

# MCVSD 51

## Recipe Sizing Report

000320 - SALAD BAR SIDE K-8 :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: SIDE SERVING	Meat/Alt: 0.25 oz Grains: 0.25 oz Fruit: Vegetable: 1.875 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
000801 BEANS GARBANZO ,CANNED.....	1/4 OZ (YIELD, DRAINED)	<p><b><u>Monday, Wednesday, and Friday:</u></b></p> <p><b>Dark Green</b> - Choose <b>ONE</b> at minimum: romaine lettuce, broccoli, spinach</p> <p><b>Red/Orange</b> - Choose <b>ONE</b> at minimum: tomatoes, carrots, red bell peppers</p> <p><b>Starchy</b> - Choose <b>ONE</b> at minimum peas, corn, corn salsa, sugar snap peas</p> <p><b>Meat/Meat Alternate</b> - Choose <b>ONE</b> at minimum Any beans or bean recipe, diced chicken, cottage cheese, vanilla yogurt, hard boiled eggs,</p> <p><b>Grain</b> - Choose <b>ONE</b> at minimum Tabouli salad, Southwest Quinoa salad, or wheatberry salad.</p> <p><b>Daily:</b> You can add anything else you like after you have met minimums listed above. Be creative and add several colors to your salad bar!</p>
902457 BEANS, BLACK, CANNED, LOW SALT.....	1/4 OZ (Drained, Yield Inc)	
902487 BEANS, PINTO, CANNED, Vegetarian, Low So.....	1/4 OZ (Drained, Yield, Inc)	
016145 BEANS,RED,KIDNEY,MATURE SEEDS,CND,DRND S...	1/4 OZ (YIELD)	
902398 CARROTS, BABY, medium.....	2/3 oz	
902473 TOMATOES, RED, RIPE, RAW, YEAR ROUND AVG.....	1 oz	
902654 CUCUMBER, DICED, WITH PEEL.....	1/2 oz	
902660 JICAMA.....	2/3 oz	
902499 PEPPERS, SWEET, GREEN, RAW.....	1/4 oz	
902501 PEPPERS, SWEET, RED, RAW.....	1/3 oz	
902489 LETTUCE, ROMAINE.....	1/2 oz	
902475 BROCCOLI, RAW.....	1/4 oz	
902520 CHICKEN, DICED, COOKED, FROZEN.....	1/8 oz	
902364 EGG, FRESH WHOLE, LARGE.....	1/2 oz	
001015 CHEESE,COTTAGE,LOWFAT,2% MILKFAT.....	1/8 oz	
000310R TABOULI SALAD.....	1/4 (1/2 CUP)	
000312R SOUTHWEST QUINOA SALAD.....	1/4 (1/2 CUP)	

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## Recipe Sizing Report

		<p><b>Tuesday, Thursday:</b>  <b>Legumes</b> - Choose <b>ONE</b> at minimum                  Garbanzo bean, pinto beans, red beans, black beans, soy beans, three bean salad, lentil salad</p> <p><b>Other</b> - Choose <b>ONE</b> at minimum                  green bell peppers, celery, cucumbers, cauliflower, iceberg lettuce, onions, radishes</p> <p><b>Meat/Meat Alternate</b> - Choose <b>ONE</b> at minimum:                  Any beans or bean recipe, diced chicken, cottage cheese, vanilla yogurt, hard boiled eggs, potato chicken salad</p> <p><b>Grain</b> - Choose <b>ONE</b> at minimum                  2 ounce dinner roll, tabouli salad, southwest quinoa salad, wheatberry salad.</p> <p><b>Daily:</b> You can add anything else you like after you have met minimums listed above. Be creative and add several colors to your salad bar!</p>
		<p>To meet minimum <b>Grain</b> requirement for reimbursable <b>meal</b> (1 ounce)</p> <ul style="list-style-type: none"> <li>• Tabouli salad = 2 cups (1/2 cup of cooked bulgur is 1 oz of grain)</li> <li>• Wheatberry salad = 1.25 cups (1/2 cup of cooked wheatberries is 1 oz grain)</li> <li>• Quinoa salad = 2 cups (1/2 cup of cooked quinoa is 1 oz grain)</li> <li>• Dinner roll = 1 each (2 ounce)</li> </ul> <p>To meet minimum <b>Meat/Meat Alternate</b> requirement for reimbursable <b>meal</b> (1 ounce)</p> <ul style="list-style-type: none"> <li>• Legumes = 1/4 cup</li> <li>• Hard boiled egg = 1/2 of a large egg</li> <li>• Cottage cheese = 1/4 cup (2 ounces in weight)</li> <li>• Yogurt = 1/2 cup</li> <li>• Diced chicken = 1 ounce weight</li> <li>• Potato chicken salad = 1 cup</li> </ul>

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

Calories	121 kcal	Cholesterol	56 mg	Protein	6.30 g	Calcium	*38.50* mg	30.32%	Calories from Total Fat
Total Fat	4.06 g	Sodium	143 mg	Vitamin A	*892.4* RE	Iron	*1.53* mg	6.46%	Calories from Saturated Fat
Saturated Fat	0.87 g	Carbohydrates	15.31 g	Vitamin A	*4888.6* IU	Water <sup>1</sup>	*22.88* g	*0.00*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.17 g	Vitamin C	*42.0* mg	Ash <sup>1</sup>	*0.15* g	50.77%	Calories from Carbohydrates
								20.89%	Calories from Protein
<p>*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</p>									

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# MCVSD 51

000335 - SALAD BAR MEAL K-8 :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: MEAL	Meat/Alt: 2 oz Grains: 2.25 oz Fruit: Vegetable: 2 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
000801 BEANS GARBANZO ,CANNED.....	1/2 OZ (YIELD, DRAINED)	<p><b><u>Monday, Wednesday, and Friday:</u></b></p> <p><b>Dark Green</b> - Choose <b>ONE</b> at minimum: romaine lettuce, broccoli, spinach</p> <p><b>Red/Orange</b> - Choose <b>ONE</b> at minimum: tomatoes, carrots, red bell peppers</p> <p><b>Starchy</b> - Choose <b>ONE</b> at minimum peas, corn, corn salsa, sugar snap peas</p> <p><b>Meat/Meat Alternate</b> - Choose <b>ONE</b> at minimum Any beans or bean recipe, diced chicken, cottage cheese, vanilla yogurt, hard boiled eggs,</p> <p><b>Grain</b> - Choose <b>ONE</b> at minimum Tabouli salad, Southwest Quinoa salad, or wheatberry salad.</p> <p><b>Daily:</b> You can add anything else you like after you have met minimums listed above. Be creative and add several colors to your salad bar!</p>
902457 BEANS, BLACK, CANNED, LOW SALT.....	1/2 OZ (Drained, Yield Inc)	
902487 BEANS, PINTO, CANNED, Vegetarian, Low So.....	1/2 OZ (Drained, Yield, Inc)	
016145 BEANS,RED,KIDNEY,MATURE SEEDS,CND,DRND S...	1/2 OZ (YIELD)	
902398 CARROTS, BABY, medium.....	1 oz	
902473 TOMATOES, RED, RIPE, RAW, YEAR ROUND AVG.....	1 oz	
902654 CUCUMBER, DICED, WITH PEEL.....	1 oz	
902660 JICAMA.....	1 oz	
902499 PEPPERS, SWEET, GREEN, RAW.....	1/2 oz	
902501 PEPPERS, SWEET, RED, RAW.....	1/2 oz	
902489 LETTUCE, ROMAINE.....	2 ozs	
902475 BROCCOLI, RAW.....	2 ozs	
902520 CHICKEN, DICED, COOKED, FROZEN.....	1/2 oz	
902364 EGG, FRESH WHOLE, LARGE.....	1/2 oz	
001015 CHEESE,COTTAGE,LOWFAT,2% MILKFAT.....	1 oz	
902635 YOGURT, VANILLA, NONFAT, 5 LB, UPSTATE F.....	2 ozs	
000310R TABOULI SALAD.....	1/2 (1/2 CUP)	
000312R SOUTHWEST QUINOA SALAD.....	1/2 (1/2 CUP)	
902513 ROLL, WHOLE GRAIN RICH, 2 OZ.....	1 ROLL	
000138R RANCH, BUTTERMILK.....	1 Tbsp	

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# MCVSD 51

## Recipe Sizing Report

		<p><b>Tuesday, Thursday:</b>  <b>Legumes</b> - Choose <b>ONE</b> at minimum  Garbanzo bean, pinto beans, red beans, black beans, soy beans, three bean salad, lentil salad</p> <p><b>Other</b> - Choose <b>ONE</b> at minimum  green bell peppers, celery, cucumbers, cauliflower, iceberg lettuce, onions, radishes</p> <p><b>Meat/Meat Alternate</b> - Choose <b>ONE</b> at minimum:  Any beans or bean recipe, diced chicken, cottage cheese, vanilla yogurt, hard boiled eggs, potato chicken salad</p> <p><b>Grain</b> - Choose <b>ONE</b> at minimum  2 ounce dinner roll, tabouli salad, southwest quinoa salad, wheatberry salad.</p> <p><b>Daily:</b> You can add anything else you like after you have met minimums listed above. Be creative and add several colors to your salad bar!</p>
		<p>To meet minimum <b>Grain</b> requirement for reimbursable <b>meal</b> (1 ounce)</p> <ul style="list-style-type: none"> <li>• Tabouli salad = 2 cups (1/2 cup of cooked bulgur = 1 oz grain)</li> <li>• Wheatberry salad = 1.25 cups (1/2 cup of cooked wheat berries = 1 oz grain)</li> <li>• Quinoa salad = 4 cups (1/2 cup of cooked quinoa = 1 oz grain)</li> <li>• Dinner roll = 1 each (2 ounce roll)</li> </ul> <p>To meet minimum <b>Meat/Meat Alternate</b> requirement for reimbursable <b>meal</b> (1 ounce)</p> <ul style="list-style-type: none"> <li>• Legumes = 1/4 cup</li> <li>• Hard boiled egg = 1/2 large egg</li> <li>• Cottage cheese = 1/4 cup (2 ounces in weight)</li> <li>• Yogurt = 1/2 cup</li> <li>• Diced chicken = 1 ounces weight</li> <li>• Potato chicken salad = 1 cup</li> </ul>

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

Calories	523 kcal	Cholesterol	75 mg	Protein	24.51 g	Calcium	*272.38* mg	28.84%	Calories from Total Fat
Total Fat	16.75 g	Sodium	569 mg	Vitamin A	*1997.2* RE	Iron	*3.68* mg	5.58%	Calories from Saturated Fat
Saturated Fat	3.24 g	Carbohydrates	70.53 g	Vitamin A	*10717.1* IU	Water <sup>1</sup>	*62.86* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	14.69 g	Vitamin C	*117.3* mg	Ash <sup>1</sup>	*0.59* g	53.99%	Calories from Carbohydrates
								18.76%	Calories from Protein

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

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# MCVSD 51

## Recipe Sizing Report

000333 - SALAD BAR SIDE 9-12 :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: SIDE SERVING	Meat/Alt: 0.25 oz Grains: 0.25 oz Fruit: Vegetable: 1.875 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
000801 BEANS GARBANZO ,CANNED.....	1/4 OZ (YIELD, DRAINED)	<p><b><u>Monday, Wednesday, and Friday:</u></b></p> <p><b>Dark Green</b> - Choose <b>ONE</b> at minimum: romaine lettuce, broccoli, spinach</p> <p><b>Red/Orange</b> - Choose <b>ONE</b> at minimum: tomatoes, carrots, red bell peppers</p> <p><b>Starchy</b> - Choose <b>ONE</b> at minimum peas, corn, corn salsa, sugar snap peas</p> <p><b>Meat/Meat Alternate</b> - Choose <b>ONE</b> at minimum Any beans or bean recipe, diced chicken, cottage cheese, vanilla yogurt, hard boiled eggs,</p> <p><b>Grain</b> - Choose <b>ONE</b> at minimum Tabouli salad, Southwest Quinoa salad, or wheatberry salad.</p> <p><b>Daily:</b> You can add anything else you like after you have met minimums listed above. Be creative and add several colors to your salad bar!</p>
902457 BEANS, BLACK, CANNED, LOW SALT.....	1/4 OZ (Drained, Yield Inc)	
902487 BEANS, PINTO, CANNED, Vegetarian, Low So.....	1/4 OZ (Drained, Yield, Inc)	
016145 BEANS,RED,KIDNEY,MATURE SEEDS,CND,DRND S...	1/4 OZ (YIELD)	
902398 CARROTS, BABY, medium.....	2/3 oz	
902473 TOMATOES, RED, RIPE, RAW, YEAR ROUND AVG.....	1 oz	
902654 CUCUMBER, DICED, WITH PEEL.....	1/2 oz	
902660 JICAMA.....	2/3 oz	
902499 PEPPERS, SWEET, GREEN, RAW.....	1/4 oz	
902501 PEPPERS, SWEET, RED, RAW.....	1/3 oz	
902489 LETTUCE, ROMAINE.....	1/2 oz	
902475 BROCCOLI, RAW.....	1/4 oz	
902520 CHICKEN, DICED, COOKED, FROZEN.....	1/8 oz	
902364 EGG, FRESH WHOLE, LARGE.....	1/2 oz	
001015 CHEESE,COTTAGE,LOWFAT,2% MILKFAT.....	1/8 oz	
000310R TABOULI SALAD.....	1/4 (1/2 CUP)	
000312R SOUTHWEST QUINOA SALAD.....	1/4 (1/2 CUP)	

# MCVSD 51

## Recipe Sizing Report

		<p><b>Tuesday, Thursday:</b>  <b>Legumes</b> - Choose <b>ONE</b> at minimum                  Garbanzo bean, pinto beans, red beans, black beans, soy beans, three bean salad, lentil salad</p> <p><b>Other</b> - Choose <b>ONE</b> at minimum                  green bell peppers, celery, cucumbers, cauliflower, iceberg lettuce, onions, radishes</p> <p><b>Meat/Meat Alternate</b> - Choose <b>ONE</b> at minimum:                  Any beans or bean recipe, diced chicken, cottage cheese, vanilla yogurt, hard boiled eggs, potato chicken salad</p> <p><b>Grain</b> - Choose <b>ONE</b> at minimum                  2 ounce dinner roll, tabouli salad, southwest quinoa salad, wheatberry salad.</p> <p><b>Daily:</b> You can add anything else you like after you have met minimums listed above. Be creative and add several colors to your salad bar!</p>
		<p>To meet minimum <b>Grain</b> requirement for reimbursable <b>meal</b> (2 ounces)</p> <ul style="list-style-type: none"> <li>• Tabouli salad = 4 cups (1 full cup of cooked bulgur = 2 oz grain)</li> <li>• Wheatberry salad = 2.5 cups (1 full cup of cooked wheat berries = 2 oz grain)</li> <li>• Quinoa salad = 4 cups (1 full cup of cooked quinoa = 2 oz grain)</li> <li>• Dinner roll = 1 each (2 ounce roll)</li> </ul> <p>To meet minimum <b>Meat/Meat Alternate</b> requirement for reimbursable <b>meal</b> (2 ounces)</p> <ul style="list-style-type: none"> <li>• Legumes = 1/2 cup</li> <li>• Hard boiled egg = 1 large egg</li> <li>• Cottage cheese = 1/2 cup (4 ounces in weight)</li> <li>• Yogurt = 1 cup</li> <li>• Diced chicken = 2 ounces weight</li> <li>• Potato chicken salad = 2 cup</li> </ul>

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

Calories	121 kcal	Cholesterol	56 mg	Protein	6.30 g	Calcium	*38.50* mg	30.32%	Calories from Total Fat
Total Fat	4.06 g	Sodium	143 mg	Vitamin A	*892.4* RE	Iron	*1.53* mg	6.46%	Calories from Saturated Fat
Saturated Fat	0.87 g	Carbohydrates	15.31 g	Vitamin A	*4888.6* IU	Water <sup>1</sup>	*22.88* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.17 g	Vitamin C	*42.0* mg	Ash <sup>1</sup>	*0.15* g	50.77%	Calories from Carbohydrates
								20.89%	Calories from Protein

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

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# MCVSD 51

## Recipe Sizing Report

000334 - SALAD BAR MEAL 9-12 :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: MEAL	Meat/Alt: 2 oz Grains: 2.25 oz Fruit: Vegetable: 2 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
000801 BEANS GARBANZO ,CANNED.....	1/2 OZ (YIELD, DRAINED)	<p><b><u>Monday, Wednesday, and Friday:</u></b></p> <p><b>Dark Green</b> - Choose <b>ONE</b> at minimum: romaine lettuce, broccoli, spinach</p> <p><b>Red/Orange</b> - Choose <b>ONE</b> at minimum: tomatoes, carrots, red bell peppers</p> <p><b>Starchy</b> - Choose <b>ONE</b> at minimum peas, corn, corn salsa, sugar snap peas</p> <p><b>Meat/Meat Alternate</b> - Choose <b>ONE</b> at minimum Any beans or bean recipe, diced chicken, cottage cheese, vanilla yogurt, hard boiled eggs,</p> <p><b>Grain</b> - Choose <b>ONE</b> at minimum Tabouli salad, Southwest Quinoa salad, or wheatberry salad.</p> <p><b>Daily:</b> You can add anything else you like after you have met minimums listed above. Be creative and add several colors to your salad bar!</p>
902457 BEANS, BLACK, CANNED, LOW SALT.....	1/2 OZ (Drained, Yield Inc)	
902487 BEANS, PINTO, CANNED, Vegetarian, Low So.....	1/2 OZ (Drained, Yield, Inc)	
016145 BEANS,RED,KIDNEY,MATURE SEEDS,CND,DRND S...	1/2 OZ (YIELD)	
902398 CARROTS, BABY, medium.....	1 oz	
902473 TOMATOES, RED, RIPE, RAW, YEAR ROUND AVG.....	1 oz	
902654 CUCUMBER, DICED, WITH PEEL.....	1 oz	
902660 JICAMA.....	1 oz	
902499 PEPPERS, SWEET, GREEN, RAW.....	1/2 oz	
902501 PEPPERS, SWEET, RED, RAW.....	1/2 oz	
902489 LETTUCE, ROMAINE.....	2 ozs	
902475 BROCCOLI, RAW.....	2 ozs	
902520 CHICKEN, DICED, COOKED, FROZEN.....	1/2 oz	
902364 EGG, FRESH WHOLE, LARGE.....	1/2 oz	
001015 CHEESE,COTTAGE,LOWFAT,2% MILKFAT.....	1 oz	
902635 YOGURT, VANILLA, NONFAT, 5 LB, UPSTATE F.....	2 ozs	
000310R TABOULI SALAD.....	1/2 (1/2 CUP)	
000312R SOUTHWEST QUINOA SALAD.....	1/2 (1/2 CUP)	
902513 ROLL, WHOLE GRAIN RICH, 2 OZ.....	1 ROLL	
000138R RANCH, BUTTERMILK.....	1 Tbsp	

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# MCVSD 51

## Recipe Sizing Report

		<p><b>Tuesday, Thursday:</b>  <b>Legumes</b> - Choose <b>ONE</b> at minimum                  Garbanzo bean, pinto beans, red beans, black beans, soy beans, three bean salad, lentil salad</p> <p><b>Other</b> - Choose <b>ONE</b> at minimum                  green bell peppers, celery, cucumbers, cauliflower, iceberg lettuce, onions, radishes</p> <p><b>Meat/Meat Alternate</b> - Choose <b>ONE</b> at minimum:                  Any beans or bean recipe, diced chicken, cottage cheese, vanilla yogurt, hard boiled eggs, potato chicken salad</p> <p><b>Grain</b> - Choose <b>ONE</b> at minimum                  2 ounce dinner roll, tabouli salad, southwest quinoa salad, wheatberry salad.</p> <p><b>Daily:</b> You can add anything else you like after you have met minimums listed above. Be creative and add several colors to your salad bar!</p>
		<p>To meet minimum <b>Grain</b> requirement for reimbursable <b>meal</b> (2 ounces)</p> <ul style="list-style-type: none"> <li>• Tabouli salad = 4 cups (1 full cup of cooked bulgur = 2 oz grain)</li> <li>• Wheatberry salad = 2.5 cups (1 full cup of cooked wheat berries = 2 oz grain)</li> <li>• Quinoa salad = 4 cups (1 full cup of cooked quinoa = 2 oz grain)</li> <li>• Dinner roll = 1 each (2 ounce roll)</li> </ul> <p>To meet minimum <b>Meat/Meat Alternate</b> requirement for reimbursable <b>meal</b> (2 ounces)</p> <ul style="list-style-type: none"> <li>• Legumes = 1/2 cup</li> <li>• Hard boiled egg = 1 large egg</li> <li>• Cottage cheese = 1/2 cup (4 ounces in weight)</li> <li>• Yogurt = 1 cup</li> <li>• Diced chicken = 2 ounces weight</li> <li>• Potato chicken salad = 2 cup</li> </ul>

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

Calories	523 kcal	Cholesterol	75 mg	Protein	24.51 g	Calcium	*272.38* mg	28.84%	Calories from Total Fat
Total Fat	16.75 g	Sodium	569 mg	Vitamin A	*1997.2* RE	Iron	*3.68* mg	5.58%	Calories from Saturated Fat
Saturated Fat	3.24 g	Carbohydrates	70.53 g	Vitamin A	*10717.1* IU	Water <sup>1</sup>	*62.86* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	14.69 g	Vitamin C	*117.3* mg	Ash <sup>1</sup>	*0.59* g	53.99%	Calories from Carbohydrates
								18.76%	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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# MCVSD 51

000006 - CORN SALSA :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902498 CORN, SWEET, YELLOW, FROZEN ,KERNELS CUT...	8 lbs + 6 ozs	Thaw corn
902499 PEPPERS, SWEET, GREEN, RAW.....	1 lb + 1 1/2 ozs	
902500 CUMIN.....	1 5/8 tsp	Stir all ingredients together and chill.
902434 OREGANO, dried.....	1 5/8 tsp	
902457 BEANS, BLACK, CANNED, LOW SALT.....	2 lbs + 11 1/3 OZS (Drained, Yield Inc)	Serve using #8 scoop for 1/2 cup portion
902473 TOMATOES, RED, RIPE, RAW, YEAR ROUND AVG....	1 lb + 5 1/4 ozs	
902412 ONION, SMALL, DICED.....	4 2/3 ozs	
902410 GREEN CHILE, diced, chopped.....	1 lb + 11 1/3 ozs	
902394 LEMON JUICE, canned or bottled.....	3/4 cup + 1 Tbsp	
902433 GARLIC POWDER.....	1 Tbsp + 2 tsp	
902435 SALT, table.....	1 5/8 tsp	
		Each portion contains 3/8 cup starchy vegetable (corn)

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

Calories	89 kcal	Cholesterol	0 mg	Protein	3.36 g	Calcium	11.88 mg	6.87%	Calories from Total Fat
Total Fat	0.68 g	Sodium	137 mg	Vitamin A	30.1 RE	Iron	0.75 mg	1.14%	Calories from Saturated Fat
Saturated Fat	0.11 g	Carbohydrates	20.05 g	Vitamin A	288.3 IU	Water <sup>1</sup>	*N/A* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.79 g	Vitamin C	20.3 mg	Ash <sup>1</sup>	*N/A* g	90.31%	Calories from Carbohydrates
								15.15%	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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# MCVSD 51

000313 - WHEAT BERRY SALAD : THE LUNCH BOX	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: 0.75 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902661 WHEAT BERRIES, RED HARD.....	2 lbs + 5 1/2 ozs	Cook wheatberries per package directions. They will soften and begin to bloom. Cool completely. Drain and chill beans. Small dice green pepper. Chop green onion and cilantro. Squeeze limes - 1 lime should yield 2 T juice. 4 T juice required for 2 qt salad.
902506 WATER, TAP, DRINKING.....	1 1/8 cups + 1/2 Tbsp	
902457 BEANS, BLACK, CANNED, LOW SALT.....	2 lbs + 1/4 OZ (Drained, Yield Inc)	
902619 PEPPERS, SWEET, GREEN, RAW, DICED.....	1 lb + 8 1/4 OZS (YIELD FROM WHOLE)	
902590 CILANTRO, BUNCH, FINELY CHOPPED (W/STEMS...)	4 3/4 ozs	
902500 CUMIN.....	2 Tbsp + 1 1/8 tsp	
009159 LIMES, RAW.....	6 1/4 fruit (2" dia)	
902392 OIL, CANOLA.....	3/4 cup + 1/2 Tbsp	
902435 SALT, table.....	3 Tbsp + 1 7/8 tsp	
902413 PEPPER, BLACK.....	1/2 Tbsp	
		Combine cooked wheatberries, black beans, onion, and cilantro. In a separate bowl whisk together lime juice, oil, cumin, salt and pepper. Pour dressing over salad and toss well. Keep salad cold until use on salad bar. Transfer salad to salad bar 1/4 pan and place on salad bar.

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

Calories	115 kcal	Cholesterol	0 mg	Protein	3.63 g	Calcium	19.40 mg	29.39%	Calories from Total Fat
Total Fat	3.77 g	Sodium	522 mg	Vitamin A	42.2 RE	Iron	1.16 mg	3.96%	Calories from Saturated Fat
Saturated Fat	0.51 g	Carbohydrates	18.21 g	Vitamin A	248.6 IU	Water <sup>1</sup>	*7.39* g	*0.00*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	3.81 g	Vitamin C	11.5 mg	Ash <sup>1</sup>	*0.03* g	63.10%	Calories from Carbohydrates
								12.58%	Calories from Protein

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# MCVSD 51

000312 - SOUTHWEST QUINOA SALAD : THE LUNCH BOX	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: 0.25 oz Fruit: Vegetable: 0.125 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902662 QUINOA..... 902457 BEANS, BLACK, CANNED, LOW SALT..... 902618 PEPPERS, SWEET, RED, RAW, DICED..... 902590 CILANTRO, BUNCH, FINELY CHOPPED (W/STEMS..... 902435 SALT, table..... 902498 CORN, SWEET, YELLOW, FROZEN ,KERNELS CUT... 902575 VINEGAR, RED WINE 50 GRAIN..... 902392 OIL, CANOLA..... 902500 CUMIN..... 902525 CHILI POWDER..... 902549 PEPPER, RED, FLAKES, CRUSHED.....	15 5/8 ozs 4 lbs + 5 5/8 OZS (Drained, Yield Inc) 1 lb + 2 3/4 OZS (YIELD FROM WHOLE) 6 1/4 ozs 1 Tbsp + 5/8 tsp 12 1/2 ozs 1 cup 1/3 cup + 2 Tbsp 1/2 Tbsp 1 Tbsp + 1 7/8 tsp 1/2 Tbsp	Cook quinoa - follow instructions on package Drain and rinse black beans Dice red peppers, cilantro, and mix with corn Once quinoa is cooled, mix all ingredients together.  Keep cold until use on salad bar.

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

Calories	80 kcal	Cholesterol	0 mg	Protein	2.87 g	Calcium	*13.42* mg	30.70%	Calories from Total Fat
Total Fat	2.72 g	Sodium	198 mg	Vitamin A	*71.4* RE	Iron	*1.00* mg	4.32%	Calories from Saturated Fat
Saturated Fat	0.38 g	Carbohydrates	11.23 g	Vitamin A	*627.0* IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	2.20 g	Vitamin C	*11.4* mg	Ash <sup>1</sup>	*N/A* g	56.33%	Calories from Carbohydrates
								14.42%	Calories from Protein

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# MCVSD 51

000317 - POTATO CHICKEN SALAD : THE LUNCH BOX	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: 0.5 oz Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902505 POTATOES, RED, FLESH AND SKIN, RAW.....	7 lbs + 10 ozs	Scrub potatoes - cut large dice/wedge Boil or steam potatoes until tender Prep celery (diced), onions (julienne), and pickles (drained, chopped) Mix all ingredients together, combine with ranch dressing. Serve cold on salad bar.
901062 ONIONS,RED,RAW.....	1 lb + 2 ozs	
902520 CHICKEN, DICED, COOKED, FROZEN.....	2 lbs	
902494 CELERY, RAW.....	1 lb + 15 OZS (YIELD)	
902527 PICKLES, DILL.....	13 ozs	
902540 RANCH DRESSING, PREPARED WITH REGULAR MA...	6 ozs	

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

Calories	101 kcal	Cholesterol	18 mg	Protein	7.10 g	Calcium	19.81 mg	25.57%	Calories from Total Fat
Total Fat	2.88 g	Sodium	126 mg	Vitamin A	5.7 RE	Iron	1.28 mg	5.46%	Calories from Saturated Fat
Saturated Fat	0.62 g	Carbohydrates	12.80 g	Vitamin A	85.7 IU	Water <sup>1</sup>	*9.09* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.71 g	Vitamin C	7.2 mg	Ash <sup>1</sup>	*0.04* g	50.53%	Calories from Carbohydrates
								28.04%	Calories from Protein

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# MCVSD 51

000235 - THREE BEAN SALAD : LIVEWELL	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 50 Size of Portion: 2/3 CUP Alternate Recipe Name: 3 BEAN SALAD	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902625 BEANS, CANNED, GREAT NORTHERN, DRY, LOW...	1 1/4 #10 CAN, YIELD, DRAINED	1. Drain all beans and rinse under running cold water to remove all starch.  2. Dice all bell peppers in the Robot Coupe. Do not use frozen bell peppers.  3. Combine all ingredients in a mixing bowl and mix well to distribute the flavors.  4. Allow to marinate for at least an hour before service.  5. Hold at 41 degrees or below.  Serve with a #6 scoop (2/3 cup)
902457 BEANS, BLACK, CANNED, LOW SALT.....	1 #10 CAN, YIELD, DRAINED	
902487 BEANS, PINTO, CANNED, Vegetarian, Low So.....	1 #10 CAN, YIELD, DRAINED	
902619 PEPPERS, SWEET, GREEN, RAW, DICED.....	15 5/8 OZS (YIELD FROM WHOLE)	
902618 PEPPERS, SWEET, RED, RAW, DICED.....	15 5/8 OZS (YIELD FROM WHOLE)	
902496 PARSLEY, DRIED.....	1 1/4 cups	
902485 TOMATOES, DICED, LOW-SODIUM, CANNED.....	2 1/2 cups	
902410 GREEN CHILE, diced, chopped.....	2 lbs + 1 3/4 ozs	
902393 SALSA, Low Sodium, Canned.....	1 1/4 cups	
902394 LEMON JUICE, canned or bottled.....	1/2 cup + 2 Tbsp	
902493 VINEGAR, CIDER.....	1/2 cup + 2 Tbsp	
902644 FRANKS RED HOT SAUCE.....	3 Tbsp + 2 1/4 tsp	
902433 GARLIC POWDER.....	1 Tbsp + 3/4 tsp	
902512 PAPRIKA.....	2 1/2 Tbsp	
902491 ONION POWDER.....	2 1/2 Tbsp	
902500 CUMIN.....	2 1/2 Tbsp	
902525 CHILI POWDER.....	1/4 cup + 1 Tbsp	
902435 SALT, table.....	1 Tbsp + 3/4 tsp	
902413 PEPPER, BLACK.....	1 Tbsp + 3/4 tsp	

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

Calories	121 kcal	Cholesterol	0 mg	Protein	*7.13* g	Calcium	*68.79* mg	5.99%	Calories from Total Fat
Total Fat	0.81 g	Sodium	436 mg	Vitamin A	106.9 RE	Iron	*2.66* mg	1.31%	Calories from Saturated Fat
Saturated Fat	0.18 g	Carbohydrates	21.92 g	Vitamin A	936.6 IU	Water <sup>1</sup>	*0.44* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	6.68 g	Vitamin C	*24.2* mg	Ash <sup>1</sup>	*N/A* g	72.29%	Calories from Carbohydrates
								*23.51%*	Calories from Protein

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# MCVSD 51

000310 - TABOULI SALAD : THE LUNCH BOX	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: 0.25 oz Fruit: Vegetable: 0.125 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
020012 BULGUR, DRY.....	1 lb + 4 1/2 ozs	Place bulgur in hotel pan and add water. Cover and steam for 10 minutes. Chill. Chop cucumbers Chop parsley Slice cherry tomatoes in half
902506 WATER, TAP, DRINKING.....	4 1/4 PINT	
902555 TOMATOES, CHERRY.....	1 lb + 9 ozs	
902654 CUCUMBER, DICED, WITH PEEL...	1 lb + 9 ozs	
902559 PARSLEY, FRESH.....	1 qt + 1/8 cup	
902413 PEPPER, BLACK.....	1 tsp	
902392 OIL, CANOLA.....	1 1/4 cups + 1/2 Tbsp	
902394 LEMON JUICE, canned or bottled.....	8 1/3 ozs	
		Toss cold, cooked bulgur with vegetables and remaining ingredients. Transfer to hotel pans. Keep cold until use on salad bar. One recipe batch of 12 servings (1/2 cup) yields 1.5 quarts, or approximately 2/3 of a salad bar 1/4 pan.

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

Calories	96 kcal	Cholesterol	0 mg	Protein	1.81 g	Calcium	16.67 mg	55.73%	Calories from Total Fat
Total Fat	5.92 g	Sodium	8 mg	Vitamin A	27.8 RE	Iron	0.68 mg	8.05%	Calories from Saturated Fat
Saturated Fat	0.86 g	Carbohydrates	10.47 g	Vitamin A	556.1 IU	Water <sup>1</sup>	*14.54* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.55 g	Vitamin C	10.1 mg	Ash <sup>1</sup>	*0.17* g	43.78%	Calories from Carbohydrates
								7.56%	Calories from Protein

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