

Recipe Prep Sheet

Tulahoma City Schools



990058 - K-8 Protein Bento Box Grape Tomatoes and Hummus

Recipe HACCP Process: #2 Same Day Service

Source: TCS

Number of Portions: 1

Portion Size: 1 Each

Ingredient #	Ingredient Name	Measurements	Instructions
990479	Eggs Large IWC# 3073	1/2 Egg	CCP: Wash hands and put on gloves before touching food product. Boil eggs. Peel the eggs carefully. Cut them in half. Make sure not to damage the egg. Place half of the egg into the round salad bowl item # 16096 use lid # 16098
990435	Celery IWC# 6788	3 Each	CCP: Put on Cutting gloves Cut 0.25 C celery into (1/2 x 4 inch) sticks. Place sticks in bowl.
990431	Grape Tomatoes IWC# 6007	3 Each	Place 3 grape tomatoes in the bowl.
990481	Red Grapes IWC# 6875 or DOD	1/4 cup	Place 7 grapes (0.25 C) into the bowl. You may use red or white grapes.
990411	Mild Cheddar Cheese (Bulk) IWC#2664	1/2 oz	Cut Cheese into two slices to equal 0.5 ounces. Place cheese in bowl.
990458	Granny Smith Apples IWC#6688 or DOD	3 Slice	Slice apples using the slicer. Place 3 slices or wedges into the bowl.
990498	Roasted Garlic Hummus IWC# 6855	2 oz	Cup up 2 oz of humus. Put a lid on the humus and put it in the bowl.
990392	Saltine Crackers IWC#415	3 Each	Place 3 packages of crackers into the bowl.
			Make sure everything is visible and arranged neatly before service. Place bowl on tray for service. CCP: Hold for cold service at 41° F or lower.
990482	Grapes White Seedless IWC# 6877 or DOD	1/4 cup	May use red or green grapes.

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.

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 (1 Each)

Calories ¹	502.517 kcal	Total Fat	25.758 g	Total Dietary Fiber	13.916 g	Vitamin C	39.578 mg	46.132% Calories from Total Fat
Saturated Fat ¹	4.263 g	Trans Fat ²	0.000 g	Protein	16.383 g	Iron	5.180 mg	7.634% Calories from Sat Fat
Sodium ¹	839.622 mg	Cholesterol	122.500 mg	Vitamin A	1033.983 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	19.302 g	Carbohydrate	62.768 g	Calcium	227.296 mg	Ash	*N/A* g	49.963% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			13.041% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	1.5 oz eq	Fruit	.75 cup
		Vegetable	.5 cup	Milk	cup

Allergens							
Milk	Egg	Wheat					

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