

Recipe Prep Sheet



990145 - PINEAPPLE FRIED RICE

Recipe HACCP Process:
 Source:
 Number of Portions: 50
 Portion Size: 1 1/4 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
990727	OIL,VEG,TYPE A-COMMOD	1 1/2 CUP	1. IN TILT SKILLET, MINCE GARLIC AND SAUTE IN OIL OVER MEDIUM-HIGH HEAT. 2. ADD EGG AND STIR-FRY FOR 5 MINUTES. 3. ADD SOY SAUCE, ONIONS AND CELERY, AND CONTINUE STIR-FRYING FOR 5 MINUTES. 4. ADD CORN, PEAS, AND PINEAPPLES. STIR FOR 2 MINS. 5. ADD COOKED RICE AND WATER. STIR-FRY FOR 5 MINUTES OVER MEDIUM-HIGH HEAT UNTIL RICE IS 135 F.
011215	GARLIC,RAW	16 cloves	
990728	SAUCE,SOY SAUCE	1/2 cup	
011282	ONIONS,RAW	12 CUP, chopped	
011143	CELERY,RAW	8 CUP,chopped	
020037	RICE,BROWN,LONG-GRAIN,CKD	34 CUP	
014429	WATER,MUNICIPAL	1 CUP	
011817	PEAS&CARROTS,FRZ,CKD,BLD,DRND,W/SALT	1 1/4 LB	
799964	CRUSHED PINEAPPLE IN PINEAPPLE JUICE	5 CUP	
990438	Eggs, Frozen Bulk Bag	50 oz	

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

Calories ¹	310.886 kcal	Total Fat	10.828 g	Total Dietary Fiber	3.681 g	Vitamin C	*6.959* mg	31.346% Calories from Total Fat
Saturated Fat ¹	2.197 g	Trans Fat ²	*0.000* g	Protein	8.726 g	Iron	4.914 mg	6.360% Calories from Sat Fat
Sodium ¹	262.276 mg	Cholesterol	107.098 mg	Vitamin A	*1152.281* IU	Water	*163.237* g	*0.000%* Calories from Trans Fat
Sugars	*2.678* g	Carbohydrate	44.312 g	Calcium	25.654 mg	Ash	*N/A* g	57.014% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.091			11.227% Calories from Protein
Type of Fat	-							

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

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Recipe Prep Sheet

Brooks County Schools

Components									
Meat/Meat ALT	oz eq	Grain	2 oz eq	Fruit	.25 cup	Vegetable	cup	Milk	cup

Allergens									
Egg	Soy	Wheat	Gluten						

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Recipe Prep Sheet



990140 - Tomato Soup

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 25

Portion Size: 1/2 Cup

Ingredient #	Ingredient Name	Measurements	Instructions
990709	Marinara Sauce Redpack	1 #10 can	Open can of marinara. Place in steam kettle. While the marinara is getting warm, thinly slice the fresh basil leaves. Once it reaches 165 F, add the heavy cream and basil. Serve 1/2 cup portions.
990562	Cream, Heavy Whipping Pasteurized	8 oz	
002044	BASIL,FRESH	1 .25 CUP, leaves, whole	

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

Calories ¹	71.868 kcal	Total Fat	2.997 g	Total Dietary Fiber	1.864 g	Vitamin C	*0.043* mg	37.530% Calories from Total Fat
Saturated Fat ¹	1.120 g	Trans Fat ²	0.000 g	Protein	1.868 g	Iron	0.938 mg	14.027% Calories from Sat Fat
Sodium ¹	364.395 mg	Cholesterol	6.400 mg	Vitamin A	*13.940* IU	Water	*0.221* g	0.000% Calories from Trans Fat
Sugars	6.512 g	Carbohydrate	9.629 g	Calcium	19.959 mg	Ash	*N/A* g	53.590% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$2.882			10.397% Calories from Protein
Type of Fat	-							

Components

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

Milk								
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Sizing Prep Report



990123 - Grilled Pimento Cheese Sandwich

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Portion Size: 1 sandwich

Ingredient #	Ingredient Name	Measurements	Instructions
			Combine shredded cheese, mayo, pimentos, and seasonings in a mixing bowl. (Better to prepare the day before) CCP: Hold for cold service at 41° F or lower.
990669	Cheese, Cheddar Shredded Processed	12 LB + 8 oz	Preheat oven to 375 F Build the grilled cheese sandwiches by lightly spraying garlic spray on each slice of bread. Spread 2 oz of pimento cheese per sandwich. Top with another piece of bread. Garlic Spray. Bake until cheese has melted and the top of the sandwich is brown. CCP: Hold at 135° F or higher.
990460	Mayonnaise, Lo Cal	1 qt + 2 1/4 cup	
990424	Pepper, Cayenne Ground Red	1 cup + 1/2 tbsp	
990624	PIMENTO DC	6 LB + 4 oz	
121597	SRIRACHA SAUCE	1 LB + 9 oz	
990441	Garlic and Herb Seasoning	50 (1 tsp)	
990721	Bread, Loaf Whole Grain White Wheat	200 slice	
990595	Garlic Spray Mist	3 LB + 2 oz	

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Sizing Prep Report

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

Calories ¹	428.203 kcal	Total Fat	25.306 g	Total Dietary Fiber	*2.354* g	Vitamin C	*0.750* mg	53.188% Calories from Total Fat
Saturated Fat ¹	*0.995* g	Trans Fat ²	*0.000* g	Protein	*8.000* g	Iron	*20.000* mg	*2.091%* Calories from Sat Fat
Sodium ¹	*1014.242* mg	Cholesterol	*55.349* mg	Vitamin A	*46.349* IU	Water	*N/A* g	*0.000%* Calories from Trans Fat
Sugars	*2.250* g	Carbohydrate	*30.126* g	Calcium	*45.499* mg	Ash	*N/A* g	*28.142%* Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$8.165			*7.473%* Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup
				Vegetable	cup
				Milk	cup

Allergens							
Milk	Egg	Soy	Wheat				

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Pasta Salad with Vegetables, USDA

Servings: 50 servings

Calories: 140 kcal

Fresh veggies and pasta combine with tangy dressing for a colorful, flavorful salad. A great way to enjoy a taste of summer!

Ingredients

- 1 gallon 1 quart 2 cups Water
- 3 pounds 2 ounces Rotini pasta, wheat
- 8 ounces *Bell peppers, green, fresh, diced
- 8 ounces *Onions, green, fresh, chopped
- 4 pounds *Tomatoes, cherry, fresh, halved
- 2 pounds 8 ounces *Cucumbers, fresh, peeled, diced
- 1 pound 6 ounces *Broccoli, florets, fresh
- 3 cups Italian dressing, lite

Instructions

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.
3. Combine pasta, bell peppers, onions, tomatoes, cucumbers, and broccoli in a large bowl. Stir well. Set aside for step 5.
4. Pour 3 cups of Italian dressing over 1 gallon 3 quarts (about 8 pounds 10 ounces) vegetable and pasta mixture. Stir well.
5. Transfer 1 gallon 2 quarts (about 10 pounds 6 ounces) pasta salad to a steam table pan (12" x 20" x 2-1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

6. Portion with a 8 fluid ounce spoodle (1 cup).

Recipe Notes

Critical Control Point: Cool to 40 °F or lower within 4 hours.

CCP: Hold at 40° F or below.

Note: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day

Crediting: 1 cup (8 fl oz spoodle) is the equivalent of 6.2 oz of salad. One portion provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/4 cup additional vegetable, and 1 oz eq grains.

*Please note that this recipe contains differing crediting and serving size amounts. This is due to the expansion of the pasta once it has been cooked.

Yield 50 servings

Nutrition Facts per Serving (1cup)

Calories: 140 kcal | Fat: 5 g | Sodium: 196 mg | Potassium: 201 mg | Carbohydrates: 22 g | Fiber: 2 g | Sugar: 11 g | Protein: 4 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.