

Quest Food Management

Recipe Sizing Report

002219 - sand- Philly cheesesteak : tinley	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903691 steak Philly gfs 353190..... 990100 cheese provolone..... 903572 bread- alpha wheat diamond jim 31454....	1 serving 1/2 oz 1 each	CCP: Heat to 165° F or higher for at least 15 seconds EACH RETANGLE STACK IS A SERVING. BAKE AS IS IN THE STACK... ONCE HEATED ABOUT 8 MINUTES AT 350 GENTLY LAYER IN A HOTEL PAN, USING THE METAL GRATE ON THE BOTTOM AND USING PANLINE PAPER LAYER INBETWEEN EACH SERVING OF MEAT.

*Nutrients are based upon 1 Portion Size (serving)

Calories	333 kcal	Cholesterol	60 mg	Sugars	*3.9* g	Calcium	164.68 mg	32.18%	Calories from Total Fat
Total Fat	11.90 g	Sodium	666 mg	Protein	27.55 g	Iron	3.33 mg	13.77%	Calories from Saturated Fat
Saturated Fat	5.09 g	Carbohydrates	28.16 g	Vitamin A	144.7 IU	Water ¹	*0.00* g	0.27%	Calories from Trans Fat
Trans Fat ²	0.10 g	Dietary Fiber	2.34 g	Vitamin C	0.0 mg	Ash ¹	*0.00* g	33.84%	Calories from Carbohydrates
								33.11%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

002219 - sand- Philly cheesesteak : tinley	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903691 steak Philly gfs 353190..... 990100 cheese provolone..... 903572 bread- alpha wheat diamond jim 31454....	25 serving 12 1/2 ozs 25 each	CCP: Heat to 165° F or higher for at least 15 seconds EACH RETANGLE STACK IS A SERVING. BAKE AS IS IN THE STACK... ONCE HEATED ABOUT 8 MINUTES AT 350 GENTLY LAYER IN A HOTEL PAN, USING THE METAL GRATE ON THE BOTTOM AND USING PANLINE PAPER LAYER INBETWEEN EACH SERVING OF MEAT.

*Nutrients are based upon 1 Portion Size (serving)

Calories	333 kcal	Cholesterol	60 mg	Sugars	*3.9* g	Calcium	164.68 mg	32.18%	Calories from Total Fat
Total Fat	11.90 g	Sodium	666 mg	Protein	27.55 g	Iron	3.33 mg	13.77%	Calories from Saturated Fat
Saturated Fat	5.09 g	Carbohydrates	28.16 g	Vitamin A	144.7 IU	Water ¹	*0.00* g	0.27%	Calories from Trans Fat
Trans Fat ²	0.10 g	Dietary Fiber	2.34 g	Vitamin C	0.0 mg	Ash ¹	*0.00* g	33.84%	Calories from Carbohydrates
								33.11%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

001398 - sandwich-turkey blt : tinley	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: sandwich				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
901993 turkey breast cooked skin on 315974.....	2 ozs	
903111 bacon turkey slice 365861.....	1 slice	
011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),R...	1/4 CUP (shredded)	
900023 Tomatoes red ripe raw year round average.....	2 slice 1/2"	
903572 bread- alpha wheat diamond jim 31454.....	1 each	

*Nutrients are based upon 1 Portion Size (sandwich)

Calories	261 kcal	Cholesterol	40 mg	Sugars	*4.3* g	Calcium	78.32 mg	23.36%	Calories from Total Fat
Total Fat	6.79 g	Sodium	933 mg	Protein	19.66 g	Iron	2.56 mg	5.89%	Calories from Saturated Fat
Saturated Fat	1.71 g	Carbohydrates	30.02 g	Vitamin A	559.9 IU	Water ¹	68.25 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.20 g	Vitamin C	7.4 mg	Ash ¹	0.33 g	45.92%	Calories from Carbohydrates
								30.08%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

001398 - sandwich-turkey blt : tinley	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: sandwich				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
901993 turkey breast cooked skin on 315974.....	3 lbs + 2 ozs	
903111 bacon turkey slice 365861.....	25 slice	
011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),R...	1 qt + 2 1/4 CUPS (shredded)	
900023 Tomatoes red ripe raw year round average.....	50 slice 1/2"	
903572 bread- alpha wheat diamond jim 31454.....	25 each	

*Nutrients are based upon 1 Portion Size (sandwich)

Calories	261 kcal	Cholesterol	40 mg	Sugars	*4.3* g	Calcium	78.32 mg	23.36%	Calories from Total Fat
Total Fat	6.79 g	Sodium	933 mg	Protein	19.66 g	Iron	2.56 mg	5.89%	Calories from Saturated Fat
Saturated Fat	1.71 g	Carbohydrates	30.02 g	Vitamin A	559.9 IU	Water ¹	68.25 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.20 g	Vitamin C	7.4 mg	Ash ¹	0.33 g	45.92%	Calories from Carbohydrates
								30.08%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

001085 - sandwich- tuna salad : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: 1/2 cup				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903613 tuna pouch gfs 893611.....	1/8 pouch	
011282 ONIONS,RAW.....	1/4 OZ (chopped)	
011143 CELERY,RAW.....	1 OZ (chopped)	
011945 PICKLE RELISH,SWEET.....	1 3/8 tsp	
903677 mayo- lite gfs 429406.....	1 1/4 ozs	
002047 SALT, TABLE.....	1/8 tsp	
903619 PEPPER BLACK, GR Greco#50600.....	1/8 tsp	
903575 bread-alphawhite wheat sandwich sliced 1....	1 (2 slices)	

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

Calories	364 kcal	Cholesterol	58 mg	Sugars	7.4 g	Calcium	31.85 mg	36.26%	Calories from Total Fat
Total Fat	14.68 g	Sodium	761 mg	Protein	21.62 g	Iron	1.99 mg	7.05%	Calories from Saturated Fat
Saturated Fat	2.85 g	Carbohydrates	33.53 g	Vitamin A	218.7 IU	Water ¹	*33.80* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	12.58 g	Vitamin C	1.3 mg	Ash ¹	*0.85* g	36.80%	Calories from Carbohydrates
								23.72%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

001085 - sandwich- tuna salad : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: 1/2 cup				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903613 tuna pouch gfs 893611.....	1 3/8 pouch	
011282 ONIONS,RAW.....	5 5/8 OZS (chopped)	
011143 CELERY,RAW.....	1 lb + 6 1/4 OZS (chopped)	
011945 PICKLE RELISH,SWEET.....	2/3 cup + 1 3/8 tsp	
903677 mayo- lite gfs 429406.....	1 lb + 13 7/8 ozs	
002047 SALT, TABLE.....	2 1/8 tsp	
903619 PEPPER BLACK, GR Greco#50600.....	2 1/8 tsp	
903575 bread-alphawhite wheat sandwich sliced 1....	25 (2 slices)	

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

Calories	364 kcal	Cholesterol	58 mg	Sugars	7.4 g	Calcium	31.85 mg	36.26%	Calories from Total Fat
Total Fat	14.68 g	Sodium	761 mg	Protein	21.62 g	Iron	1.99 mg	7.05%	Calories from Saturated Fat
Saturated Fat	2.85 g	Carbohydrates	33.53 g	Vitamin A	218.7 IU	Water ¹	*33.80* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	12.58 g	Vitamin C	1.3 mg	Ash ¹	*0.85* g	36.80%	Calories from Carbohydrates
								23.72%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

000753 - sandwich- chicken patty : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: sandwich				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903172 chicken patty cn brakebush gfs 220556..... 903576 bread-alpha hamburger white wheat 51535....	1 patty 1 each	<p>CCP: Heat to 155° F or higher for at least 15 Seconds</p> <p>line a full sheet pan with baking paper, and bake at 350 until internal is at 165.</p> <p>place in 2" pan and cover loosely with saran wrap and hold in heated cabinet until service.</p> <p>assemble sandwich. this sandwich should be served warm, to prevent the bun from drying out, one should be used a display plate and the others individually wrapped in foil.</p>

*Nutrients are based upon 1 Portion Size (sandwich)

Calories	387 kcal	Cholesterol	35 mg	Sugars	*3.4* g	Calcium	30.00 mg	32.42%	Calories from Total Fat
Total Fat	13.94 g	Sodium	748 mg	Protein	21.24 g	Iron	4.14 mg	6.56%	Calories from Saturated Fat
Saturated Fat	2.82 g	Carbohydrates	43.47 g	Vitamin A	16.9 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.65 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	44.93%	Calories from Carbohydrates
								21.95%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

000753 - sandwich- chicken patty : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: sandwich				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903172 chicken patty cn brakebush gfs 220556..... 903576 bread-alpha hamburger white wheat 51535....	25 patty 25 each	<p>CCP: Heat to 155° F or higher for at least 15 Seconds</p> <p>line a full sheet pan with baking paper, and bake at 350 until internal is at 165.</p> <p>place in 2" pan and cover loosely with saran wrap and hold in heated cabinet until service.</p> <p>assemble sandwich. this sandwich should be served warm, to prevent the bun from drying out, one should be used a display plate and the others individually wrapped in foil.</p>

*Nutrients are based upon 1 Portion Size (sandwich)

Calories	387 kcal	Cholesterol	35 mg	Sugars	*3.4* g	Calcium	30.00 mg	32.42%	Calories from Total Fat
Total Fat	13.94 g	Sodium	748 mg	Protein	21.24 g	Iron	4.14 mg	6.56%	Calories from Saturated Fat
Saturated Fat	2.82 g	Carbohydrates	43.47 g	Vitamin A	16.9 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.65 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	44.93%	Calories from Carbohydrates
								21.95%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002113 - protien pack - cheese stix : nslp tinley	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902988 raisin 1.5oz box 544426.....	1 box	using 5" clam shell. after cutting apple soak in lemon juice.
902788 sunbutter gfs 149011.....	1 (2 TBSP = 1m/ma)	
903606 bagel-wg white iw gfs 217911 lenders.....	1 each	sunbutter - goes in 2oz plastic cup with lid

001413R cheese- string stix mozz.....	1 EACH	
903128 cheese string stix wrapped 1oz gfs 470732...	1 stick	

*Nutrients are based upon 1 Portion Size (each)

Calories	553 kcal	Cholesterol	15 mg	Sugars	*3.0* g	Calcium	232.50 mg	37.53%	Calories from Total Fat
Total Fat	23.07 g	Sodium	510 mg	Protein	21.06 g	Iron	2.70 mg	9.84%	Calories from Saturated Fat
Saturated Fat	6.05 g	Carbohydrates	68.86 g	Vitamin A	318.7 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	11.99 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	49.78%	Calories from Carbohydrates
								15.22%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

002113 - protien pack - cheese stix : nslp tinley	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902988 raisin 1.5oz box 544426.....	25 box	using 5" clam shell. after cutting apple soak in lemon juice.
902788 sunbutter gfs 149011.....	25 (2 TBSP = 1m/ma)	
903606 bagel-wg white iw gfs 217911 lenders.....	25 each	sunbutter - goes in 2oz plastic cup with lid
-----	-----	
001413R cheese- string stix mozz.....	25 EACH	
903128 cheese string stix wrapped 1oz gfs 470732...	1 stick	
-----	-----	

*Nutrients are based upon 1 Portion Size (each)

Calories	553 kcal	Cholesterol	15 mg	Sugars	*3.0* g	Calcium	232.50 mg	37.53%	Calories from Total Fat
Total Fat	23.07 g	Sodium	510 mg	Protein	21.06 g	Iron	2.70 mg	9.84%	Calories from Saturated Fat
Saturated Fat	6.05 g	Carbohydrates	68.86 g	Vitamin A	318.7 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	11.99 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	49.78%	Calories from Carbohydrates
								15.22%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

002421 - wrap-chicken- buffalo rev : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving		Y - Milk Y - Egg Y - Soy Y - Wheat		? - Peanut ? - Tree Nut ? - Fish ? - Shellfish

Ingredients	Measures	Instructions
903285 chicken tenders bb 1.1oz gfs 532372..... ----- 002378R dressing- buffalo ranch..... 902736 dressing ranch fat free 188867..... 901981 sauce hot franks sweet red hot 704229..... ----- 903548 LETTUCE, Salad Tiny Chop Mix gfs#153121... 903208 tortilla ultra grain 10" gfs 690141..... 990095 cheese cheddar shredded gfs 776831.....	2 (1 strip) 1 ounces 1 oz 1/2 CUP (AP Mix) 1 each 1 oz	CCP: Heat to 165° F or higher for at least 15 seconds CCP: Cool to 41° F or lower within 4 hours.

*Nutrients are based upon 1 Portion Size (serving)

Calories	458 kcal	Cholesterol	61 mg	Sugars	*2.0* g	Calcium	359.89 mg	42.69%	Calories from Total Fat
Total Fat	21.71 g	Sodium	1151 mg	Protein	21.24 g	Iron	2.48 mg	16.13%	Calories from Saturated Fat
Saturated Fat	8.20 g	Carbohydrates	44.80 g	Vitamin A	2587.2 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.71 g	Vitamin C	1.2 mg	Ash ¹	*0.00* g	39.15%	Calories from Carbohydrates
								18.56%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002421 - wrap-chicken- buffalo rev : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving		Y - Milk Y - Egg Y - Soy Y - Wheat		? - Peanut ? - Tree Nut ? - Fish ? - Shellfish

Ingredients	Measures	Instructions
903285 chicken tenders bb 1.1oz gfs 532372..... ----- 002378R dressing- buffalo ranch..... 902736 dressing ranch fat free 188867..... 901981 sauce hot franks sweet red hot 704229..... ----- 903548 LETTUCE, Salad Tiny Chop Mix gfs#153121... 903208 tortilla ultra grain 10" gfs 690141..... 990095 cheese cheddar shredded gfs 776831.....	50 (1 strip) 25 ounces 1 lb + 9 ozs 1/4 oz 3 qts + 1/2 CUP (AP Mix) 25 each 1 lb + 9 ozs	CCP: Heat to 165° F or higher for at least 15 seconds CCP: Cool to 41° F or lower within 4 hours.

*Nutrients are based upon 1 Portion Size (serving)

Calories	458 kcal	Cholesterol	61 mg	Sugars	*2.0* g	Calcium	359.89 mg	42.69%	Calories from Total Fat
Total Fat	21.71 g	Sodium	1151 mg	Protein	21.24 g	Iron	2.48 mg	16.13%	Calories from Saturated Fat
Saturated Fat	8.20 g	Carbohydrates	44.80 g	Vitamin A	2587.2 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.71 g	Vitamin C	1.2 mg	Ash ¹	*0.00* g	39.15%	Calories from Carbohydrates
								18.56%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001442 - wrap-turkey & cheese : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
901993 turkey breast cooked skin on 315974.....	2 ozs	
990093 cheese american.....	2 slice 200 ct	
903208 tortilla ultra grain 10" gfs 690141.....	1 each	
903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	1/2 CUP (AP Mix)	

*Nutrients are based upon 1 Portion Size (serving)

Calories	345 kcal	Cholesterol	51 mg	Sugars	*2.0* g	Calcium	281.61 mg	36.03%	Calories from Total Fat
Total Fat	13.81 g	Sodium	1003 mg	Protein	20.52 g	Iron	2.53 mg	16.59%	Calories from Saturated Fat
Saturated Fat	6.36 g	Carbohydrates	31.83 g	Vitamin A	2609.9 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.34 g	Vitamin C	1.2 mg	Ash ¹	*0.00* g	36.91%	Calories from Carbohydrates
								23.79%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

001442 - wrap-turkey & cheese : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
901993 turkey breast cooked skin on 315974.....	3 lbs + 2 ozs	
990093 cheese american.....	50 slice 200 ct	
903208 tortilla ultra grain 10" gfs 690141.....	25 each	
903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	3 qts + 1/2 CUP (AP Mix)	

*Nutrients are based upon 1 Portion Size (serving)

Calories	345 kcal	Cholesterol	51 mg	Sugars	*2.0* g	Calcium	281.61 mg	36.03%	Calories from Total Fat
Total Fat	13.81 g	Sodium	1003 mg	Protein	20.52 g	Iron	2.53 mg	16.59%	Calories from Saturated Fat
Saturated Fat	6.36 g	Carbohydrates	31.83 g	Vitamin A	2609.9 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.34 g	Vitamin C	1.2 mg	Ash ¹	*0.00* g	36.91%	Calories from Carbohydrates
								23.79%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

000508 - salad- turkey&cheese chop : nslp tinley	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	2 CUPS (AP Mix)	
901993 turkey breast cooked skin on 315974.....	1 1/2 ozs	
990095 cheese cheddar shredded gfs 776831.....	1 1/2 ozs	
902814 CUCUMBER,WITH PEEL,RAW.....	1 oz	
900023 Tomatoes red ripe raw year round average.....	1/4 CUP (cherry toms)	
903171 bread vie de france white wheat greco.....	1 each	

*Nutrients are based upon 1 Portion Size (serving)

Calories	315 kcal	Cholesterol	68 mg	Sugars	*N/A* g	Calcium	368.19 mg	44.57%	Calories from Total Fat
Total Fat	15.60 g	Sodium	709 mg	Protein	22.69 g	Iron	3.17 mg	21.46%	Calories from Saturated Fat
Saturated Fat	7.51 g	Carbohydrates	21.79 g	Vitamin A	9892.7 IU	Water ¹	*62.20* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.94 g	Vitamin C	10.4 mg	Ash ¹	*0.29* g	27.67%	Calories from Carbohydrates
								28.81%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

000508 - salad- turkey&cheese chop : nslp tinley	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	3 gals + 2 CUPS (AP Mix)	
901993 turkey breast cooked skin on 315974.....	2 lbs + 5 1/2 ozs	
990095 cheese cheddar shredded gfs 776831.....	2 lbs + 5 1/2 ozs	
902814 CUCUMBER,WITH PEEL,RAW.....	1 lb + 9 ozs	
900023 Tomatoes red ripe raw year round average.....	1 qt + 2 1/4 CUPS (cherry toms)	
903171 bread vie de france white wheat greco.....	25 each	

*Nutrients are based upon 1 Portion Size (serving)

Calories	315 kcal	Cholesterol	68 mg	Sugars	*N/A* g	Calcium	368.19 mg	44.57%	Calories from Total Fat
Total Fat	15.60 g	Sodium	709 mg	Protein	22.69 g	Iron	3.17 mg	21.46%	Calories from Saturated Fat
Saturated Fat	7.51 g	Carbohydrates	21.79 g	Vitamin A	9892.7 IU	Water ¹	*62.20* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.94 g	Vitamin C	10.4 mg	Ash ¹	*0.29* g	27.67%	Calories from Carbohydrates
								28.81%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

001303 - yogurt parfait large strawberr : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903670 strawberries diced gfs 621420.....	1/2 cup	Layer cup with yogurt, strawberries, then yogurt again and top with granola.
903098 yogurt upstate farm nf vanilla greco 103...	6 ozs	
903057 cereal granola low fat kelloggs.....	1 oz	

*Nutrients are based upon 1 Portion Size (serving)

Calories	269 kcal	Cholesterol	4 mg	Sugars	*27.0* g	Calcium	469.05 mg	4.75%	Calories from Total Fat
Total Fat	1.42 g	Sodium	183 mg	Protein	4.61 g	Iron	1.39 mg	0.79%	Calories from Saturated Fat
Saturated Fat	0.24 g	Carbohydrates	57.65 g	Vitamin A	489.3 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.39 g	Vitamin C	32.4 mg	Ash ¹	0.00 g	85.87%	Calories from Carbohydrates
								6.87%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

001303 - yogurt parfait large strawberr : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903670 strawberries diced gfs 621420.....	3 qts + 1/2 cup	Layer cup with yogurt, strawberries, then yogurt again and top with granola.
903098 yogurt upstate farm nf vanilla greco 103...	9 lbs + 6 ozs	
903057 cereal granola low fat kelloggs.....	1 lb + 9 ozs	

*Nutrients are based upon 1 Portion Size (serving)

Calories	269 kcal	Cholesterol	4 mg	Sugars	*27.0* g	Calcium	469.05 mg	4.75%	Calories from Total Fat
Total Fat	1.42 g	Sodium	183 mg	Protein	4.61 g	Iron	1.39 mg	0.79%	Calories from Saturated Fat
Saturated Fat	0.24 g	Carbohydrates	57.65 g	Vitamin A	489.3 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.39 g	Vitamin C	32.4 mg	Ash ¹	0.00 g	85.87%	Calories from Carbohydrates
								6.87%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

002532 - sandwich-spicy chick wg : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: sandwich				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902967 chicken patty spicy brakebush greco20497....	1 each	
903576 bread-alpha hamburger white wheat 51535....	1 each	

*Nutrients are based upon 1 Portion Size (sandwich)

Calories	397 kcal	Cholesterol	35 mg	Sugars	*3.4* g	Calcium	50.00 mg	40.67%	Calories from Total Fat
Total Fat	17.94 g	Sodium	788 mg	Protein	21.24 g	Iron	2.52 mg	8.66%	Calories from Saturated Fat
Saturated Fat	3.82 g	Carbohydrates	38.47 g	Vitamin A	16.9 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.65 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	38.76%	Calories from Carbohydrates
								21.40%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

002532 - sandwich-spicy chick wg : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: sandwich				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902967 chicken patty spicy brakebush greco20497....	25 each	
903576 bread-alpha hamburger white wheat 51535....	25 each	

*Nutrients are based upon 1 Portion Size (sandwich)

Calories	397 kcal	Cholesterol	35 mg	Sugars	*3.4* g	Calcium	50.00 mg	40.67%	Calories from Total Fat
Total Fat	17.94 g	Sodium	788 mg	Protein	21.24 g	Iron	2.52 mg	8.66%	Calories from Saturated Fat
Saturated Fat	3.82 g	Carbohydrates	38.47 g	Vitamin A	16.9 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.65 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	38.76%	Calories from Carbohydrates
								21.40%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001062 - sandwich- chicken salad bun : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: sandwich Alternate Recipe Name: chic salad goldfish bun		Y - Milk Y - Egg		? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
990045 chicken diced white 599697.....	4 ozs	
903677 mayo- lite gfs 429406.....	2 Tbsp	
011143 CELERY,RAW.....	1 TBSP (chopped)	
114657 PEPPER BLACK, GROUND.....	1/4 tsp	
903078 bread bun goldfish wheat bun 215931...	1 bun	

*Nutrients are based upon 1 Portion Size (sandwich)

Calories	361 kcal	Cholesterol	19 mg	Sugars	*2.0* g	Calcium	62.53 mg	35.21%	Calories from Total Fat
Total Fat	14.13 g	Sodium	316 mg	Protein	36.04 g	Iron	1.81 mg	7.38%	Calories from Saturated Fat
Saturated Fat	2.96 g	Carbohydrates	23.97 g	Vitamin A	37.8 IU	Water ¹	*6.02* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*4.10* g	Vitamin C	*0.2* mg	Ash ¹	*0.05* g	26.55%	Calories from Carbohydrates
								39.93%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

001062 - sandwich- chicken salad bun : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: sandwich Alternate Recipe Name: chic salad goldfish bun		Y - Milk Y - Egg		? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
990045 chicken diced white 599697.....	6 lbs + 4 ozs	
903677 mayo- lite gfs 429406.....	3 1/8 cups	
011143 CELERY,RAW.....	1 1/2 cups + 1 TBSP (chopped)	
114657 PEPPER BLACK, GROUND.....	2 Tbsp + 1/4 tsp	
903078 bread bun goldfish wheat bun 215931...	25 bun	

*Nutrients are based upon 1 Portion Size (sandwich)

Calories	361 kcal	Cholesterol	19 mg	Sugars	*2.0* g	Calcium	62.53 mg	35.21%	Calories from Total Fat
Total Fat	14.13 g	Sodium	316 mg	Protein	36.04 g	Iron	1.81 mg	7.38%	Calories from Saturated Fat
Saturated Fat	2.96 g	Carbohydrates	23.97 g	Vitamin A	37.8 IU	Water ¹	*6.02* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*4.10* g	Vitamin C	*0.2* mg	Ash ¹	*0.05* g	26.55%	Calories from Carbohydrates
								39.93%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

001309 - sand- egg salad wheat : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: 1/2 cup				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
990112 egg lg raw fresh.....	2 egg	
902837 mayo lo cal breakthru gfs 479179.....	1 1/3 ozs	
083730 MUSTARD YELLOW PREPARED.....	3/8 tsp	
110485 DILL WEED.....	3/8 tsp	
903572 bread- alpha wheat diamond jim 31454....	1 each	

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

Calories	418 kcal	Cholesterol	424 mg	Sugars	*3.9* g	Calcium	120.15 mg	53.33%	Calories from Total Fat
Total Fat	24.75 g	Sodium	707 mg	Protein	18.51 g	Iron	3.24 mg	7.94%	Calories from Saturated Fat
Saturated Fat	3.69 g	Carbohydrates	31.73 g	Vitamin A	519.7 IU	Water ¹	*0.00* g	8.19%	Calories from Trans Fat
Trans Fat ²	3.80 g	Dietary Fiber	2.34 g	Vitamin C	0.0 mg	Ash ¹	*0.02* g	30.38%	Calories from Carbohydrates
								17.73%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

001309 - sand- egg salad wheat : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/2 cup				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
990112 egg lg raw fresh.....	50 egg	
902837 mayo lo cal breakthru gfs 479179.....	2 lbs + 1 1/3 ozs	
083730 MUSTARD YELLOW PREPARED.....	2 Tbsp + 2 3/8 tsp	
110485 DILL WEED.....	2 Tbsp + 2 3/8 tsp	
903572 bread- alpha wheat diamond jim 31454....	25 each	

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

Calories	418 kcal	Cholesterol	424 mg	Sugars	*3.9* g	Calcium	120.15 mg	53.33%	Calories from Total Fat
Total Fat	24.75 g	Sodium	707 mg	Protein	18.51 g	Iron	3.24 mg	7.94%	Calories from Saturated Fat
Saturated Fat	3.69 g	Carbohydrates	31.73 g	Vitamin A	519.7 IU	Water ¹	*0.00* g	8.19%	Calories from Trans Fat
Trans Fat ²	3.80 g	Dietary Fiber	2.34 g	Vitamin C	0.0 mg	Ash ¹	*0.02* g	30.38%	Calories from Carbohydrates
								17.73%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

001682 - cereal fruit loops red sug : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903376 cereal fruit loops red sug gfs 283620...	1 package	CCP: Hold for cold service at 41° F or lower. CCP: Refrigerate until served. PLAN ACCORDINGLY... EACH CEREAL GETS ONE WHITE MILK

*Nutrients are based upon 1 Portion Size (serving)

Calories	110 kcal	Cholesterol	0 mg	Sugars	8.0 g	Calcium	0.00 mg	8.18%	Calories from Total Fat
Total Fat	1.00 g	Sodium	170 mg	Protein	2.00 g	Iron	3.60 mg	4.09%	Calories from Saturated Fat
Saturated Fat	0.50 g	Carbohydrates	24.00 g	Vitamin A	400.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	12.0 mg	Ash ¹	0.00 g	87.27%	Calories from Carbohydrates
								7.27%	Calories from Protein

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

Quest Food Management

001682 - cereal fruit loops red sug : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903376 cereal fruit loops red sug gfs 283620...	25 package	CCP: Hold for cold service at 41° F or lower. CCP: Refrigerate until served. PLAN ACCORDINGLY... EACH CEREAL GETS ONE WHITE MILK

*Nutrients are based upon 1 Portion Size (serving)

Calories	110 kcal	Cholesterol	0 mg	Sugars	8.0 g	Calcium	0.00 mg	8.18%	Calories from Total Fat
Total Fat	1.00 g	Sodium	170 mg	Protein	2.00 g	Iron	3.60 mg	4.09%	Calories from Saturated Fat
Saturated Fat	0.50 g	Carbohydrates	24.00 g	Vitamin A	400.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	12.0 mg	Ash ¹	0.00 g	87.27%	Calories from Carbohydrates
								7.27%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001135 - sausage turkey patty 211761 : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902857 sausage turkey patty 211761...	1 (2 patties)	frozen raw item.. 106 pieces per case- 53 servings

*Nutrients are based upon 1 Portion Size (serving)

Calories	180 kcal	Cholesterol	60 mg	Sugars	0.0 g	Calcium	40.00 mg	60.00%	Calories from Total Fat
Total Fat	12.00 g	Sodium	600 mg	Protein	14.00 g	Iron	1.44 mg	15.00%	Calories from Saturated Fat
Saturated Fat	3.00 g	Carbohydrates	0.00 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	0.00%	Calories from Carbohydrates
								31.11%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001135 - sausage turkey patty 211761 : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902857 sausage turkey patty 211761...	25 (2 patties)	frozen raw item.. 106 pieces per case- 53 servings

*Nutrients are based upon 1 Portion Size (serving)

Calories	180 kcal	Cholesterol	60 mg	Sugars	0.0 g	Calcium	40.00 mg	60.00%	Calories from Total Fat
Total Fat	12.00 g	Sodium	600 mg	Protein	14.00 g	Iron	1.44 mg	15.00%	Calories from Saturated Fat
Saturated Fat	3.00 g	Carbohydrates	0.00 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	0.00%	Calories from Carbohydrates
								31.11%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001089 - sandwich- all beef hot dog 8-1 : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: sandwich				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
990037 hot dog beef jm greco 8/1 201686..... 903574 bread-alpha hot dog white wheat 53460...	1 each 1 each	<p>CCP: Heat to 155° F or higher for at least 15 Seconds</p> <p>best of the hot dogs are defrosted.</p> <p>using a 4inch full pan, place 1 case of dogs in pan, fill with water to line (about 1.5 inches from top)- add 1/2 cup ketchup to water. this will maintain the color of the dog during cooking and holding for service.</p> <p>if you are using the steamer- two pans stacked will take 15 minutes. uncovered in steamer.</p> <p>if you use oven, cover with film and foil and it will take 25 minutes.</p>

*Nutrients are based upon 1 Portion Size (sandwich)

Calories	309 kcal	Cholesterol	35 mg	Sugars	*3.6* g	Calcium	30.00 mg	49.78%	Calories from Total Fat
Total Fat	17.10 g	Sodium	850 mg	Protein	11.70 g	Iron	1.80 mg	21.46%	Calories from Saturated Fat
Saturated Fat	7.37 g	Carbohydrates	28.15 g	Vitamin A	17.9 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.70 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	36.42%	Calories from Carbohydrates
								15.13%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

001089 - sandwich- all beef hot dog 8-1 : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: sandwich				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
990037 hot dog beef jm greco 8/1 201686..... 903574 bread-alpha hot dog white wheat 53460...	25 each 25 each	<p>CCP: Heat to 155° F or higher for at least 15 Seconds</p> <p>best of the hot dogs are defrosted.</p> <p>using a 4inch full pan, place 1 case of dogs in pan, fill with water to line (about 1.5 inches from top)- add 1/2 cup ketchup to water. this will maintain the color of the dog during cooking and holding for service.</p> <p>if you are using the steamer- two pans stacked will take 15 minutes. uncovered in steamer.</p> <p>if you use oven, cover with film and foil and it will take 25 minutes.</p>

*Nutrients are based upon 1 Portion Size (sandwich)

Calories	309 kcal	Cholesterol	35 mg	Sugars	*3.6* g	Calcium	30.00 mg	49.78%	Calories from Total Fat
Total Fat	17.10 g	Sodium	850 mg	Protein	11.70 g	Iron	1.80 mg	21.46%	Calories from Saturated Fat
Saturated Fat	7.37 g	Carbohydrates	28.15 g	Vitamin A	17.9 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.70 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	36.42%	Calories from Carbohydrates
								15.13%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

001598 - potato wedges baked : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 1 Size of Portion: 0.5 CUP		Y - Wheat		? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy

Ingredients	Measures	Instructions
903927 potato wedges seasoned gfs 457558...	1/2 cup	1/2 cup serving is 2.87oz

*Nutrients are based upon 1 Portion Size (0.5 CUP)

Calories	130 kcal	Cholesterol	0 mg	Sugars	0.0 g	Calcium	0.00 mg	41.54%	Calories from Total Fat
Total Fat	6.00 g	Sodium	260 mg	Protein	2.00 g	Iron	1.08 mg	10.39%	Calories from Saturated Fat
Saturated Fat	1.50 g	Carbohydrates	17.00 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	6.0 mg	Ash ¹	0.00 g	52.31%	Calories from Carbohydrates
								6.15%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

001598 - potato wedges baked : nsfp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: 0.5 CUP		Y - Wheat		? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy

Ingredients	Measures	Instructions
903927 potato wedges seasoned gfs 457558...	3 qts + 1/2 cup	1/2 cup serving is 2.87oz

*Nutrients are based upon 1 Portion Size (0.5 CUP)

Calories	130 kcal	Cholesterol	0 mg	Sugars	0.0 g	Calcium	0.00 mg	41.54%	Calories from Total Fat
Total Fat	6.00 g	Sodium	260 mg	Protein	2.00 g	Iron	1.08 mg	10.39%	Calories from Saturated Fat
Saturated Fat	1.50 g	Carbohydrates	17.00 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	6.0 mg	Ash ¹	0.00 g	52.31%	Calories from Carbohydrates
								6.15%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002371 - pizza wg pepper stuffed crust : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: slice				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903211 pizza cheese stuffed crust wg gfs 428540...	1 Slice	1 slice equals 1/13 of the pizza
903137 pepperoni sliced gfs 729981.....	4 slice	

*Nutrients are based upon 1 Portion Size (slice)

Calories	383 kcal	Cholesterol	32 mg	Sugars	*5.0* g	Calcium	400.00 mg	33.06%	Calories from Total Fat
Total Fat	14.07 g	Sodium	689 mg	Protein	21.42 g	Iron	2.78 mg	13.97%	Calories from Saturated Fat
Saturated Fat	5.95 g	Carbohydrates	42.00 g	Vitamin A	750.0 IU	Water ¹	*0.00* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.00 g	Vitamin C	3.6 mg	Ash ¹	*0.00* g	43.86%	Calories from Carbohydrates
								22.36%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002371 - pizza wg pepper stuffed crust : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: slice				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903211 pizza cheese stuffed crust wg gfs 428540...	25 Slices	1 slice equals 1/13 of the pizza
903137 pepperoni sliced gfs 729981.....	100 slice	

*Nutrients are based upon 1 Portion Size (slice)

Calories	383 kcal	Cholesterol	32 mg	Sugars	*5.0* g	Calcium	400.00 mg	33.06%	Calories from Total Fat
Total Fat	14.07 g	Sodium	689 mg	Protein	21.42 g	Iron	2.78 mg	13.97%	Calories from Saturated Fat
Saturated Fat	5.95 g	Carbohydrates	42.00 g	Vitamin A	750.0 IU	Water ¹	*0.00* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.00 g	Vitamin C	3.6 mg	Ash ¹	*0.00* g	43.86%	Calories from Carbohydrates
								22.36%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

002239 - sandwich hamburger : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 1 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
990025 burger maker 80/20- gfs.....	1 (6/1 patty 529010)	
903576 bread-alpha hamburger white wheat 51535....	1 each	

*Nutrients are based upon 1 Portion Size (each)

Calories	366 kcal	Cholesterol	56 mg	Sugars	3.4 g	Calcium	56.70 mg	50.74%	Calories from Total Fat
Total Fat	20.63 g	Sodium	299 mg	Protein	16.92 g	Iron	2.88 mg	20.49%	Calories from Saturated Fat
Saturated Fat	8.33 g	Carbohydrates	26.47 g	Vitamin A	16.9 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.65 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	28.94%	Calories from Carbohydrates
								18.50%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

002239 - sandwich hamburger : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
990025 burger maker 80/20- gfs.....	25 (6/1 patty 529010)	
903576 bread-alpha hamburger white wheat 51535....	25 each	

*Nutrients are based upon 1 Portion Size (each)

Calories	366 kcal	Cholesterol	56 mg	Sugars	3.4 g	Calcium	56.70 mg	50.74%	Calories from Total Fat
Total Fat	20.63 g	Sodium	299 mg	Protein	16.92 g	Iron	2.88 mg	20.49%	Calories from Saturated Fat
Saturated Fat	8.33 g	Carbohydrates	26.47 g	Vitamin A	16.9 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.65 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	28.94%	Calories from Carbohydrates
								18.50%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

900243 - bosco stick w/meat sauce k-8 : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: servings				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903846 tomato marinara gfs 231762..... 900031 WATER..... 903618 BASIL LEAF dry..... 903619 PEPPER BLACK, GR Greco#50600..... 903620 GARLIC, GRANULATED Greco#50612..... 903704 turkey ground raw 85% lean gfs 256322... 903406 bosco sticks wg 4" gfs 787440..... 990092 margarine..... 990099 cheese parmesean greco 19483.....	7/8 oz 3/8 tsp 1/8 tsp 1 1/2 OZS (RAW 85% YIELD) 3 STICK 1/8 oz 1/8 oz	<p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>1) Turkey Meat Sauce preparation:</p> <ul style="list-style-type: none"> • Thaw ground turkey before preparing. Keep product covered while hawing. 72 hours shelf life when refrigerated. • In a large stock pot - using pan spray - spray the pot prior to adding the ingredients • Add marinara Sauce • Add water • Add salt, pepper, garlic and oregano to the pot • Simmer for 2 hours, stirring often • Add additional seasonings if needed after tasting as it simmers <p>• As sauce nears end of cook time, prepare ground turkey</p> <ul style="list-style-type: none"> • Brown ground turkey in appropriate size fry pan or tilt skillet • Cook until completely done and no raw meat appears or 165 degrees • Add cooked ground turkey to cooked meatless spaghetti sauce <p>CCP: Hold for hot service at 135°F or higher.</p> <ul style="list-style-type: none"> • Thaw product fully before baking. Keep product covered while thawing. 72 hours shelf life when refrigerated. • Place product on a parchment lined sheet pan • Bake at 400 degrees for 8-10 minutes • Top with melted margarine and parmesan cheese • Keep warm for service <p>CCP: Hold for hot service at 135° F or higher</p> <p>-serving is 3 bosco sticks and 3oz cup wihit marinara turkey sauce. one bosco is 1 grain and 1/2 meat/meat alternate</p>

*Nutrients are based upon 1 Portion Size (servings)

Calories	481 kcal	Cholesterol	49 mg	Sugars	*5.5* g	Calcium	335.07 mg	35.70%	Calories from Total Fat
Total Fat	19.07 g	Sodium	716 mg	Protein	27.46 g	Iron	4.34 mg	12.04%	Calories from Saturated Fat

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

Quest Food Management

Recipe Sizing Report

Saturated Fat	6.43 g	Carbohydrates	49.06 g	Vitamin A	977.7 IU	Water ¹	*23.04* g	*0.04%*	Calories from Trans Fat
Trans Fat ²	*0.02* g	Dietary Fiber	4.14 g	Vitamin C	3.3 mg	Ash ¹	*0.04* g	40.81%	Calories from Carbohydrates
								22.84%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

900243 - bosco stick w/meat sauce k-8 : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: servings				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903846 tomato marinara gfs 231762..... 900031 WATER..... 903618 BASIL LEAF dry..... 903619 PEPPER BLACK, GR Greco#50600..... 903620 GARLIC, GRANULATED Greco#50612..... 903704 turkey ground raw 85% lean gfs 256322... 903406 bosco sticks wg 4" gfs 787440..... 990092 margarine..... 990099 cheese parmesean greco 19483.....	3/8 #10 can 1 lb + 4 1/3 ozs 3 Tbsp + 3/8 tsp 3/8 tsp 1 Tbsp + 1 5/8 tsp 2 lbs + 5 1/2 OZS (RAW 85% YIELD) 75 STICK 3 1/8 ozs 1 5/8 ozs	<p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>1) Turkey Meat Sauce preparation:</p> <ul style="list-style-type: none"> • Thaw ground turkey before preparing. Keep product covered while thawing. 72 hours shelf life when refrigerated. • In a large stock pot - using pan spray - spray the pot prior to adding the ingredients • Add marinara Sauce • Add water • Add salt, pepper, garlic and oregano to the pot • Simmer for 2 hours, stirring often • Add additional seasonings if needed after tasting as it simmers <p>• As sauce nears end of cook time, prepare ground turkey</p> <ul style="list-style-type: none"> • Brown ground turkey in appropriate size fry pan or tilt skillet • Cook until completely done and no raw meat appears or 165 degrees • Add cooked ground turkey to cooked meatless spaghetti sauce <p>CCP: Hold for hot service at 135°F or higher.</p> <p>• Thaw product fully before baking. Keep product covered while thawing. 72 hours shelf life when refrigerated.</p> <ul style="list-style-type: none"> • Place product on a parchment lined sheet pan • Bake at 400 degrees for 8-10 minutes • Top with melted margarine and parmesan cheese • Keep warm for service <p>CCP: Hold for hot service at 135° F or higher</p> <p>servicing is 3 bosco sticks and 3oz cup with marinara turkey sauce. one bosco is 1 grain and 1/2 meat/meat alternate</p>

*Nutrients are based upon 1 Portion Size (servings)

Calories	481 kcal	Cholesterol	49 mg	Sugars	*5.5* g	Calcium	335.07 mg	35.70%	Calories from Total Fat
Total Fat	19.07 g	Sodium	716 mg	Protein	27.46 g	Iron	4.34 mg	12.04%	Calories from Saturated Fat

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

Quest Food Management

Recipe Sizing Report

Saturated Fat	6.43 g	Carbohydrates	49.06 g	Vitamin A	977.7 IU	Water ¹	*23.04* g	*0.04%*	Calories from Trans Fat
Trans Fat ²	*0.02* g	Dietary Fiber	4.14 g	Vitamin C	3.3 mg	Ash ¹	*0.04* g	40.81%	Calories from Carbohydrates
								22.84%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

000731 - sauce, house spaghetti meatles : house	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: gal				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903846 tomato marinara gfs 231762.... 900031 WATER..... 900443 BASIL LEAF..... 002047 SALT, TABLE..... 114657 PEPPER BLACK, GROUND.... 799903 GARLIC, GRANULATED.....	1 #10 can 1 qt + 1 1/4 cups 2 ozs 1/4 oz 1/4 oz 2 ozs	CCP: Heat to 165° F or higher for at least 15 seconds In a large stock pot- using pan spray- spray the pot prior to adding the ingredients. Add 1 (#10) can of MARINARA Sauce then using the can add 1/2 can of tap water. Add salt, pepper, garlic and BASIL to the pot. Simmer for 2 hours, stirring often.. you might need to add additional seasonings- be sure to taste as it simmers.

*Nutrients are based upon 1 Portion Size (gal)

Calories	2037 kcal	Cholesterol	0 mg	Sugars	*161.8* g	Calcium	534.64 mg	30.83%	Calories from Total Fat
Total Fat	69.79 g	Sodium	16438 mg	Protein	55.74 g	Iron	35.00 mg	20.45%	Calories from Saturated Fat
Saturated Fat	46.29 g	Carbohydrates	272.37 g	Vitamin A	34673.6 IU	Water ¹	*1265.14* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	74.97 g	Vitamin C	218.2 mg	Ash ¹	*10.20* g	53.47%	Calories from Carbohydrates
								10.94%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

000731 - sauce, house spaghetti meatles : house	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: gal				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903846 tomato marinara gfs 231762.... 900031 WATER..... 900443 BASIL LEAF..... 002047 SALT, TABLE..... 114657 PEPPER BLACK, GROUND.... 799903 GARLIC, GRANULATED.....	25 #10 can 8 1/4 gals + 1 1/4 cups 3 lbs + 2 ozs 6 1/4 ozs 6 1/4 ozs 3 lbs + 2 ozs	CCP: Heat to 165° F or higher for at least 15 seconds In a large stock pot- using pan spray- spray the pot prior to adding the ingredients. Add 1 (#10) can of MARINARA Sauce then using the can add 1/2 can of tap water. Add salt, pepper, garlic and BASIL to the pot. Simmer for 2 hours, stirring often.. you might need to add additional seasonings- be sure to taste as it simmers.

*Nutrients are based upon 1 Portion Size (gal)

Calories	2037 kcal	Cholesterol	0 mg	Sugars	*161.8* g	Calcium	534.64 mg	30.83%	Calories from Total Fat
Total Fat	69.79 g	Sodium	16438 mg	Protein	55.74 g	Iron	35.00 mg	20.45%	Calories from Saturated Fat
Saturated Fat	46.29 g	Carbohydrates	272.37 g	Vitamin A	34673.6 IU	Water ¹	*1265.14* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	74.97 g	Vitamin C	218.2 mg	Ash ¹	*10.20* g	53.47%	Calories from Carbohydrates
								10.94%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

002294 - entree-chicken nugget/waffle : nslp tinley	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving		Y - Milk Y - Egg Y - Wheat		? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy

Ingredients	Measures	Instructions
903863 waffle stick whole grain gfs 152221..... 903628 Chicken Nugget BrkBsh / GFS #683021... 903443 syrup pc cups gfs 160090.....	2 stick 5 nugget 1 portion cup	CCP: Heat to 155° F or higher for at least 15 Seconds heat waffle per package instructions. make sure to cover tight with film and foil when holding for service for the chicken nugget- using a full sheet pan, pan liner- bake at 350 for 12 minutes until internal 165. each serving gets 2 sticks and 5 nuggets

*Nutrients are based upon 1 Portion Size (serving)

Calories	499 kcal	Cholesterol	35 mg	Sugars	23.8 g	Calcium	20.00 mg	25.27%	Calories from Total Fat
Total Fat	14.00 g	Sodium	750 mg	Protein	19.00 g	Iron	3.78 mg	4.51%	Calories from Saturated Fat
Saturated Fat	2.50 g	Carbohydrates	74.66 g	Vitamin A	118.9 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	59.88%	Calories from Carbohydrates
								15.24%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

002294 - entree-chicken nugget/waffle : nslp tinley	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving		Y - Milk Y - Egg Y - Wheat		? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy

Ingredients	Measures	Instructions
903863 waffle stick whole grain gfs 152221..... 903628 Chicken Nugget BrkBsh / GFS #683021... 903443 syrup pc cups gfs 160090.....	50 stick 125 nugget 25 portion cup	CCP: Heat to 155° F or higher for at least 15 Seconds heat waffle per package instructions. make sure to cover tight with film and foil when holding for service for the chicken nugget- using a full sheet pan, pan liner- bake at 350 for 12 minutes until internal 165. each serving gets 2 sticks and 5 nuggets

*Nutrients are based upon 1 Portion Size (serving)

Calories	499 kcal	Cholesterol	35 mg	Sugars	23.8 g	Calcium	20.00 mg	25.27%	Calories from Total Fat
Total Fat	14.00 g	Sodium	750 mg	Protein	19.00 g	Iron	3.78 mg	4.51%	Calories from Saturated Fat
Saturated Fat	2.50 g	Carbohydrates	74.66 g	Vitamin A	118.9 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	59.88%	Calories from Carbohydrates
								15.24%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

002550 - pasta- chicken parm bowl : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: bowl				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903764 chicken popcorn bb gfs 561322.....	6 piece	
901970 cheese mozzarella 2% shredded gfs....	1 oz	
903407 pasta 51% wg rotini gfs 229951.....	2 ozs	
902876 breadstick white gfs 837670.....	1 breadstick = 1.25gb	

000731R sauce, house spaghetti meatles.....	4 ounces	
903846 tomato marinara gfs 231762.....		
900031 WATER.....	2 Tbsp + 1 5/8 tsp	
900443 BASIL LEAF.....	1/8 oz	
002047 SALT, TABLE.....		
114657 PEPPER BLACK, GROUND.....		
799903 GARLIC, GRANULATED.....	1/8 oz	

*Nutrients are based upon 1 Portion Size (bowl)

Calories	570 kcal	Cholesterol	29 mg	Sugars	*7.1* g	Calcium	245.89 mg	24.06%	Calories from Total Fat
Total Fat	15.25 g	Sodium	1204 mg	Protein	27.18 g	Iron	3.74 mg	4.09%	Calories from Saturated Fat
Saturated Fat	2.59 g	Carbohydrates	82.95 g	Vitamin A	1113.7 IU	Water ¹	*39.54* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.29 g	Vitamin C	6.8 mg	Ash ¹	*0.32* g	58.18%	Calories from Carbohydrates
								19.06%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

002550 - pasta- chicken parm bowl : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: bowl				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903764 chicken popcorn bb gfs 561322.....	150 piece	
901970 cheese mozzarella 2% shredded gfs....	1 lb + 9 ozs	
903407 pasta 51% wg rotini gfs 229951.....	3 lbs + 2 ozs	
902876 breadstick white gfs 837670.....	25 breadstick = 1.25gb	

000731R sauce, house spaghetti meatles.....	100 ounces	
903846 tomato marinara gfs 231762.....	7/8 #10 can	
900031 WATER.....	1 qt + 1/8 cup	
900443 BASIL LEAF.....	1 5/8 ozs	
002047 SALT, TABLE.....	1/4 oz	
114657 PEPPER BLACK, GROUND.....	1/4 oz	
799903 GARLIC, GRANULATED.....	1 5/8 ozs	

*Nutrients are based upon 1 Portion Size (bowl)

Calories	570 kcal	Cholesterol	29 mg	Sugars	*7.1* g	Calcium	245.89 mg	24.06%	Calories from Total Fat
Total Fat	15.25 g	Sodium	1204 mg	Protein	27.18 g	Iron	3.74 mg	4.09%	Calories from Saturated Fat
Saturated Fat	2.59 g	Carbohydrates	82.95 g	Vitamin A	1113.7 IU	Water ¹	*39.54* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.29 g	Vitamin C	6.8 mg	Ash ¹	*0.32* g	58.18%	Calories from Carbohydrates
								19.06%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

002248 - bean- red bean salad : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: 1/2 cup				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902825 bean red kidney gfs 118761.....	1/8 #10 can	Drain kidney beans. Store and serve at 40° F or below. MIX ALL INGREDIENTS AND CHILL PRIOR TO SERVICE SERVING SIZE IS 1/2CUP
799908 ONIONS,RED,RAW.....	1 TSP (chopped)	
011821 PEPPERS,SWEET,RED,RAW.....	2 TSP (chopped)	
011297 PARSLEY,RAW.....	2 TSP (chopped)	
902969 oil canola olive oil blend greco 37017.....	1/8 tsp	
903584 GARLIC,GRANULATED Greco#50612...		
903735 LEMON JUICE.....	1 tsp	
002047 SALT,TABLE.....		
903619 PEPPER BLACK, GR Greco#50600.....		
011333 PEPPERS,SWEET,GREEN,RAW.....	2 TSP (chopped)	

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

Calories	119 kcal	Cholesterol	0 mg	Sugars	*0.4* g	Calcium	44.71 mg	4.81%	Calories from Total Fat
Total Fat	0.64 g	Sodium	452 mg	Protein	7.12 g	Iron	1.98 mg	0.39%	Calories from Saturated Fat
Saturated Fat	0.05 g	Carbohydrates	19.86 g	Vitamin A	428.0 IU	Water ¹	*16.72* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.27 g	Vitamin C	16.6 mg	Ash ¹	*0.38* g	66.68%	Calories from Carbohydrates
								23.89%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

002248 - bean- red bean salad : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/2 cup				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902825 bean red kidney gfs 118761.....	1 1/8 #10 can	Drain kidney beans. Store and serve at 40° F or below. MIX ALL INGREDIENTS AND CHILL PRIOR TO SERVICE SERVING SIZE IS 1/2CUP
799908 ONIONS,RED,RAW.....	1/2 cup + 1 TSP (chopped)	
011821 PEPPERS,SWEET,RED,RAW.....	1 cup + 1/2 TBSP (chopped)	
011297 PARSLEY,RAW.....	1 cup + 1/2 TBSP (chopped)	
902969 oil canola olive oil blend greco 37017.....	1 Tbsp + 1/8 tsp	
903584 GARLIC,GRANULATED Greco#50612...	1 tsp	
903735 LEMON JUICE.....	1/2 cup + 1 tsp	
002047 SALT,TABLE.....	1 tsp	
903619 PEPPER BLACK, GR Greco#50600.....	1/2 tsp	
011333 PEPPERS,SWEET,GREEN,RAW.....	1 cup + 1/2 TBSP (chopped)	

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

Calories	119 kcal	Cholesterol	0 mg	Sugars	*0.4* g	Calcium	44.71 mg	4.81%	Calories from Total Fat
Total Fat	0.64 g	Sodium	452 mg	Protein	7.12 g	Iron	1.98 mg	0.39%	Calories from Saturated Fat
Saturated Fat	0.05 g	Carbohydrates	19.86 g	Vitamin A	428.0 IU	Water ¹	*16.72* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.27 g	Vitamin C	16.6 mg	Ash ¹	*0.38* g	66.68%	Calories from Carbohydrates
								23.89%	Calories from Protein

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

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

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

Quest Food Management

002186 - pinwheels- italian TH : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903259 turkey breast whole skin on gfs 315974.....	1 oz	
903662 cheese white american reduced fat comm.....	2 slice 200ct	
903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	1/4 CUP (AP Mix)	
902781 dressing italian kens fat free 188875.....	1 oz	
903208 tortilla ultra grain 10" gfs 690141.....	1 each	
903142 turkey ham commodity 202150.....	1/2 oz	

*Nutrients are based upon 1 Portion Size (serving)

Calories	318 kcal	Cholesterol	39 mg	Sugars	*4.0* g	Calcium	306.63 mg	30.56%	Calories from Total Fat
Total Fat	10.80 g	Sodium	1344 mg	Protein	18.94 g	Iron	2.16 mg	11.76%	Calories from Saturated Fat
Saturated Fat	4.16 g	Carbohydrates	35.00 g	Vitamin A	1455.8 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.17 g	Vitamin C	0.9 mg	Ash ¹	*0.00* g	44.02%	Calories from Carbohydrates
								23.82%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002186 - pinwheels- italian TH : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903259 turkey breast whole skin on gfs 315974.....	1 lb + 9 ozs	
903662 cheese white american reduced fat comm.....	50 slice 200ct	
903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	1 qt + 2 1/4 CUPS (AP Mix)	
902781 dressing italian kens fat free 188875.....	1 lb + 9 ozs	
903208 tortilla ultra grain 10" gfs 690141.....	25 each	
903142 turkey ham commodity 202150.....	12 1/2 ozs	

*Nutrients are based upon 1 Portion Size (serving)

Calories	318 kcal	Cholesterol	39 mg	Sugars	*4.0* g	Calcium	306.63 mg	30.56%	Calories from Total Fat
Total Fat	10.80 g	Sodium	1344 mg	Protein	18.94 g	Iron	2.16 mg	11.76%	Calories from Saturated Fat
Saturated Fat	4.16 g	Carbohydrates	35.00 g	Vitamin A	1455.8 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.17 g	Vitamin C	0.9 mg	Ash ¹	*0.00* g	44.02%	Calories from Carbohydrates
								23.82%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002332 - sandwich - turkey & cheese ww : ns1p	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: 1each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
901993 turkey breast cooked skin on 315974.....	2 ozs	
990093 cheese american.....	2 slice 200 ct	
903575 bread-alphawhite wheat sandwich sliced 1....	2 slice	

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

Calories	302 kcal	Cholesterol	51 mg	Sugars	*2.6* g	Calcium	141.50 mg	34.06%	Calories from Total Fat
Total Fat	11.43 g	Sodium	759 mg	Protein	21.01 g	Iron	2.17 mg	16.21%	Calories from Saturated Fat
Saturated Fat	5.44 g	Carbohydrates	27.16 g	Vitamin A	336.9 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	12.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	35.96%	Calories from Carbohydrates
								27.81%	Calories from Protein

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

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

Quest Food Management

002332 - sandwich - turkey & cheese ww : ns1p	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
901993 turkey breast cooked skin on 315974.....	3 lbs + 2 ozs	
990093 cheese american.....	50 slice 200 ct	
903575 bread-alphawhite wheat sandwich sliced 1....	50 slice	

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

Calories	302 kcal	Cholesterol	51 mg	Sugars	*2.6* g	Calcium	141.50 mg	34.06%	Calories from Total Fat
Total Fat	11.43 g	Sodium	759 mg	Protein	21.01 g	Iron	2.17 mg	16.21%	Calories from Saturated Fat
Saturated Fat	5.44 g	Carbohydrates	27.16 g	Vitamin A	336.9 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	12.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	35.96%	Calories from Carbohydrates
								27.81%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

000517 - sandwich- turkey/cheese sub : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
901993 turkey breast cooked skin on 315974.....	2 ozs	
903572 bread- alpha wheat diamond jim 31454....	1 each	
990093 cheese american.....	2 slice 200 ct	

*Nutrients are based upon 1 Portion Size (serving)

Calories	303 kcal	Cholesterol	51 mg	Sugars	*3.9* g	Calcium	181.18 mg	33.96%	Calories from Total Fat
Total Fat	11.44 g	Sodium	1032 mg	Protein	21.08 g	Iron	2.16 mg	16.46%	Calories from Saturated Fat
Saturated Fat	5.55 g	Carbohydrates	27.68 g	Vitamin A	343.7 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.34 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	36.50%	Calories from Carbohydrates
								27.80%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

000517 - sandwich- turkey/cheese sub : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
901993 turkey breast cooked skin on 315974..... 903572 bread- alpha wheat diamond jim 31454.... 990093 cheese american.....	3 lbs + 2 ozs 25 each 50 slice 200 ct	

*Nutrients are based upon 1 Portion Size (serving)

Calories	303 kcal	Cholesterol	51 mg	Sugars	*3.9* g	Calcium	181.18 mg	33.96%	Calories from Total Fat
Total Fat	11.44 g	Sodium	1032 mg	Protein	21.08 g	Iron	2.16 mg	16.46%	Calories from Saturated Fat
Saturated Fat	5.55 g	Carbohydrates	27.68 g	Vitamin A	343.7 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.34 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	36.50%	Calories from Carbohydrates
								27.80%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

000082 - salad chicken ceasar w/crouons : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving		Y - Milk Y - Fish Y - Wheat	N - Shellfish	? - Egg ? - Peanut ? - Tree Nut ? - Soy

Ingredients	Measures	Instructions
903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	1 CUP (AP Mix)	Place 2 cup chopped romaine in clear 6x6 clam container add 2oz of defrosted diced white chicken, 1 tb of parmesan cheese, lettuce and slaw mixed together first
903287 chicken diced breast bb gfs 736371.....	2 ozs	
990099 cheese parmesean greco 19483.....	1 Tbsp	
902736 dressing ranch fat free 188867.....	2 ozs	
903493 bread-cROUTONS gfs 748500.....	1/2 cup	
903717 slaw super mix gfs 667611.....	1 cup	
		2 ounce of lettuce mix equals 2 full cups

*Nutrients are based upon 1 Portion Size (serving)

Calories	319 kcal	Cholesterol	46 mg	Sugars	*0.7* g	Calcium	195.21 mg	26.59%	Calories from Total Fat
Total Fat	9.43 g	Sodium	1635 mg	Protein	22.84 g	Iron	2.76 mg	7.85%	Calories from Saturated Fat
Saturated Fat	2.78 g	Carbohydrates	40.61 g	Vitamin A	5459.1 IU	Water ¹	*0.00* g	2.30%	Calories from Trans Fat
Trans Fat ²	0.82 g	Dietary Fiber	1.34 g	Vitamin C	26.4 mg	Ash ¹	*0.00* g	50.87%	Calories from Carbohydrates
								28.61%	Calories from Protein

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

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

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

Quest Food Management

000082 - salad chicken ceasar w/crouons : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving		Y - Milk Y - Fish Y - Wheat	N - Shellfish	? - Egg ? - Peanut ? - Tree Nut ? - Soy

Ingredients	Measures	Instructions
903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	1 1/2 gals + 1 CUP (AP Mix)	Place 2 cup chopped romaine in clear 6x6 clam container add 2oz of defrosted diced white chicken, 1 tb of parmesan cheese, lettuce and slaw mixed together first
903287 chicken diced breast bb gfs 736371.....	3 lbs + 2 ozs	
990099 cheese parmesean greco 19483.....	1 1/2 cups + 1 Tbsp	
902736 dressing ranch fat free 188867.....	3 lbs + 2 ozs	
903493 bread-cROUTONS gfs 748500.....	3 qts + 1/2 cup	
903717 slaw super mix gfs 667611.....	1 1/2 gals + 1 cup	
		2 ounce of lettuce mix equals 2 full cups

*Nutrients are based upon 1 Portion Size (serving)

Calories	319 kcal	Cholesterol	46 mg	Sugars	*0.7* g	Calcium	195.21 mg	26.59%	Calories from Total Fat
Total Fat	9.43 g	Sodium	1635 mg	Protein	22.84 g	Iron	2.76 mg	7.85%	Calories from Saturated Fat
Saturated Fat	2.78 g	Carbohydrates	40.61 g	Vitamin A	5459.1 IU	Water ¹	*0.00* g	2.30%	Calories from Trans Fat
Trans Fat ²	0.82 g	Dietary Fiber	1.34 g	Vitamin C	26.4 mg	Ash ¹	*0.00* g	50.87%	Calories from Carbohydrates
								28.61%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001236 - breadstick garlic : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: each		Y - Wheat		? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy

Ingredients	Measures	Instructions
903171 bread vie de france white wheat greco.... 990092 margarine..... 903620 GARLIC,GRANULATED Greco#50612...	1 each 3/4 tsp	

*Nutrients are based upon 1 Portion Size (each)

Calories	85 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	20.07 mg	34.30%	Calories from Total Fat
Total Fat	3.25 g	Sodium	96 mg	Protein	2.01 g	Iron	0.72 mg	5.28%	Calories from Saturated Fat
Saturated Fat	0.50 g	Carbohydrates	13.06 g	Vitamin A	125.0 IU	Water ¹	0.01 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.01 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	61.27%	Calories from Carbohydrates
								9.45%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001236 - breadstick garlic : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: each		Y - Wheat		? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy

Ingredients	Measures	Instructions
903171 bread vie de france white wheat greco.... 990092 margarine..... 903620 GARLIC,GRANULATED Greco#50612...	25 each 1/3 cup + 1 Tbsp 3/4 tsp	

*Nutrients are based upon 1 Portion Size (each)

Calories	85 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	20.07 mg	34.30%	Calories from Total Fat
Total Fat	3.25 g	Sodium	96 mg	Protein	2.01 g	Iron	0.72 mg	5.28%	Calories from Saturated Fat
Saturated Fat	0.50 g	Carbohydrates	13.06 g	Vitamin A	125.0 IU	Water ¹	0.01 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.01 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	61.27%	Calories from Carbohydrates
								9.45%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001531 - wrap- chicken ranch club : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: wrap				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903285 chicken tenders bb 1.1oz gfs 532372..... 903208 tortilla ultra grain 10" gfs 690141..... 900023 Tomatoes red ripe raw year round average..... 903548 LETTUCE, Salad Tiny Chop Mix gfs#153121... 902736 dressing ranch fat free 188867..... 903217 bacon turkey bacon gfs 219901.....	3 (1 strip) 1 each 3 slice 1/2" 1/2 CUP (AP Mix) 1 (2 TB) 1 slice	CCP: Cool to 41° F or lower within 4 hours. best results have tortillas warmed - on top shelf of heated cabinet for about 20 minutes will work baked chicken according to package- then slice lengthwise into 6 long pieces. you can use left over breaded chicken- if you do, weigh out at 3oz. before making wrap roll chicken. cook turkey bacon, let cool- one full slice per wrap. on tortilla, spread with dressing, chicken, bacon, lettuce, tomato- tuck and roll. CCP: Cool to 41° F or lower within 4 hours.

*Nutrients are based upon 1 Portion Size (wrap)

Calories	460 kcal	Cholesterol	56 mg	Sugars	*2.0* g	Calcium	178.21 mg	38.15%	Calories from Total Fat
Total Fat	19.50 g	Sodium	1341 mg	Protein	21.41 g	Iron	2.94 mg	9.98%	Calories from Saturated Fat
Saturated Fat	5.10 g	Carbohydrates	50.94 g	Vitamin A	2960.6 IU	Water ¹	*76.55* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	6.37 g	Vitamin C	11.5 mg	Ash ¹	*0.41* g	44.30%	Calories from Carbohydrates
								18.62%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

002593 - muffin-banana whole grain : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903901 banana muffin whole grain 557981...	1 each	

*Nutrients are based upon 1 Portion Size (each)

Calories	190 kcal	Cholesterol	40 mg	Sugars	17.0 g	Calcium	40.00 mg	28.42%	Calories from Total Fat
Total Fat	6.00 g	Sodium	130 mg	Protein	3.00 g	Iron	0.72 mg	9.47%	Calories from Saturated Fat
Saturated Fat	2.00 g	Carbohydrates	31.00 g	Vitamin A	100.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	65.26%	Calories from Carbohydrates
								6.32%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002593 - muffin-banana whole grain : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903901 banana muffin whole grain 557981...	25 each	

*Nutrients are based upon 1 Portion Size (each)

Calories	190 kcal	Cholesterol	40 mg	Sugars	17.0 g	Calcium	40.00 mg	28.42%	Calories from Total Fat
Total Fat	6.00 g	Sodium	130 mg	Protein	3.00 g	Iron	0.72 mg	9.47%	Calories from Saturated Fat
Saturated Fat	2.00 g	Carbohydrates	31.00 g	Vitamin A	100.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	65.26%	Calories from Carbohydrates
								6.32%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002418 - bread- graham cracker pack : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: package				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903831 graham cracker graham w/fiber 282461....	1 package	

*Nutrients are based upon 1 Portion Size (package)

Calories	90 kcal	Cholesterol	0 mg	Sugars	5.0 g	Calcium	100.00 mg	25.00%	Calories from Total Fat
Total Fat	2.50 g	Sodium	95 mg	Protein	2.00 g	Iron	0.72 mg	0.00%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	17.00 g	Vitamin A	500.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	75.56%	Calories from Carbohydrates
								8.89%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002418 - bread- graham cracker pack : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: package				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903831 graham cracker graham w/fiber 282461....	25 package	

*Nutrients are based upon 1 Portion Size (package)

Calories	90 kcal	Cholesterol	0 mg	Sugars	5.0 g	Calcium	100.00 mg	25.00%	Calories from Total Fat
Total Fat	2.50 g	Sodium	95 mg	Protein	2.00 g	Iron	0.72 mg	0.00%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	17.00 g	Vitamin A	500.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	75.56%	Calories from Carbohydrates
								8.89%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002417 - break cinnamon toast crisp : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: package				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903841 mg-cinnamon cereal snack bag 878683...	1 package	
903831 graham cracker graham w/fiber 282461....	1 package	

*Nutrients are based upon 1 Portion Size (package)

Calories	200 kcal	Cholesterol	0 mg	Sugars	13.0 g	Calcium	180.00 mg	24.75%	Calories from Total Fat
Total Fat	5.50 g	Sodium	255 mg	Protein	3.00 g	Iron	4.32 mg	2.25%	Calories from Saturated Fat
Saturated Fat	0.50 g	Carbohydrates	39.00 g	Vitamin A	900.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	4.8 mg	Ash ¹	0.00 g	78.00%	Calories from Carbohydrates
								6.00%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002417 - break cinnamon toast crisp : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: package				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903841 mg-cinnamon cereal snack bag 878683...	25 package	
903831 graham cracker graham w/fiber 282461....	25 package	

*Nutrients are based upon 1 Portion Size (package)

Calories	200 kcal	Cholesterol	0 mg	Sugars	13.0 g	Calcium	180.00 mg	24.75%	Calories from Total Fat
Total Fat	5.50 g	Sodium	255 mg	Protein	3.00 g	Iron	4.32 mg	2.25%	Calories from Saturated Fat
Saturated Fat	0.50 g	Carbohydrates	39.00 g	Vitamin A	900.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	4.8 mg	Ash ¹	0.00 g	78.00%	Calories from Carbohydrates
								6.00%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

002420 - bread-graham gripz : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: package				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903832 graham- gripz 805640...	1 package	

*Nutrients are based upon 1 Portion Size (package)

Calories	100 kcal	Cholesterol	0 mg	Sugars	5.0 g	Calcium	100.00 mg	27.00%	Calories from Total Fat
Total Fat	3.00 g	Sodium	80 mg	Protein	2.00 g	Iron	0.72 mg	9.00%	Calories from Saturated Fat
Saturated Fat	1.00 g	Carbohydrates	19.00 g	Vitamin A	750.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	76.00%	Calories from Carbohydrates
								8.00%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002420 - bread-graham gripz : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: package				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903832 graham- gripz 805640...	25 package	

*Nutrients are based upon 1 Portion Size (package)

Calories	100 kcal	Cholesterol	0 mg	Sugars	5.0 g	Calcium	100.00 mg	27.00%	Calories from Total Fat
Total Fat	3.00 g	Sodium	80 mg	Protein	2.00 g	Iron	0.72 mg	9.00%	Calories from Saturated Fat
Saturated Fat	1.00 g	Carbohydrates	19.00 g	Vitamin A	750.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	76.00%	Calories from Carbohydrates
								8.00%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002594 - poptart- fudge whole grain sin : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903902 poptart- fudge whole grain single 452062...	1 each	

*Nutrients are based upon 1 Portion Size (each)

Calories	180 kcal	Cholesterol	0 mg	Sugars	16.0 g	Calcium	100.00 mg	15.00%	Calories from Total Fat
Total Fat	3.00 g	Sodium	190 mg	Protein	3.00 g	Iron	1.80 mg	5.00%	Calories from Saturated Fat
Saturated Fat	1.00 g	Carbohydrates	38.00 g	Vitamin A	500.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	84.44%	Calories from Carbohydrates
								6.67%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002594 - poptart- fudge whole grain sin : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903902 poptart- fudge whole grain single 452062...	25 each	

*Nutrients are based upon 1 Portion Size (each)

Calories	180 kcal	Cholesterol	0 mg	Sugars	16.0 g	Calcium	100.00 mg	15.00%	Calories from Total Fat
Total Fat	3.00 g	Sodium	190 mg	Protein	3.00 g	Iron	1.80 mg	5.00%	Calories from Saturated Fat
Saturated Fat	1.00 g	Carbohydrates	38.00 g	Vitamin A	500.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	84.44%	Calories from Carbohydrates
								6.67%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001677 - cereal apple cinnamon bar : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: 1 bar				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903371 cereal bar apple cinn rice krispie 83383...	1 each	

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

Calories	140 kcal	Cholesterol	0 mg	Sugars	9.0 g	Calcium	100.00 mg	19.28%	Calories from Total Fat
Total Fat	3.00 g	Sodium	105 mg	Protein	2.00 g	Iron	0.72 mg	3.21%	Calories from Saturated Fat
Saturated Fat	0.50 g	Carbohydrates	27.00 g	Vitamin A	500.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	77.14%	Calories from Carbohydrates
								5.71%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001677 - cereal apple cinnamon bar : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: 1 bar				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903371 cereal bar apple cinn rice krispie 83383...	25 each	

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

Calories	140 kcal	Cholesterol	0 mg	Sugars	9.0 g	Calcium	100.00 mg	19.28%	Calories from Total Fat
Total Fat	3.00 g	Sodium	105 mg	Protein	2.00 g	Iron	0.72 mg	3.21%	Calories from Saturated Fat
Saturated Fat	0.50 g	Carbohydrates	27.00 g	Vitamin A	500.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	77.14%	Calories from Carbohydrates
								5.71%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002246 - poptart wg strawberry single : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903709 poptart wg strawberry single gfs 695890...	1 EACH	

*Nutrients are based upon 1 Portion Size (each)

Calories	180 kcal	Cholesterol	0 mg	Sugars	15.0 g	Calcium	100.00 mg	15.00%	Calories from Total Fat
Total Fat	3.00 g	Sodium	180 mg	Protein	2.00 g	Iron	1.80 mg	5.00%	Calories from Saturated Fat
Saturated Fat	1.00 g	Carbohydrates	38.00 g	Vitamin A	500.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	84.44%	Calories from Carbohydrates
								4.44%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002246 - poptart wg strawberry single : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903709 poptart wg strawberry single gfs 695890...	25 EACH	

*Nutrients are based upon 1 Portion Size (each)

Calories	180 kcal	Cholesterol	0 mg	Sugars	15.0 g	Calcium	100.00 mg	15.00%	Calories from Total Fat
Total Fat	3.00 g	Sodium	180 mg	Protein	2.00 g	Iron	1.80 mg	5.00%	Calories from Saturated Fat
Saturated Fat	1.00 g	Carbohydrates	38.00 g	Vitamin A	500.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	84.44%	Calories from Carbohydrates
								4.44%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001044 - entree- chicken tenders : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903285 chicken tenders bb 1.1oz gfs 532372....	1 (3 strips)	

*Nutrients are based upon 1 Portion Size (serving)

Calories	195 kcal	Cholesterol	46 mg	Sugars	*N/A* g	Calcium	0.00 mg	56.84%	Calories from Total Fat
Total Fat	12.34 g	Sodium	514 mg	Protein	13.37 g	Iron	0.74 mg	11.84%	Calories from Saturated Fat
Saturated Fat	2.57 g	Carbohydrates	9.25 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.06 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	18.95%	Calories from Carbohydrates
								27.37%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001044 - entree- chicken tenders : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903285 chicken tenders bb 1.1oz gfs 532372....	25 (3 strips)	

*Nutrients are based upon 1 Portion Size (serving)

Calories	195 kcal	Cholesterol	46 mg	Sugars	*N/A* g	Calcium	0.00 mg	56.84%	Calories from Total Fat
Total Fat	12.34 g	Sodium	514 mg	Protein	13.37 g	Iron	0.74 mg	11.84%	Calories from Saturated Fat
Saturated Fat	2.57 g	Carbohydrates	9.25 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.06 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	18.95%	Calories from Carbohydrates
								27.37%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002049 - bread solid pull a part roll : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903573 bread-alpha white wheat soft pan33029....	1 each roll	

*Nutrients are based upon 1 Portion Size (each)

Calories	90 kcal	Cholesterol	0 mg	Sugars	2.1 g	Calcium	19.44 mg	12.96%	Calories from Total Fat
Total Fat	1.30 g	Sodium	155 mg	Protein	3.72 g	Iron	4.86 mg	2.42%	Calories from Saturated Fat
Saturated Fat	0.24 g	Carbohydrates	16.13 g	Vitamin A	10.6 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.59 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	71.32%	Calories from Carbohydrates
								16.46%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002049 - bread solid pull a part roll : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903573 bread-alpha white wheat soft pan33029....	25 each roll	

*Nutrients are based upon 1 Portion Size (each)

Calories	90 kcal	Cholesterol	0 mg	Sugars	2.1 g	Calcium	19.44 mg	12.96%	Calories from Total Fat
Total Fat	1.30 g	Sodium	155 mg	Protein	3.72 g	Iron	4.86 mg	2.42%	Calories from Saturated Fat
Saturated Fat	0.24 g	Carbohydrates	16.13 g	Vitamin A	10.6 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.59 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	71.32%	Calories from Carbohydrates
								16.46%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001714 - potato tator tot oven baked : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: 1/2 cup				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
990133 potato tater tot 233404....	1 (8 tots- 1/2 cup vegetable)	Bake per manufacturer's instructions.

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

Calories	112 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	0.00 mg	45.00%	Calories from Total Fat
Total Fat	5.60 g	Sodium	216 mg	Protein	1.60 g	Iron	0.29 mg	12.86%	Calories from Saturated Fat
Saturated Fat	1.60 g	Carbohydrates	12.80 g	Vitamin A	0.0 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.60 g	Vitamin C	1.0 mg	Ash ¹	*N/A* g	45.71%	Calories from Carbohydrates
								5.71%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001714 - potato tator tot oven baked : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/2 cup				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
990133 potato tater tot 233404....	25 (8 tots- 1/2 cup vegetable)	Bake per manufacturer's instructions.

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

Calories	112 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	0.00 mg	45.00%	Calories from Total Fat
Total Fat	5.60 g	Sodium	216 mg	Protein	1.60 g	Iron	0.29 mg	12.86%	Calories from Saturated Fat
Saturated Fat	1.60 g	Carbohydrates	12.80 g	Vitamin A	0.0 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.60 g	Vitamin C	1.0 mg	Ash ¹	*N/A* g	45.71%	Calories from Carbohydrates
								5.71%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002226 - pizza- personal 5" round : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903697 pizza- 5" round personal max gfs 110470....	1 each	

*Nutrients are based upon 1 Portion Size (each)

Calories	290 kcal	Cholesterol	5 mg	Sugars	5.0 g	Calcium	0.00 mg	24.83%	Calories from Total Fat
Total Fat	8.00 g	Sodium	400 mg	Protein	16.00 g	Iron	0.00 mg	6.21%	Calories from Saturated Fat
Saturated Fat	2.00 g	Carbohydrates	40.00 g	Vitamin A	25.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	55.17%	Calories from Carbohydrates
								22.07%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002226 - pizza- personal 5" round : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903697 pizza- 5" round personal max gfs 110470....	25 each	

*Nutrients are based upon 1 Portion Size (each)

Calories	290 kcal	Cholesterol	5 mg	Sugars	5.0 g	Calcium	0.00 mg	24.83%	Calories from Total Fat
Total Fat	8.00 g	Sodium	400 mg	Protein	16.00 g	Iron	0.00 mg	6.21%	Calories from Saturated Fat
Saturated Fat	2.00 g	Carbohydrates	40.00 g	Vitamin A	25.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	55.17%	Calories from Carbohydrates
								22.07%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001666 - fiesta-turkey soft shell : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903704 turkey ground raw 85% lean gfs 256322..... 990095 cheese cheddar shredded gfs 776831..... 903063 taco seasoning spicy LS 413445..... 902947 tortilla azteca ultra grain 6" 882690..... 903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	2 OZS (RAW 85% YIELD) 1 oz 1/2 Tbsp 2 each 1/4 CUP (AP Mix)	CCP: Heat to 155° F or higher for at least 15 Seconds SERVING SIZE: TACOS- TWO TORTILLAS TURKEY TACO MEAT 2z, COOKED-DIVIDED BETWEEN TWO TACOS CHEDDAR CHEESE 1/2z, DIVIDED BETWEEN TWO TACOS LETTUCE, SHREDDED 1/4 CUP DIVIDED BETWEEN TWO TACOS

*Nutrients are based upon 1 Portion Size (serving)

Calories	426 kcal	Cholesterol	73 mg	Sugars	*0.0* g	Calcium	254.83 mg	47.73%	Calories from Total Fat
Total Fat	22.58 g	Sodium	437 mg	Protein	21.79 g	Iron	2.53 mg	24.36%	Calories from Saturated Fat
Saturated Fat	11.52 g	Carbohydrates	34.10 g	Vitamin A	2217.4 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.17 g	Vitamin C	0.6 mg	Ash ¹	*0.00* g	32.04%	Calories from Carbohydrates
								20.47%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

001666 - fiesta-turkey soft shell : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903704 turkey ground raw 85% lean gfs 256322..... 990095 cheese cheddar shredded gfs 776831..... 903063 taco seasoning spicy LS 413445..... 902947 tortilla azteca ultra grain 6" 882690..... 903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	3 lbs + 2 OZS (RAW 85% YIELD) 1 lb + 9 ozs 3/4 cup + 1/2 Tbsp 50 each 1 qt + 2 1/4 CUPS (AP Mix)	CCP: Heat to 155° F or higher for at least 15 Seconds SERVING SIZE: TACOS- TWO TORTILLAS TURKEY TACO MEAT 2z, COOKED-DIVIDED BETWEEN TWO TACOS CHEDDAR CHEESE 1/2z, DIVIDED BETWEEN TWO TACOS LETTUCE, SHREDDED 1/4 CUP DIVIDED BETWEEN TWO TACOS

*Nutrients are based upon 1 Portion Size (serving)

Calories	426 kcal	Cholesterol	73 mg	Sugars	*0.0* g	Calcium	254.83 mg	47.73%	Calories from Total Fat
Total Fat	22.58 g	Sodium	437 mg	Protein	21.79 g	Iron	2.53 mg	24.36%	Calories from Saturated Fat
Saturated Fat	11.52 g	Carbohydrates	34.10 g	Vitamin A	2217.4 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.17 g	Vitamin C	0.6 mg	Ash ¹	*0.00* g	32.04%	Calories from Carbohydrates
								20.47%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

000947 - rice brown seasoned : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: 1/2 CUP				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902746 rice brown parboiled whole grain 516371... 900031 WATER..... 902991 base chicken low sodium 580589.....	2 Tbsp + 2 TSP (dry) 2/3 cup 1/8 tsp	COOK RICE PER PACKAGE... 1/2 CUP COOKED RICE IS 1 G/B use level 4ounce spoodle using the steamer- weigh 8 lbs per 4" inch full size hotel pan. fill with water until about 1 inch from top of pan, add chicken base- there is an indent line. put in steamer for 40 minutes covered tight with film and foil.
		1/4 cup dry is 1 cup cooked 1/8 cup dry is 1/2 cup cooked

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

Calories	110 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	5.38 mg	8.18%	Calories from Total Fat
Total Fat	1.00 g	Sodium	32 mg	Protein	2.89 g	Iron	0.54 mg	0.00%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	22.44 g	Vitamin A	0.0 IU	Water ¹	157.84 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.33 g	Vitamin C	0.0 mg	Ash ¹	0.16 g	81.62%	Calories from Carbohydrates
								10.51%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

000947 - rice brown seasoned : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/2 CUP				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902746 rice brown parboiled whole grain 516371... 900031 WATER..... 902991 base chicken low sodium 580589.....	1 qt + 1/8 CUP (dry) 1 gal + 3/4 cup 1 Tbsp + 1 1/8 tsp	COOK RICE PER PACKAGE... 1/2 CUP COOKED RICE IS 1 G/B use level 4ounce spoodle using the steamer- weigh 8 lbs per 4" inch full size hotel pan. fill with water until about 1 inch from top of pan, add chicken base- there is an indent line. put in steamer for 40 minutes covered tight with film and foil.
		1/4 cup dry is 1 cup cooked 1/8 cup dry is 1/2 cup cooked

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

Calories	110 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	5.38 mg	8.18%	Calories from Total Fat
Total Fat	1.00 g	Sodium	32 mg	Protein	2.89 g	Iron	0.54 mg	0.00%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	22.44 g	Vitamin A	0.0 IU	Water ¹	157.84 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.33 g	Vitamin C	0.0 mg	Ash ¹	0.16 g	81.62%	Calories from Carbohydrates
								10.51%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

900243 - bosco stick w/meat sauce k-8 : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: servings				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903846 tomato marinara gfs 231762..... 900031 WATER..... 903618 BASIL LEAF dry..... 903619 PEPPER BLACK, GR Greco#50600..... 903620 GARLIC, GRANULATED Greco#50612..... 903704 turkey ground raw 85% lean gfs 256322... 903406 bosco sticks wg 4" gfs 787440..... 990092 margarine..... 990099 cheese parmesean greco 19483.....	7/8 oz 3/8 tsp 1/8 tsp 1 1/2 OZS (RAW 85% YIELD) 3 STICK 1/8 oz 1/8 oz	<p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>1) Turkey Meat Sauce preparation:</p> <ul style="list-style-type: none"> • Thaw ground turkey before preparing. Keep product covered while hawing. 72 hours shelf life when refrigerated. • In a large stock pot - using pan spray - spray the pot prior to adding the ingredients • Add marinara Sauce • Add water • Add salt, pepper, garlic and oregano to the pot • Simmer for 2 hours, stirring often • Add additional seasonings if needed after tasting as it simmers <p>• As sauce nears end of cook time, prepare ground turkey</p> <ul style="list-style-type: none"> • Brown ground turkey in appropriate size fry pan or tilt skillet • Cook until completely done and no raw meat appears or 165 degrees • Add cooked ground turkey to cooked meatless spaghetti sauce <p>CCP: Hold for hot service at 135°F or higher.</p> <ul style="list-style-type: none"> • Thaw product fully before baking. Keep product covered while thawing. 72 hours shelf life when refrigerated. • Place product on a parchment lined sheet pan • Bake at 400 degrees for 8-10 minutes • Top with melted margarine and parmesan cheese • Keep warm for service <p>CCP: Hold for hot service at 135° F or higher</p>
		serving is 3 bosco sticks and 3oz cup wihl marinara turkey sauce. one bosco is 1 grain and 1/2 meat/meat alternate

*Nutrients are based upon 1 Portion Size (servings)

Calories	481 kcal	Cholesterol	49 mg	Sugars	*5.5* g	Calcium	335.07 mg	35.70%	Calories from Total Fat
Total Fat	19.07 g	Sodium	716 mg	Protein	27.46 g	Iron	4.34 mg	12.04%	Calories from Saturated Fat

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

Quest Food Management

Recipe Sizing Report

Saturated Fat	6.43 g	Carbohydrates	49.06 g	Vitamin A	977.7 IU	Water ¹	*23.04* g	*0.04%*	Calories from Trans Fat
Trans Fat ²	*0.02* g	Dietary Fiber	4.14 g	Vitamin C	3.3 mg	Ash ¹	*0.04* g	40.81%	Calories from Carbohydrates
								22.84%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

002053 - asian orange chicken : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: servings				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903764 chicken popcorn bb gfs 561322..... 902973 sauce orange ginger purchased 802860..... ----- 000947R rice brown seasoned..... 902746 rice brown parboiled whole grain 516371.... 900031 WATER..... 902991 base chicken low sodium 580589..... -----	12 piece 2 ozs 1 (1/2 cup) 1 CUP (dry) 1 qt 1 tsp	baked chicken according to package instructions. once at 165 pullout and gently toss in the orange sauce only to coat, not drench. serve with rice. <u>SERVING SIZE:</u> <u>12 PIECES OF CHICKEN IN LIGHT SAUCE</u> <u>1/2 CUP OF COOKED RICE</u>

*Nutrients are based upon 1 Portion Size (servings)

Calories	463 kcal	Cholesterol	28 mg	Sugars	*0.0* g	Calcium	23.75 mg	28.91%	Calories from Total Fat
Total Fat	14.88 g	Sodium	922 mg	Protein	17.59 g	Iron	3.22 mg	4.46%	Calories from Saturated Fat
Saturated Fat	2.30 g	Carbohydrates	66.46 g	Vitamin A	0.0 IU	Water ¹	157.84 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.17 g	Vitamin C	0.0 mg	Ash ¹	0.16 g	57.38%	Calories from Carbohydrates
								15.18%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

002053 - asian orange chicken : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: servings				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903764 chicken popcorn bb gfs 561322..... 902973 sauce orange ginger purchased 802860..... ----- 000947R rice brown seasoned..... 902746 rice brown parboiled whole grain 516371.... 900031 WATER..... 902991 base chicken low sodium 580589..... -----	300 piece 3 lbs + 2 ozs 25 (1/2 cup) 1 CUP (dry) 1 qt 1 tsp	baked chicken according to package instructions. once at 165 pullout and gently toss in the orange sauce only to coat, not drench. serve with rice. <u>SERVING SIZE:</u> <u>12 PIECES OF CHICKEN IN LIGHT SAUCE</u> <u>1/2 CUP OF COOKED RICE</u>

*Nutrients are based upon 1 Portion Size (servings)

Calories	463 kcal	Cholesterol	28 mg	Sugars	*0.0* g	Calcium	23.75 mg	28.91%	Calories from Total Fat
Total Fat	14.88 g	Sodium	922 mg	Protein	17.59 g	Iron	3.22 mg	4.46%	Calories from Saturated Fat
Saturated Fat	2.30 g	Carbohydrates	66.46 g	Vitamin A	0.0 IU	Water ¹	157.84 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.17 g	Vitamin C	0.0 mg	Ash ¹	0.16 g	57.38%	Calories from Carbohydrates
								15.18%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

000790 - entree corn dog 4oz : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
901943 corn dog chicken wg4oz large 620220...	1 each	Thawing Instructions TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS Basic Preparation FROZEN: FRY - NOT RECOMMENDED CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. QTY: FULL PAN. MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 45 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 1417 MINUTES. QTY: FULL PAN CONVENTIONAL OVEN: 350F FOR 2426 MINUTES.

*Nutrients are based upon 1 Portion Size (serving)

Calories	240 kcal	Cholesterol	40 mg	Sugars	5.0 g	Calcium	80.00 mg	30.00%	Calories from Total Fat
Total Fat	8.00 g	Sodium	390 mg	Protein	9.00 g	Iron	1.80 mg	9.37%	Calories from Saturated Fat
Saturated Fat	2.50 g	Carbohydrates	30.00 g	Vitamin A	25.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	50.00%	Calories from Carbohydrates
								15.00%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

000790 - entree corn dog 4oz : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
901943 corn dog chicken wg4oz large 620220...	25 each	Thawing Instructions TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS Basic Preparation FROZEN: FRY - NOT RECOMMENDED CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. QTY: FULL PAN. MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 45 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 1417 MINUTES. QTY: FULL PAN CONVENTIONAL OVEN: 350F FOR 2426 MINUTES.

*Nutrients are based upon 1 Portion Size (serving)

Calories	240 kcal	Cholesterol	40 mg	Sugars	5.0 g	Calcium	80.00 mg	30.00%	Calories from Total Fat
Total Fat	8.00 g	Sodium	390 mg	Protein	9.00 g	Iron	1.80 mg	9.37%	Calories from Saturated Fat
Saturated Fat	2.50 g	Carbohydrates	30.00 g	Vitamin A	25.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	50.00%	Calories from Carbohydrates
								15.00%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

900262 - pasta- rotini & meatball ww : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving Alternate Recipe Name: Curly Pasta w. Meatballs				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903407 pasta 51% wg rotini gfs 229951.....	2 1/8 OZS (dry)	5 lbs + 1/3 lb = 86 ounces dry pasta

000731R sauce, house spaghetti meatles.....	1/3 cup + 2 1/4 tsp	
903846 tomato marinara gfs 231762.....		
900031 WATER.....	1 Tbsp + 2 1/8 tsp	
900443 BASIL LEAF.....		
002047 SALT, TABLE.....		
114657 PEPPER BLACK, GROUND.....		
799903 GARLIC, GRANULATED.....		

903384 meatball turkey baked greco 201396....	6 (1 meatball)	
		Serve 6 meatballs each
		Serving should be 1.5 cups of cooked pasta, 3oz of sauce and 6 tukey meatballs. and one breadstick

*Nutrients are based upon 1 Portion Size (serving)

Calories	407 kcal	Cholesterol	47 mg	Sugars	*6.0* g	Calcium	97.78 mg	19.17%	Calories from Total Fat
Total Fat	8.68 g	Sodium	910 mg	Protein	23.21 g	Iron	3.13 mg	7.13%	Calories from Saturated Fat
Saturated Fat	3.23 g	Carbohydrates	58.26 g	Vitamin A	921.2 IU	Water ¹	*30.12* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.76 g	Vitamin C	6.2 mg	Ash ¹	*0.24* g	57.21%	Calories from Carbohydrates
								22.79%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

900262 - pasta- rotini & meatball ww : nsfp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving Alternate Recipe Name: Curly Pasta w. Meatballs				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903407 pasta 51% wg rotini gfs 229951.....	3 lbs + 4 3/8 OZS (dry)	5 lbs + 1/3 lb = 86 ounces dry pasta

000731R sauce, house spaghetti meatles.....	2 qts + 1 1/2 cups	
903846 tomato marinara gfs 231762.....	5/8 #10 can	
900031 WATER.....	3 1/8 cups + 1 tsp	
900443 BASIL LEAF.....	1 1/4 ozs	
002047 SALT, TABLE.....	1/4 oz	
114657 PEPPER BLACK, GROUND.....	1/4 oz	
799903 GARLIC, GRANULATED.....	1 1/4 ozs	

903384 meatball turkey baked greco 201396....	150 (1 meatball)	
		Serve 6 meatballs each
		Serving should be 1.5 cups of cooked pasta, 3oz of sauce and 6 tukey meatballs. and one breadstick

*Nutrients are based upon 1 Portion Size (serving)

Calories	407 kcal	Cholesterol	47 mg	Sugars	*6.0* g	Calcium	97.78 mg	19.17%	Calories from Total Fat
Total Fat	8.68 g	Sodium	910 mg	Protein	23.21 g	Iron	3.13 mg	7.13%	Calories from Saturated Fat
Saturated Fat	3.23 g	Carbohydrates	58.26 g	Vitamin A	921.2 IU	Water ¹	*30.12* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.76 g	Vitamin C	6.2 mg	Ash ¹	*0.24* g	57.21%	Calories from Carbohydrates
								22.79%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

000821 - entree- chicken nuggets : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: 5 pieces				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903592 Chicken Nugget BrkBsh / GFS #683021...	1 (5 nuggets)	CCP: Heat to 155° F or higher for at least 15 Seconds

*Nutrients are based upon 1 Portion Size (5 pieces)

Calories	240 kcal	Cholesterol	35 mg	Sugars	0.0 g	Calcium	0.00 mg	45.00%	Calories from Total Fat
Total Fat	12.00 g	Sodium	500 mg	Protein	15.00 g	Iron	2.70 mg	9.37%	Calories from Saturated Fat
Saturated Fat	2.50 g	Carbohydrates	17.00 g	Vitamin A	0.0 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.0 mg	Ash ¹	*N/A* g	28.33%	Calories from Carbohydrates
								25.00%	Calories from Protein

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

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

Quest Food Management

000821 - entree- chicken nuggets : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 5 pieces				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903592 Chicken Nugget BrkBsh / GFS #683021...	25 (5 nuggets)	CCP: Heat to 155° F or higher for at least 15 Seconds

*Nutrients are based upon 1 Portion Size (5 pieces)

Calories	240 kcal	Cholesterol	35 mg	Sugars	0.0 g	Calcium	0.00 mg	45.00%	Calories from Total Fat
Total Fat	12.00 g	Sodium	500 mg	Protein	15.00 g	Iron	2.70 mg	9.37%	Calories from Saturated Fat
Saturated Fat	2.50 g	Carbohydrates	17.00 g	Vitamin A	0.0 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.0 mg	Ash ¹	*N/A* g	28.33%	Calories from Carbohydrates
								25.00%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

002165 - pasta- ww rotini meatsauce : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving		Y - Wheat		? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy

Ingredients	Measures	Instructions
903407 pasta 51% wg rotini gfs 229951..... ----- 000731R sauce, house spaghetti meatles..... 903846 tomato marinara gfs 231762..... 900031 WATER..... 900443 BASIL LEAF..... 002047 SALT, TABLE..... 114657 PEPPER BLACK, GROUND..... 799903 GARLIC, GRANULATED..... ----- 903704 turkey ground raw 85% lean gfs 256322...	2 OZS (dry) 1/3 cup + 2 1/4 tsp 1 Tbsp + 2 1/8 tsp 3 1/8 OZS (RAW 85% YIELD)	SERVING SIZE IS 2 CUP COOKED PASTA, 3/4 cup of meatsauce

*Nutrients are based upon 1 Portion Size (serving)

Calories	439 kcal	Cholesterol	66 mg	Sugars	*5.9* g	Calcium	28.16 mg	29.23%	Calories from Total Fat
Total Fat	14.25 g	Sodium	449 mg	Protein	24.61 g	Iron	2.67 mg	10.18%	Calories from Saturated Fat
Saturated Fat	4.96 g	Carbohydrates	51.03 g	Vitamin A	835.7 IU	Water ¹	*30.12* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.81 g	Vitamin C	5.2 mg	Ash ¹	*0.24* g	46.55%	Calories from Carbohydrates
								22.45%	Calories from Protein

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

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

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

Quest Food Management

Recipe Sizing Report

002165 - pasta- ww rotini meatsauce : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving		Y - Wheat		? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy

Ingredients	Measures	Instructions
903407 pasta 51% wg rotini gfs 229951..... ----- 000731R sauce, house spaghetti meatles..... 903846 tomato marinara gfs 231762..... 900031 WATER..... 900443 BASIL LEAF..... 002047 SALT, TABLE..... 114657 PEPPER BLACK, GROUND..... 799903 GARLIC, GRANULATED..... ----- 903704 turkey ground raw 85% lean gfs 256322...	3 lbs + 2 OZS (dry) 2 qts + 1 1/2 cups 5/8 #10 can 3 1/8 cups + 1 tsp 1 1/4 ozs 1/4 oz 1/4 oz 1 1/4 ozs 4 lbs + 12 1/4 OZS (RAW 85% YIELD)	SERVING SIZE IS 2 CUP COOKED PASTA, 3/4 cup of meatsauce

*Nutrients are based upon 1 Portion Size (serving)

Calories	439 kcal	Cholesterol	66 mg	Sugars	*5.9* g	Calcium	28.16 mg	29.23%	Calories from Total Fat
Total Fat	14.25 g	Sodium	449 mg	Protein	24.61 g	Iron	2.67 mg	10.18%	Calories from Saturated Fat
Saturated Fat	4.96 g	Carbohydrates	51.03 g	Vitamin A	835.7 IU	Water ¹	*30.12* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.81 g	Vitamin C	5.2 mg	Ash ¹	*0.24* g	46.55%	Calories from Carbohydrates
								22.45%	Calories from Protein

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

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

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

Quest Food Management

001419 - fiesta- chicken nachos grande : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902833 chicken fajita meat commodity.....	2 ozs	using roasting pan head chicken, and taco seasoning. follow directions on seasoning package-
990095 cheese cheddar shredded gfs 776831.....	1/2 oz	
903063 taco seasoning spicy LS 413445.....	3/4 tsp	
902985 tortilla round yellow chip bulk gfs 1630.....	2 ozs	
903635 LETTUCE, Salad Tiny Chop Mix gfs#153121...	1/2 OZ (AP Mix)	
902757 salsa red gold greco 36207.....	1/2 oz	

*Nutrients are based upon 1 Portion Size (serving)

Calories	435 kcal	Cholesterol	68 mg	Sugars	*220.0* g	Calcium	194.40 mg	41.79%	Calories from Total Fat
Total Fat	20.19 g	Sodium	552 mg	Protein	18.11 g	Iron	0.93 mg	11.74%	Calories from Saturated Fat
Saturated Fat	5.67 g	Carbohydrates	43.02 g	Vitamin A	1712.8 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.98 g	Vitamin C	1.2 mg	Ash ¹	*0.00* g	39.58%	Calories from Carbohydrates
								16.66%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001419 - fiesta- chicken nachos grande : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: serving				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902833 chicken fajita meat commodity.....	3 lbs + 2 ozs	using roasting pan head chicken, and taco seasoning. follow directions on seasoning package-
990095 cheese cheddar shredded gfs 776831.....	12 1/2 ozs	
903063 taco seasoning spicy LS 413445.....	1/3 cup + 1 Tbsp	
902985 tortilla round yellow chip bulk gfs 1630.....	3 lbs + 2 ozs	
903635 LETTUCE, Salad Tiny Chop Mix gfs#153121...	12 1/2 OZS (AP Mix)	
902757 salsa red gold greco 36207.....	12 1/2 ozs	

*Nutrients are based upon 1 Portion Size (serving)

Calories	435 kcal	Cholesterol	68 mg	Sugars	*220.0* g	Calcium	194.40 mg	41.79%	Calories from Total Fat
Total Fat	20.19 g	Sodium	552 mg	Protein	18.11 g	Iron	0.93 mg	11.74%	Calories from Saturated Fat
Saturated Fat	5.67 g	Carbohydrates	43.02 g	Vitamin A	1712.8 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.98 g	Vitamin C	1.2 mg	Ash ¹	*0.00* g	39.58%	Calories from Carbohydrates
								16.66%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001931 - entree-mac& cheese scratch : nslp- proven	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: 1 1/2 cup		Y - Milk Y - Wheat		? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy

Ingredients	Measures	Instructions
014429 WATER,MUNICIPAL..... 903715 pasta macaroni dry whole grain gfs 22994..... 990092 margarine..... 002047 SALT, TABLE..... 990113 milk whole..... 990095 cheese cheddar shredded gfs 776831.....	1 Tbsp + 1 1/4 tsp 1/8 DRY, LB 1/8 oz 3 1/2 ozs 1/4 oz	<p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>. Melt margarine or butter in a stock pot or steam-jacketed kettle. .Add milk to the melted margarine. once blended, add the cheese slowly stiring continually until smooth and blended. it will take a while to melt the cheese... at end add the drop of yellow food color.</p> <p>once the pasta is cooked just drain the water- do not rinse. you will want the starch form the pasta to thicken the sauce.</p> <p>For using 2" full hotel pans, measure 11 lbs of combined pasta & saucæ- then add 1/4 lb of crushed homemade croutons.</p> <p>Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 25 minutes</p> <p>Serving</p> <p>1 cup of cooked pasta per serving and 1/2 cup of cheese sauce</p> <p>CCP: Heat to 165° F or higher. CCP: Hold for hot service at 165° F or higher.</p>

Quest Food Management

Recipe Sizing Report

990093 cheese american..... 903716 food coloring yellow- egg shade..... 901365 PEPPER, WHITE, GROUND..... 903847 MUSTARD, GROUND..... ----- 002549R croutons- homemade BATCH..... 903575 bread-alphawhite wheat sandwich sliced 12385... 902969 oil canola olive oil blend greco 37017..... 903136 seasoning trade east italian gfs 428574..... -----	1 3/8 ozs 1/4 oz 1/3 slice 1/4 tsp	
--	---	--

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

Calories	453 kcal	Cholesterol	57 mg	Sugars	*1.8* g	Calcium	405.63 mg	45.50%	Calories from Total Fat
Total Fat	22.91 g	Sodium	640 mg	Protein	18.26 g	Iron	1.62 mg	24.59%	Calories from Saturated Fat
Saturated Fat	12.38 g	Carbohydrates	41.22 g	Vitamin A	912.9 IU	Water ¹	*21.28* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.82 g	Vitamin C	1.0 mg	Ash ¹	*0.06* g	36.38%	Calories from Carbohydrates
								16.12%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

001931 - entree-mac& cheese scratch : nslp- proven	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1 1/2 cup		Y - Milk Y - Wheat		? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy

Ingredients	Measures	Instructions
014429 WATER,MUNICIPAL..... 903715 pasta macaroni dry whole grain gfs 22994..... 990092 margarine..... 002047 SALT, TABLE..... 990113 milk whole..... 990095 cheese cheddar shredded gfs 776831.....	2 1/4 cups 2 1/2 DRY, LB 3 5/8 ozs 1/8 tsp 5 lbs + 7 ozs 6 1/3 ozs	<p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>. Melt margarine or butter in a stock pot or steam-jacketed kettle. .Add milk to the melted margarine. once blended, add the cheese slowly stirring continually until smooth and blended. it will take a while to melt the cheese... at end add the drop of yellow food color.</p> <p>once the pasta is cooked just drain the water- do not rinse. you will want the starch from the pasta to thicken the sauce.</p> <p>For using 2" full hotel pans, measure 11 lbs of combined pasta & sauce- then add 1/4 lb of crushed homemade croutons.</p> <p>Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 25 minutes</p> <p>Serving</p> <p>1 cup of cooked pasta per serving and 1/2 cup of cheese sauce</p> <p>CCP: Heat to 165° F or higher. CCP: Hold for hot service at 165° F or higher.</p>

Quest Food Management

Recipe Sizing Report

990093 cheese american..... 903716 food coloring yellow- egg shade..... 901365 PEPPER, WHITE, GROUND..... 903847 MUSTARD, GROUND..... ----- 002549R croutons- homemade BATCH..... 903575 bread-alphawhite wheat sandwich sliced 12385... 902969 oil canola olive oil blend greco 37017..... 903136 seasoning trade east italian gfs 428574..... -----	2 lbs + 2 1/4 ozs 1/8 TB 5/8 tsp 1 3/8 tsp 4 1/8 ozs 4 1/4 slice 1 Tbsp + 1/8 tsp 1/4 TB	
--	---	--

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

Calories	453 kcal	Cholesterol	57 mg	Sugars	*1.8* g	Calcium	405.63 mg	45.50%	Calories from Total Fat
Total Fat	22.91 g	Sodium	640 mg	Protein	18.26 g	Iron	1.62 mg	24.59%	Calories from Saturated Fat
Saturated Fat	12.38 g	Carbohydrates	41.22 g	Vitamin A	912.9 IU	Water ¹	*21.28* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.82 g	Vitamin C	1.0 mg	Ash ¹	*0.06* g	36.38%	Calories from Carbohydrates
								16.12%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002596 - muffin- apple cinnamon 558011 : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903903 muffin- apple cinnamon 558011...	1 each	

*Nutrients are based upon 1 Portion Size (each)

Calories	190 kcal	Cholesterol	40 mg	Sugars	16.0 g	Calcium	40.00 mg	28.42%	Calories from Total Fat
Total Fat	6.00 g	Sodium	130 mg	Protein	3.00 g	Iron	1.08 mg	9.47%	Calories from Saturated Fat
Saturated Fat	2.00 g	Carbohydrates	31.00 g	Vitamin A	100.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	2.4 mg	Ash ¹	0.00 g	65.26%	Calories from Carbohydrates
								6.32%	Calories from Protein

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

Quest Food Management

002596 - muffin- apple cinnamon 558011 : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903903 muffin- apple cinnamon 558011...	25 each	

*Nutrients are based upon 1 Portion Size (each)

Calories	190 kcal	Cholesterol	40 mg	Sugars	16.0 g	Calcium	40.00 mg	28.42%	Calories from Total Fat
Total Fat	6.00 g	Sodium	130 mg	Protein	3.00 g	Iron	1.08 mg	9.47%	Calories from Saturated Fat
Saturated Fat	2.00 g	Carbohydrates	31.00 g	Vitamin A	100.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	2.4 mg	Ash ¹	0.00 g	65.26%	Calories from Carbohydrates
								6.32%	Calories from Protein

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

Quest Food Management

900130 - cereal bar - soft oatmeal appl : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: package Alternate Recipe Name: Soft Oatmeal Apple Bar				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903535 cereal bar - soft oatmeal apple gfs 5262....	1 package	Serve at room temperature. Case - 210-1.2oz bars individually wrapped

*Nutrients are based upon 1 Portion Size (package)

Calories	140 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	0.00 mg	25.71%	Calories from Total Fat
Total Fat	4.00 g	Sodium	85 mg	Protein	2.00 g	Iron	0.72 mg	9.64%	Calories from Saturated Fat
Saturated Fat	1.50 g	Carbohydrates	24.00 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.00 g	Vitamin C	6.0 mg	Ash ¹	0.00 g	68.57%	Calories from Carbohydrates
								5.71%	Calories from Protein

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

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

Quest Food Management

900130 - cereal bar - soft oatmeal appl : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: package Alternate Recipe Name: Soft Oatmeal Apple Bar				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903535 cereal bar - soft oatmeal apple gfs 5262....	25 package	Serve at room temperature. Case - 210-1.2oz bars individually wrapped

*Nutrients are based upon 1 Portion Size (package)

Calories	140 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	0.00 mg	25.71%	Calories from Total Fat
Total Fat	4.00 g	Sodium	85 mg	Protein	2.00 g	Iron	0.72 mg	9.64%	Calories from Saturated Fat
Saturated Fat	1.50 g	Carbohydrates	24.00 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.00 g	Vitamin C	6.0 mg	Ash ¹	0.00 g	68.57%	Calories from Carbohydrates
								5.71%	Calories from Protein

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

Quest Food Management

002193 - muffin- chocolate chocolate ch : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903674 muffin- chocolate chocolate chip gfs 557....	1 each	

*Nutrients are based upon 1 Portion Size (each)

Calories	190 kcal	Cholesterol	45 mg	Sugars	17.0 g	Calcium	40.00 mg	28.42%	Calories from Total Fat
Total Fat	6.00 g	Sodium	130 mg	Protein	4.00 g	Iron	1.44 mg	9.47%	Calories from Saturated Fat
Saturated Fat	2.00 g	Carbohydrates	32.00 g	Vitamin A	100.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	67.37%	Calories from Carbohydrates
								8.42%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002193 - muffin- chocolate chocolate ch : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: each				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903674 muffin- chocolate chocolate chip gfs 557....	25 each	

*Nutrients are based upon 1 Portion Size (each)

Calories	190 kcal	Cholesterol	45 mg	Sugars	17.0 g	Calcium	40.00 mg	28.42%	Calories from Total Fat
Total Fat	6.00 g	Sodium	130 mg	Protein	4.00 g	Iron	1.44 mg	9.47%	Calories from Saturated Fat
Saturated Fat	2.00 g	Carbohydrates	32.00 g	Vitamin A	100.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	67.37%	Calories from Carbohydrates
								8.42%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002417 - break cinnamon toast crisp : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: package				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903841 mg-cinnamon cereal snack bag 878683...	1 package	
903831 graham cracker graham w/fiber 282461....	1 package	

*Nutrients are based upon 1 Portion Size (package)

Calories	200 kcal	Cholesterol	0 mg	Sugars	13.0 g	Calcium	180.00 mg	24.75%	Calories from Total Fat
Total Fat	5.50 g	Sodium	255 mg	Protein	3.00 g	Iron	4.32 mg	2.25%	Calories from Saturated Fat
Saturated Fat	0.50 g	Carbohydrates	39.00 g	Vitamin A	900.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	4.8 mg	Ash ¹	0.00 g	78.00%	Calories from Carbohydrates
								6.00%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

002417 - break cinnamon toast crisp : nslp	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: package				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903841 mg-cinnamon cereal snack bag 878683...	25 package	
903831 graham cracker graham w/fiber 282461....	25 package	

*Nutrients are based upon 1 Portion Size (package)

Calories	200 kcal	Cholesterol	0 mg	Sugars	13.0 g	Calcium	180.00 mg	24.75%	Calories from Total Fat
Total Fat	5.50 g	Sodium	255 mg	Protein	3.00 g	Iron	4.32 mg	2.25%	Calories from Saturated Fat
Saturated Fat	0.50 g	Carbohydrates	39.00 g	Vitamin A	900.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	4.8 mg	Ash ¹	0.00 g	78.00%	Calories from Carbohydrates
								6.00%	Calories from Protein

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

Quest Food Management

Recipe Sizing Report

000648 - muffin- blueberry enlightened :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: muffin				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
900082 Blueberry Muffin- Enlightened Concerns...	4 ozs	

*Nutrients are based upon 1 Portion Size (muffin)

Calories	280 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	40.00 mg	19.29%	Calories from Total Fat
Total Fat	6.00 g	Sodium	580 mg	Protein	4.00 g	Iron	1.44 mg	0.00%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	52.00 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	2.4 mg	Ash ¹	0.00 g	74.29%	Calories from Carbohydrates
								5.71%	Calories from Protein

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

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

Quest Food Management

Recipe Sizing Report

000648 - muffin- blueberry enlightened :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: muffin				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
900082 Blueberry Muffin- Enlightened Concerns...	6 lbs + 4 ozs	

*Nutrients are based upon 1 Portion Size (muffin)

Calories	280 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	40.00 mg	19.29%	Calories from Total Fat
Total Fat	6.00 g	Sodium	580 mg	Protein	4.00 g	Iron	1.44 mg	0.00%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	52.00 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	2.4 mg	Ash ¹	0.00 g	74.29%	Calories from Carbohydrates
								5.71%	Calories from Protein

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