

Provo School District

Recipe: 001491 Salad, Angelica's Fiesta

Recipe Source: PSD
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Angelica's Fiesta Salad

Number of Portions: 1
 Size of Portion: EACH

903264 CHICKEN, GRILLED BREAST 2 OZ. TYSON.....	1 EACH	1. Place chicken breasts on bun pan. 2. Cook in oven until internal temperature reaches 165°F. 3. Put cooked chicken in walk in to cool, when cooled slice chicken into strips. 4. Chicken then needs to be brought back up to temperature and held hot for serving. CCP: ~CCP Cook to an Internal Temperature of 165°F for 15 seconds CCP: ~CCP Hot holding product temperature at or above 135°F
900149 BROWN RICE LONG GRAIN PARBOILED/RICELAND... 990236 BEANS, BLACK, CND, DRND.....	1/2 CUP 1 (1/2 cup)	5. Rice and beans are to be kept hot after cooking. CCP: ~CCP Hot holding product temperature at or above 135°F
011251 LETTUCE, ROMAINE, RAW..... 011206 CUCUMBER, PEELED, RAW..... 903110 TORTILLA, 8" 100% WHOLE WHEAT (SFE)..... R000975 CHEESE BLEND/MOZZ & CHEDDAR.....	1 CUP chopped 1/2" pieces 1 (1/8 CUP, chopped) 1 EACH 1 (1/2 OZ.)	6. Mix lettuce and cucumbers together. Assemble salad this way; 1. Place tortilla shell on bottom, then lettuce cucumber mix, then rice and beans, then chicken strips (2 oz.) 2. Garnish with cheese and tortilla strips. CHICKEN, RICE, & BLACK BEANS ARE TO SERVED HOT!!! CCP: ~CI Clean produce thoroughly (scrub if needed) under running water before preparation CCP: ~CI Raw produce separation hazard- avoid cross-contamination: separate, clean and sanitize, wash hands

*Nutrients are based upon 1 Portion Size (EACH)

Calories	*357*	kcal	Cholesterol	*40.00*	mg	Protein	*25.30*	g	Calcium	*101.19*	mg	*20.05%*	Calories from Total Fat
Total Fat	*7.95*	g	Sodium	*386.90*	mg	Vitamin A	*150.09*	RE	Iron	*7.07*	mg	*2.58%*	Calories from Saturated Fat
Saturated Fat	*1.02*	g	Carbohydrates	*49.24*	g	Vitamin A	*4980.44*	IU	Water ¹	*107.06*	g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00*	g	Dietary Fiber	*9.82*	g	Vitamin C	*5.82*	mg	Ash ¹	*1.03*	g	*55.22%*	Calories from Carbohydrates
												28.37%	Calories from Protein

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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 optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 0.5 oz				? - Milk
Grain..... 2 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.5 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903264	CHICKEN, GRILLED BREAST 2 OZ. TYSON			
I	900149	BROWN RICE LONG GRAIN PARBOILED/RICE			
I	990236	BEANS, BLACK, CND, DRND			
I	011251	LETTUCE, ROMAINE, RAW			
I	011206	CUCUMBER, PEELED, RAW			
I	903110	TORTILLA, 8" 100% WHOLE WHEAT (SFE)			
R	000975	CHEESE BLEND/MOZZ & CHEDDAR			

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Provo School District

Recipe: 001463 TURKEY, ROASTED LOW SODIUM

Recipe Source: PSD
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Herb Roasted Turkey

Number of Portions: 25
 Size of Portion: 2 OZ.

903288 Turkey (Whole, Norbest..... 902316 OLIVE OIL..... 002020 GARLIC POWDER..... 903108 BASIL, DRIED..... 002038 SAGE, GROUND..... 002030 PEPPER, BLACK..... 900123 <*CCP* Cook to 165°F for 15 seconds...	25 (2 oz (serving)) 1/2 CUP 4 TBSP 2 TBSP 4 TSP 1 TSP 0 haccp	<ol style="list-style-type: none"> 1. Thaw whole turkey in walk in. 2. Rinse thawed turkey in cold water. 3. Sprinkle flour in roasting bag. 4. Mix olive oil, garlic powder, basil, sage, and black pepper in a bowl. 5. Brush spice mixture on turkey breasts. 6. Place turkey in bag, breast side down. 7. Brush spice mix on back of turkey making sure to get in creases. 8. Refrigerate 2 hours or overnight. 9. Roast in oven at 325°F for 3-4 hours. Turn turkey breast side up, brush with remaining spice mix. 10. Cook additional 30 minutes or until internal temperature is 165°F. 11. Pull turkey out of oven and while wearing gloves pull turkey off bones so it is a shredded product. <p>IF TURKEY HAS COOLED DOWN YOU WILL NEED TO REHEAT TO 165°F, preferably in the steamer so it won't be dried out!!!</p> <p style="color: red;">CCP: ~CCP Cook to an Internal Temperature of 165°F for 15 seconds</p> <p style="color: red;">CCP: ~CCP Hot holding product temperature at or above 135°F</p> <p style="color: blue;">CCP: ~CI Raw meat or egg separation hazard- avoid cross-contamination: separate, clean and sanitize, wash hands</p>
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*Nutrients are based upon 1 Portion Size (2 OZ.)

Calories	129 kcal	Cholesterol	37.50 mg	Protein	10.78 g	Calcium	5.77 mg	62.69%	Calories from Total Fat
Total Fat	9.01 g	Sodium	160.96 mg	Vitamin A	3.05 RE	Iron	0.89 mg	13.24%	Calories from Saturated Fat
Saturated Fat	1.90 g	Carbohydrates	1.25 g	Vitamin A	18.76 IU	Water ¹	*0.12* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	0.20 g	Vitamin C	0.20 mg	Ash ¹	*0.07* g	3.86%	Calories from Carbohydrates
								33.33%	Calories from Protein

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	2.000 oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903288	Turkey (Whole, Norbest			
I	902316	OLIVE OIL			
I	002020	GARLIC POWDER			
I	903108	BASIL, DRIED			
I	002038	SAGE, GROUND			
I	002030	PEPPER, BLACK			
I	900123	<^CCP*> Cook to 165°F for 15 seconds			

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Provo School District

Recipe: 001608 POT ROAST VEGETABLES

Recipe Source: PSD
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Pot Roast Vegetables

Number of Portions: 1
 Size of Portion: CUP

903262 POTATO, RED..... 903263 PARSNIPS..... 011282 ONIONS,RAW..... 011124 CARROTS,RAW..... 011143 CELERY,RAW..... 011297 PARSLEY,RAW..... 902311 SEASONING, ALL-PURPOSE HERB, NO SALT OR MSG....	1/2 POTATO (cubed, skin on) 1/8 CUP (sliced) 1/8 slice, large(1/4" thick) 1/4 CUP, strips/slices 1/8 CUP, sticks 1 TSP, chopped 1/2 TSP	1. Put all vegetables in steamer pan and cook covered until tender. 2. When vegetables are done pour juices from roast over vegetables, season with no salt herb seasoning, and place in oven for 5-10 minutes to soak into vegetables. 3. Remove from oven and sprinkle fresh parsley over top for color. Place in holding oven until ready to serve. 4. Vegetable serving is 3/4 cup.
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*Nutrients are based upon 1 Portion Size (CUP)

Calories	159 kcal	Cholesterol	0.00 mg	Protein	4.25 g	Calcium	46.56 mg	3.50%	Calories from Total Fat
Total Fat	0.62 g	Sodium	49.41 mg	Vitamin A	871.88 RE	Iron	1.66 mg	0.13%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	36.50 g	Vitamin A	5341.12 IU	Water ¹	*49.98* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.15 g	Vitamin C	23.14 mg	Ash ¹	*0.48* g	91.63%	Calories from Carbohydrates
								10.67%	Calories from Protein

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<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 1.000 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903262	POTATO, RED			
I	903263	PARSNIPS			
I	011282	ONIONS,RAW			
I	011124	CARROTS,RAW			
I	011143	CELERY,RAW			
I	011297	PARSLEY,RAW			
I	902311	SEASONING, ALL-PURPOSE HERB, NO SALT			

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Provo School District

Recipe: 001437 ASPARAGUS

Recipe Source:
Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 1/2 CUP

902310 ASPARAGUS..... 902316 OLIVE OIL..... 902311 SEASONING, ALL-PURPOSE HERB, NO SALT OR MSG....	21 LB 1/2 CUP 2 TBSP	1. Layout asparagus on a bun pan. 2. Brush with olive oil and sprinkle on seasoning. 3. Bake at 350°F for 8 minutes exactly. 4. place on line for serving. * BATCH COOK ONLY!!! * CCP: ~CI Clean produce thoroughly (scrub if needed) under running water before preparation CCP: ~CCP Hot holding product temperature at or above 135°F
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*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	29 kcal	Cholesterol	0.00 mg	Protein	2.13 g	Calcium	21.33 mg	35.01%	Calories from Total Fat
Total Fat	1.12 g	Sodium	2.13 mg	Vitamin A	142.17 RE	Iron	2.05 mg	5.00%	Calories from Saturated Fat
Saturated Fat	0.16 g	Carbohydrates	3.55 g	Vitamin A	710.85 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	2.13 g	Vitamin C	5.54 mg	Ash ¹	*N/A* g	49.37%	Calories from Carbohydrates
								29.63%	Calories from Protein

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<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.500 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change..... 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

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Recipe

Aug 16, 2013

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902310	ASPARAGUS			
I	902316	OLIVE OIL			
I	902311	SEASONING, ALL-PURPOSE HERB, NO SALT			

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Provo School District

Recipe: 001458 CHICKEN, ROSEMARY

Recipe Source: PSD
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Regis' Rosemary Chicken

Number of Portions: 1
 Size of Portion: EACH

903264 CHICKEN, GRILLED BREAST 2 OZ. TYSON... 902335 ROSEMARY, FRESH..... 002030 PEPPER, BLACK..... 902316 OLIVE OIL.....	1 EACH 4 TSP 1/8 TSP 1/8 OZ	1. Place thawed chicken breast on bun pan. 2. Drizzle olive oil and sprinkle on the rosemary and pepper. 3. Cook in convection oven at 350°F until internal temperature is 165°F for 15 seconds. CCP: ~CCP Cook to an Internal Temperature of 165°F for 15 seconds CCP: ~CCP Hot holding product temperature at or above 135°F
011260 MUSHROOMS, RAW..... 902316 OLIVE OIL.....	2 OZ, sliced 1/8 OZ	1. Saute sliced mushrooms with the remaining olive oil in oven or tilt skillet until tender. 2. Place mushrooms on top of chicken.
902334 SAUCE, BEURRE BLANC SAUCE..... 011297 PARSLEY, RAW.....	1 OZ 1/8 TSP, chopped	1. Thaw sauce in walk in. 2. Heat Beurre Blanc sauce in boiling water by placing pouch in the boiling water. 3. Heat sauce to 165°F, approximately 10-15 minutes. 4. Ladel 1 oz. of sauce on top of mushrooms that are on top of chicken. 5. Garnish with chopped fresh parsley and serve. CCP: ~CCP Cook to an Internal Temperature of 165°F for 15 seconds CCP: ~CCP Hot holding product temperature at or above 135°F

*Nutrients are based upon 1 Portion Size (EACH)

Calories	273	kcal	Cholesterol	60.00	mg	Protein	18.28	g	Calcium	66.43	mg	63.34%	Calories from Total Fat
Total Fat	19.20	g	Sodium	162.64	mg	Vitamin A	102.53	RE	Iron	2.24	mg	21.54%	Calories from Saturated Fat
Saturated Fat	6.53	g	Carbohydrates	8.20	g	Vitamin A	522.95	IU	Water ¹	*52.59*	g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00*	g	Dietary Fiber	1.97	g	Vitamin C	5.00	mg	Ash ¹	*0.50*	g	12.01%	Calories from Carbohydrates
												26.80%	Calories from Protein

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Meat/Alt.....	2.000 oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	0.250 cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903264	CHICKEN, GRILLED BREAST 2 OZ. TYSON			
I	902335	ROSEMARY, FRESH			
I	002030	PEPPER, BLACK			
I	902316	OLIVE OIL			
I	011260	MUSHROOMS, RAW			
I	902316	OLIVE OIL			
I	902334	SAUCE, BEURRE BLANC SAUCE			
I	011297	PARSLEY, RAW			

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Provo School District

Recipe: 001442 DRESSING, CREAMY TOMATILLO

Recipe Source: PSD
 Recipe Group: MISCELLANEOUS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 4 OZ

001088 MILK,BTTRMLK,FLUID,CULTURED,LOWFAT..... 900163 LITE MAYONNAISE/CHEFS PRIDE/VENTURA FOODS... 000164 RANCH DRESSING MIX, HIDDEN VALLEY..... 902314 TOMATILLOS RAW..... 990388 JALAPENO PEPPERS,WHOLE..... 112404 GREEN CHILES,DICED..... 902307 CILANTRO..... 902315 JUICE, LIME..... 902309 GARLIC, CHOPPED IN WATER.....	1/2 GAL 1/2 GAL 2 CUP 8 MEDIUM 1 LB 2 LB 1 QT 1 TBSP 1 TSP	1. Combine in mixer, buttermilk, mayo, and ranch dressing, mix until blended. 2. In a blender or food processor chop up the tomatillos and jalapeno peppers. *NOTE* Remove seeds from jalapeno peppers as that will make it hotter and spicier!!! 3. Add remaining ingredients and mix until blended. 4. Put dressing back in refrigerator until ready to serve.
<p style="color: blue;">CCP: ~CI Inspect cans for swells, seam damage or leaks.</p> <p style="color: blue;">CCP: ~CI Clean produce thoroughly (scrub if needed) under running water before preparation</p> <p style="color: blue;">CCP: ~CI Return refrigerated ingredients prepared ahead of time to cooler immediately</p> <p style="color: blue;">CCP: Refrigerate until served.</p> <p style="color: red;">CCP: ~CCP Cold holding product temperature at or below 41°F</p>		

*Nutrients are based upon 1 Portion Size (4 OZ)

Calories	65 kcal	Cholesterol	6.83 mg	Protein	0.65 g	Calcium	25.14 mg	77.31%	Calories from Total Fat
Total Fat	5.62 g	Sodium	291.21 mg	Vitamin A	24.04 RE	Iron	0.02 mg	9.80%	Calories from Saturated Fat
Saturated Fat	0.71 g	Carbohydrates	3.52 g	Vitamin A	121.62 IU	Water ¹	*28.53* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	0.20 g	Vitamin C	4.12 mg	Ash ¹	*0.53* g	21.52%	Calories from Carbohydrates
								3.97%	Calories from Protein

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Miscellaneous			Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz					? - Milk
Grain.....	oz					? - Egg
Fruit.....	cup					? - Peanut
Vegetable.....	cup					? - Tree Nut
Milk.....	cup					? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001088	MILK,BTTRMLK,FLUID,CULTURED,LOWFAT			
I	900163	LITE MAYONNAISE/CHEFS PRIDE/VENTURA F			
I	000164	RANCH DRESSING MIX, HIDDEN VALLEY			
I	902314	TOMATILLOS RAW			
I	990388	JALAPENO PEPPERS,WHOLE			
I	112404	GREEN CHILES,DICED			
I	902307	CILANTRO			
I	902315	JUICE, LIME			
I	902309	GARLIC, CHOPPED IN WATER			

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