

Pretzel Protein Kit

Recipe:	R-3798	HACCP Process:	No Cook	
# of Servings:	96.00	Serving Size:	1 Protein Kit	Source: Trenton Special School District, TN
Grams Per Serving:	222.70	Ounces per Serving	7.86	Meal Components: 3 oz. eq. meat/meat alternatives, 2 oz. eq. wgr and ½ cup fruit.

Ingredients	Measurements	Directions
Egg, Hard Cooked, Peeled, Refrigerated	192 MEDIUM	1. Ingredients:
Fresh Strawberries	3 GALLON HALVES	
Mini Pretzel, WGR	12 LB	
		<p>2. 1 Day Prior to Day of Service: Directions: Prepare the workstation by cleaning and sanitizing all areas. Pull fresh whole strawberries from cooler and place at produce washing station. Rinse thoroughly but softly to not bruise the fruit. Place fruit in full pans with perforated pans inside and allow the fruit to drain.</p> <p>CCP: Prepare foods at room temperature in two hours or less.</p>
		<p>3. Prep: Wash hands thoroughly and put on gloves. Cut tops of strawberries off and then slice in halves or quarters, depending on the size. Place cut fruit in food storage container, cover and date it and place in cooler on higher shelf.</p> <p>CCP: Never handle ready to eat foods with bare hands CCP: Hold below 41°F</p>
		<p>4. Day of Service: Clean and sanitize work station. Pull black 3 compartment entree containers and lids and place at workstation. Pull pretzels from freezer and place at workstation. Wash hands thoroughly. Place pretzels on parchment lined sheet pans. Spray pretzels very lightly with water. Bake in 375 °F convection oven for 3 - 5 minutes. Let cool slightly on racks.</p> <p>CCP: Prepare foods at room temperature in two hours or less. CCP: Batch cook as necessary to insure best end product and nutritional.</p>
		<p>5. Pre-prep: Pull eggs and strawberries from cooler and place at workstation. Prep: Wash hands thoroughly and put on gloves. Place two whole hardboiled egg in the left small compartment, Place the strawberries in the right small compartment. Add 2 - 1 oz. eq. pretzels in the large compartment. Cover, date stamp and hold for service.</p> <p>CCP: Never handle ready to eat foods with bare hands</p>
		<p>6. Hold: Hold in cooler for service.</p> <p>CCP: Hold below 41°F</p>
		<p>7. Service: Serve one pretzel protein kit for a grab and go, portable lunch, summer feeding and supper too.</p> <p>CCP: Hold below 41°F</p>

Notes:

Production Notes: Note: other grains can be substituted for the pretzels but the savory twist is popular with kids and adults too. Fresh fruit provides great taste, nutrition and color so feel free to substitute ½ cup of other fresh fruits. For the Hard-Boiled Eggs, please request a product formulation statement if buying a prepared HBE. If using fresh shell on eggs, consider letting the kids peel them. Both fresh HBE's and processed HBE's have a one-week shelf life from the time they are opened or cooked. All meal component calculations are based on the FBG or Manufacturer PFS.

Serving Notes: Each pretzel protein kit provides 3 oz. eq. meat/meat alternative, 2 oz. eq. wgr and ½ cup fruit. Great for emergency feeding programs, summer feeding and suppers too.

Nutrients Per Serving:		(per 1 Package)			
Calories	303.818	Trans Fat (gm)	0.000	Iron (mg)	2.823
Protein (gm)	15.831	Chol (mg)	335.700	Calc (mg)	57.160
Carb (gm)	34.845	Vit A (IU)	477.120	Sodium (mg)	242.358
Tot Fat (gm)	10.777	Vit C (mg)	44.688	Fiber (gm)	3.520
Sat Fat (gm)	2.951			Sugars (gm)	4.724

Note: * means nutrient data is missing or not available.

Meal Components:		(per 1 Package)				
		----- Vegetables (Cups) -----				
Fruit (Cups)	0.500	Dark Green	Red/Orange	Beans/Peas	Starchy	Other
Whole Grain- Rich (Oz. Eq.)	2.000	Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)	3.000	Fluid Milk (Cups)

Allergens:
Eggs, Wheat

CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.