mayonnaise packets.  CCP: Hold for cold service at 41° F or lower.
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\*Nutrients are based upon 1 Portion Size (1 sandwich)

Calories	231 kcal	Cholesterol	28.09 mg	Protein	20.58 g	Calcium	85.15 mg	9.98%	Calories from Total Fat
Total Fat	2.56 g	Sodium	793.86 mg	Vitamin A	4.21 RE	Iron	2.44 mg	2.64%	Calories from Sat Fat
Saturated Fat	0.68 g	Carbohydrate	31.37 g	Vitamin A	22.23 IU	Water <sup>1</sup>	67.31 g	*0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.76 g	Vitamin C	3.75 mg	Ash <sup>1</sup>	3.18 g	54.41%	Calories from Carbohydrates
								35.68%	Calories from Protein

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# John Stalker Institute

**000172 - Turkey Sandwich on WW Roll**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 sandwich

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

007046 TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUN... 7 LB 018349 ROLLS,FRENCH..... 50 roll(s)		1. Place bottom half of 50 rolls on a clean, sanitized surface, such as a parchment-lined sheet pan. Add 2 oz. of sliced turkey meat to each half, top with the top of the roll.  OPTIONAL:  *Can add sliced cheese.  *Can serve with lettuce and sliced tomato.  *Can serve with mustard or mayonnaise packets.  CCP: Hold for cold service at 41° F or lower.
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\*Nutrients are based upon 1 Portion Size (1 sandwich)

Calories	179 kcal	Cholesterol	28.09 mg	Protein	17.83 g	Calcium	39.69 mg	11.02%	Calories from Total Fat
Total Fat	2.20 g	Sodium	685.50 mg	Vitamin A	4.21 RE	Iron	1.43 mg	2.89%	Calories from Sat Fat
Saturated Fat	0.58 g	Carbohydrate	21.76 g	Vitamin A	21.07 IU	Water <sup>1</sup>	60.51 g	*0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.54 g	Vitamin C	3.64 mg	Ash <sup>1</sup>	2.63 g	48.55%	Calories from Carbohydrates
								39.77%	Calories from Protein

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# John Stalker Institute

## 000036 - Vegetarian Baked Beans

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

### Recipe HACCP Process: #2 Same Day Service

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

901666 BEANS,BKD,CND,PLAIN/VEGETARIAN,HTD... 192 OZ 011284 ONIONS,DEHYDRATED FLAKES..... 2 CUP 019334 SUGARS,BROWN..... 3/4 CUP, packed 014429 WATER,MUNICIPAL..... 2 CUP 050541 TOMATO SAUCE, LOW-SODIUM, CANNED.... 1 CUP	1. Drain beans and pour into a hotel pan. In a separate bowl, combine the dehydrated onions, brown sugar, water, and tomato sauce. Pour this mixture over the beans and stir well.  2. Cover with lids or aluminum foil, and bake according to the following temperatures and times:  Convection oven: 325°F for approx. 1 hour Conventional oven: 350°F for approx. 1.5 hours  (May remove cover for last 20 mins. of baking time.)  CCP: Heat to 140° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.
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\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	128 kcal	Cholesterol	0.00 mg	Protein	5.73 g	Calcium	59.15 mg	4.71%	Calories from Total Fat
Total Fat	0.67 g	Sodium	400.47 mg	Vitamin A	36.96 RE	Iron	1.68 mg	1.25%	Calories from Sat Fat
Saturated Fat	0.18 g	Carbohydrate	28.18 g	Vitamin A	185.36 IU	Water <sup>1</sup>	*88.67* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.82 g	Vitamin C	5.53 mg	Ash <sup>1</sup>	*1.86* g	88.32%	Calories from Carbohydrates
								17.97%	Calories from Protein

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# John Stalker Institute

**000177 - Veggie Cruncher**

Source:  
 Number of Portions: 50  
 Size of Portion: .5 cup

**Recipe HACCP Process: #1 No Cook**

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

011960 CARROTS,BABY,RAW... 2 1/2 LB 011143 CELERY,RAW..... 3 1/2 LB 902419 Jicama..... 5 LB	1. Remove baby carrots from bags and rinse. Wash celery, and slice into sticks. Peel jicama with a sharp knife, and slice into pieces the size of french fries.  2. Arrange mixed vegetables into cups or on plates. Serve with a favorite dipping sauce or dressing.  CCP: Hold for cold service at 41° F or lower.	
		VARIATIONS:  *Other vegetables to consider may include cucumber, zucchini, broccoli, cauliflower, cherry tomatoes, or fresh fennel.

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

Calories	30 kcal	Cholesterol	0.00 mg	Protein	0.74 g	Calcium	23.74 mg	2.47%	Calories from Total Fat
Total Fat	0.08 g	Sodium	44.98 mg	Vitamin A	348.33 RE	Iron	0.54 mg	0.55%	Calories from Sat Fat
Saturated Fat	0.02 g	Carbohydrate	6.97 g	Vitamin A	3288.98 IU	Water <sup>1</sup>	*50.79* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	3.43 g	Vitamin C	*1.57* mg	Ash <sup>1</sup>	*0.38* g	91.69%	Calories from Carbohydrates
								9.76%	Calories from Protein

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# John Stalker Institute

**000079 - Whole Wheat Pasta**

Source:  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

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

**Recipe HACCP Process: #2 Same Day Service**

014429 WATER,MUNICIPAL... 24 QT 002047 SALT, TABLE..... 6 TBSP	1. In a large stockpot or steam kettle, bring water to a rolling boil, and add approximately 1 Tablespoon salt per 4 quarts of water.  NOTE: You should use at least 4 quarts of water per pound of pasta, as a general rule, or 24 quarts for the 6 lbs. in this recipe. It is important to use enough water, to prevent sticking and excessive starchiness in the pasta.
902428 Pasta, Whole Wheat.... 6 1/4 LB 050385 OIL, VEGETABLE..... 1/3 CUP	2. When salted water is at a rolling boil, add pasta, and stir gently until water returns to a rolling boil.  3. Cook until al dente according to package directions. To test for doneness, remove a noodle and cut it in half. If there is any white uncooked floury part of the noodle, continue cooking.  NOTE: Stirring gently at the beginning, and occasionally during the cooking process, will help to prevent noodles from sticking together.  4. While pasta is boiling, prepare a large colander over a sink (or large tub if using the steam kettle). AS SOON as the pasta is cooked, remove from water and drain. At this stage you can handle the pasta in one of two ways for hot service:  *Mix with desired sauce and serve immediately.  *Mix with a small amount of oil to prevent sticking, and hold hot for service.  CCP: Heat to 140° F or higher  CCP: Hold at 140° F or higher for service.
	*For a later re-heat, or use in cold salads, run cold water over noodles until fully cooled and hold in cooler. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

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

Calories	83 kcal	Cholesterol	0.00 mg	Protein	2.83 g	Calcium	22.28 mg	20.06%	Calories from Total Fat
Total Fat	1.86 g	Sodium	864.07 mg	Vitamin A	0.00 RE	Iron	0.59 mg	2.39%	Calories from Sat Fat
Saturated Fat	0.22 g	Carbohydrate	14.98 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*454.59* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.43 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*2.64* g	71.95%	Calories from Carbohydrates
								13.61%	Calories from Protein

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# John Stalker Institute

**000188 - Wrap, Southwest Chicken**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: 1 wrap

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

Alternate Menu Name: Southwest Chicken Wrap

901843 CHICK,DICED,CKD,FROZEN-COMMOD.... 8 LB	1. Thaw cooked diced chicken, then lay flat on a sheet pan. Cook in an oven at the following temperatures until cooked to an internal temperature of 165 degrees F:  Convection Oven: 350° F Conventional Oven: 325°F  CCP: Heat to 165° F or higher for at least 15 seconds
050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch)	2. Thaw out tortillas, if frozen. Warm slightly in a steamer or low oven.
011251 LETTUCE,COS OR ROMAINE,RAW..... 25 CUP, shredded 901590 TOMATOES,PLUM+ITALIAN,RAW..... 12 1/2 CUP, chopped or sliced 902453 Chipotle Ranch Dressing..... 8 (2 TBSP)	3. While chicken cooks, prepare shredded lettuce and diced tomatoes.  CCP: Hold for cold service at 41° F or lower.
	4. Toss lettuce and tomato with chipolte ranch dressing..  5. Lay out tortillas and place 2 ounces of the chicken on each tortilla, and top with 1/2 cup lettuce, tomato, and chipolte ranch dressing mix.  6. Wrap carefully, closing completely, and serve immediately. Batch cook if necessary for multiple service periods, as the combination of the warm tortilla and chicken with the cold lettuce and tomato is an essential part of this wrap.  CCP: Hold at 140° F or higher for service.

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

Calories	297 kcal	Cholesterol	65.75 mg	Protein	25.57 g	Calcium	123.14 mg	33.08%	Calories from Total Fat
Total Fat	10.92 g	Sodium	443.78 mg	Vitamin A	96.95 RE	Iron	2.23 mg	7.41%	Calories from Sat Fat
Saturated Fat	2.45 g	Carbohydrate	23.02 g	Vitamin A	2461.47 IU	Water <sup>1</sup>	*110.16* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.03 g	Vitamin C	6.85 mg	Ash <sup>1</sup>	*1.10* g	30.98%	Calories from Carbohydrates
								34.42%	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

**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.

# John Stalker Institute

**000176 - Yogurt Parfait**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: cup

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

001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ..... 50 CUP 050370 STRAWBERRIES, FROZEN, THAWED, SLICED OR DICED.... 25 CUP 050210 Granola..... 100 OZ	1. Add 8 oz of yogurt to a parfait cup, preferably clear plastic. Top with 1/2 cup of sliced strawberries.  2. Just before service add 2 oz. granola.
CCP: Hold for cold service at 41° F or lower.	

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

Calories	474 kcal	Cholesterol	14.70 mg	Protein	17.97 g	Calcium	488.40 mg	14.77%	Calories from Total Fat
Total Fat	7.78 g	Sodium	250.59 mg	Vitamin A	45.70 RE	Iron	2.54 mg	5.81%	Calories from Sat Fat
Saturated Fat	3.06 g	Carbohydrate	88.38 g	Vitamin A	157.48 IU	Water <sup>1</sup>	*208.42* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.47 g	Vitamin C	55.22 mg	Ash <sup>1</sup>	*2.67* g	74.58%	Calories from Carbohydrates
								15.16%	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*

# John Stalker Institute

**000306 - Yogurt Parfait - 0 grain**

**Recipe HACCP Process: #1 No Cook**

Source:  
 Number of Portions: 50  
 Size of Portion: cup

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

001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ..... 50 CUP 050370 STRAWBERRIES, FROZEN, THAWED, SLICED OR DICED.... 25 CUP	1. Add 8 oz of yogurt to a parfait cup, preferably clear plastic. Top with 1/2 cup of sliced strawberries.  CCP: Hold for cold service at 41° F or lower.
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\*Nutrients are based upon 1 Portion Size (cup)

Calories	276 kcal	Cholesterol	14.70 mg	Protein	13.54 g	Calcium	462.35 mg	12.91%	Calories from Total Fat	
Total Fat	3.96 g	Sodium	175.51 mg	Vitamin A	45.40 RE	Iron	0.95 mg	8.02%	Calories from Sat Fat	
Saturated Fat	2.46 g	Carbohydrate	50.30 g	Vitamin A	155.95 IU	Water <sup>1</sup>	*208.42* g	*0.00%*	Calories from Trans Fat	
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.41 g	Vitamin C	54.76 mg	Ash <sup>1</sup>	*2.67* g	72.80%	Calories from Carbohydrates	
									19.60%	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

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