

# Recipe Prep Sheet

Adams 12 Five Star Schools

## 638 - SALAD ENTREE, FRESH MEX BOWL

Recipe HACCP Process: #1 No Cook

Source: ENTREE

Number of Portions: 1

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
000331	LETTUCE,ROMAINE/Mix,Fresh,Cleaned	1 CUP	<p><b>CCP: WASH HANDS FOR 20 SECONDS BEFORE STARTING</b>  <b>CCP: CLEAN GLOVES MUST BE WORN BY ALL EMPLOYEES WHEN HANDLING ANY FOOD PRODUCT.</b></p> <p><b>Day Before Service:</b></p> <ol style="list-style-type: none"> <li>1. Remove necessary amount of corn from freezer.</li> <li>2. Place into small steam table pan,cover. Place in cooler to thaw overnight.</li> </ol> <p><b>Day of Service:</b></p> <ol style="list-style-type: none"> <li>1. Wash romaine and dry completely to prevent salad from becoming soggy.</li> <li>2. Chop romaine.</li> <li>3. Clean top of Fiesta Beans can. Open. Do not drain beans.</li> <li>4. In a 5oz plastic tray,add 4.6oz by weight of fiesta beans. Set aside.</li> <li>5. Lay out 5# boats.</li> </ol> <p><b>Assembly:</b></p> <ol style="list-style-type: none"> <li>1. In the boats place:</li> <li>2. 1 Cup Romaine</li> <li>3. Fiesta Beans</li> <li>4. 1 oz Cheese</li> <li>5. 1/4 Cup Corn</li> <li>6. 10 Tortilla Chips</li> </ol> <p><b>Service Notes</b>  <b>Serve:</b> 1 Salad per Student  <b>Service Option:</b> 5# Boat  <b>Contribution:</b> 1 Salad = 2 M/P,1 B/G,1/2 Cup Green Veg,1/4 Cup Starchy Veg                      Serve with Cinnamon Breadstick for 2 B/G.</p> <p><b>CCP: REFRIGERATE UNTIL SERVED.</b>  <b>CCP: HOLD FOR COLD SERVICE AT 41°F OR LOWER.</b>  <b>CCP: THOROUGHLY WASH ALL FRESH PRODUCE WITH WATER TO REMOVE SURFACE PESTICIDE RESIDUES AND OTHER IMPURITIES,SUCH AS SOIL PARTICLES. USE A BRUSH ON THICK SKINNED PRODUCE IF DESIRED</b></p>
902726	CORN, GOLDEN FROZEN	1/4 (1 CUP)	
000269	CHEESE, BLEND CHED & MONTEREY SHRED	1 oz	
990055	CHIPS, TORTILLA , CORN PLAIN WHITE	1 (10 CHIPS)	
902945	BEANS, TACO FIESTA BEANS	1 (4.6 OZ)	

\*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 required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® 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.

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

Calories <sup>1</sup>	413.900 kcal	Total Fat	17.312 g	Total Dietary Fiber	7.796 g	Vitamin C	3.984 mg	37.643% Calories from Total Fat
Saturated Fat <sup>1</sup>	9.129 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	17.672 g	Iron	2.444 mg	19.851% Calories from Sat Fat
Sodium <sup>1</sup>	673.099 mg	Cholesterol	25.312 mg	Vitamin A	387.292 IU	Water	*0.000* g	*0.000%* Calories from Trans Fat
Sugars	*1.000* g	Carbohydrate	49.401 g	Calcium	273.386 mg	Ash	*N/A* g	47.742% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.265			17.079% Calories from Protein
Type of Fat	-							

## Components

Meat/Meat ALT	2 oz eq	Grain	1 oz eq	Fruit	cup	Vegetable	.75 cup	Milk	cup
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