

Berkeley USD

Recipe Sizing Report

001143 - Asian Noodle Salad : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: 3 oz

| Ingredients | Measures | Instructions |
|---|--|--|
| 901339 PASTA,SPAGHETTI..... | 10 lbs | <p>CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°.</p> <p>Cook and drain pasta. Cool.</p> |
| 090090 PEA POD,CHINESE,RAW..... 011124 CARROTS,RAW..... 011090 BROCCOLI,RAW..... 011821 PEPPERS,SWEET,RED,RAW..... 990453 ONIONS,RED,RAW..... | 1 lb + 5 1/3 ozs 1 lb + 5 1/3 ozs 1 lb + 5 1/3 ozs 1 lb + 5 1/3 ozs 1 lb + 5 1/3 ozs | <p>Cut all vegetables into bite-sized pieces. Toss with pasta.</p> |
| 990004 SOY SAUCE..... 050272 Teriyaki Sauce..... 901221 OIL,SESAME..... 011215 GARLIC,RAW..... 011216 GINGER ROOT,RAW..... | 2 cups 2 cups 2/3 cup 2 Tbsp + 2 tsp 2 Tbsp + 2 tsp | <p>Combine soy sauce, teriyaki sauce, sesame oil, chopped ginger and garlic. Add to the pasta mix and toss well.</p> |
| 012024 SESAME SEEDS,WHL,RSTD&TSTD... | 1 1/3 cups | Garnish with toasted sesame seeds and serve. |

| | | | | | | | |
|---------------|--------|-------------|---------|---------------|---------|----------------|--|
| Calories..... | 213 | Iron..... | 2.46 Mg | Protein..... | 7.11 G | Protein..... | |
| | | | | | | | |
| | | | | | | | |
| Cholesterol.. | 0 Mg | Calcium.... | 39 Mg | Carbohydrates | 39.00 G | Carbohydrates. | |
| | | | | | | | |
| | | | | | | | |
| Sodium..... | 424 Mg | Vitamin A.. | 1347 IU | Total Fat.... | 3.18 G | Total Fat..... | |
| | | | | | | | |
| | | | | | | | |
| Dietary Fiber | 2.15 G | Vitamin C.. | 18.1 Mg | Saturated Fat | 0.35 G | Saturated Fat. | |
| | | | | | | | |
| | | | | | | | |

* - Denotes Missing Nutrient Values

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Recipe Sizing Report

Aug 31, 2007

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990640 - Braised Collard Greens CPF : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: 4oz

| Ingredients | Measures | Instructions |
|--|---------------------------------|--|
| 990475 COLLARD GREENS,RAW..... | 25 lbs | Strip the collard leaves off of their stems and cut away the tough mid ribs of any large leaves. Chop the leaves coarsely and wash in plenty of water. Drain, but leave some water clinging to the leaves. CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 004053 OIL,OLIVE,SALAD OR COOKING... | 2 1/3 cups | Heat a large saute pan over medium-high heat. Add the olive oil and enough of the collard greens to cover the bottom of the pan. Cook until the greens begin to wilt down. When partly wilted, continue adding more greens. |
| 900107 Salt, Kosher..... 011215 GARLIC,RAW..... | 2 Tbsp + 1/4 tsp 25 clove(s) | When all of the greens have been added, add the salt and garlic, toss briefly to combine, and cover the pan. Reduce the heat to medium and cook until the greens are tender. The cooking time will vary depending on the maturity of the greens. When the greens are tender, remove the lid and allow any excess water to cook away. |

| | | | | | | | |
|---------------|---------|-------------|----------|---------------|---------|----------------|--------|
| Calories..... | 80 | Iron..... | 0.26* Mg | Protein..... | 2.83* G | Protein..... | |
| | | | | | | | 14.15% |
| Cholesterol.. | 0 Mg | Calcium... | 166* Mg | Carbohydrates | 6.70* G | Carbohydrates. | |
| | | | | | | | 33.55% |
| Sodium..... | 173 Mg | Vitamin A.. | 4336* IU | Total Fat.... | 5.54* G | Total Fat..... | |
| | | | | | | | 62.44% |
| Dietary Fiber | 4.10* G | Vitamin C.. | 40.3* Mg | Saturated Fat | 0.76* G | Saturated Fat. | |
| | | | | | | | 8.59% |

* - Denotes Missing Nutrient Values

990642 - Chicken and Pesto Pasta CPF : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: ea

| Ingredients | Measures | Instructions |
|---|---|--|
| 002044 BASIL,FRESH..... 011215 GARLIC,RAW..... 004053 OIL,OLIVE,SALAD OR COOKING... 990245 Cheese, Parmesan, shredded..... 900107 Salt, Kosher..... | 1 1/4 gals + 1 3/4 cups 50 clove(s) 1 qt + 2 1/4 cups 1 qt + 2 1/4 cups 1/4 cup + 1/2 tsp | In a blender or a food processor fitted with a metal blade, combine the basil, garlic, olive oil, 1/2 cup Parmesan and 1 teaspoon salt. Blend at high speed until well mixed, about 1 minute. Scrape down the sides of the bowl and continue to blend until smooth, about 1 minute longer. CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 901265 PASTA,PENNE..... 900107 Salt, Kosher..... | 12 lbs + 8 ozs 2 1/3 cups | Bring a 4- to 5-quart saucepan of water to a boil on the stovetop. Add 3 tablespoons salt and stir in the pasta. Cook the pasta until "al dente," or just barely cooked through, stirring occasionally, about 15 to 20 minutes. Drain. |
| 990643R Roast Chicken CPF..... 990245 Cheese, Parmesan, shredded..... | 12 1/2 ea 3 1/8 cups | Toss the pasta with the pesto and garnish with 1/4 cup Parmesan. Serve the roast chicken on the side. Option: You many also cut up the chicken and toss with the pasta and pesto. |
| | | PREP NOTES Mince the garlic. |

| | | | | | | |
|-----------------------|--|---------------------|--|-----------------------|--|----------------|
| Calories..... 367 | | Iron..... 2.66* Mg | | Protein.....10.46* G | | Protein..... |
| | | | | | | 11.41% |
| Cholesterol.. 5 Mg | | Calcium... 121* Mg | | Carbohydrates43.73* G | | Carbohydrates. |
| | | | | | | 47.70% |
| Sodium..... 3170 Mg | | Vitamin A.. 537* IU | | Total Fat...16.52* G | | Total Fat..... |
| | | | | | | 40.54% |
| Dietary Fiber 1.76* G | | Vitamin C.. 2.1* Mg | | Saturated Fat 3.30* G | | Saturated Fat. |
| | | | | | | 8.10% |

* - Denotes Missing Nutrient Values

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Recipe Sizing Report

990644 - Chicken Gumbo CPF : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: ea

| Ingredients | Measures | Instructions |
|--|--|---|
| 169009 CHICKEN BREAST,Boneless,Skinless..... 900107 Salt, Kosher..... 990320 Pepper, black, 1#..... 901256 Cayenne Pepper..... | 15 lbs + 10 OZS (raw wgt) 1/4 cup + 1/2 tsp 1/2 Tbsp 3/4 tsp | Preheat the oven to 450°. Season the chicken breasts with 1 teaspoon salt, pepper, and cayenne on both sides. Place the chicken breasts on a sheetpan and bake for 15 to 20 minutes, or until done. Remove the chicken from the pan and set aside to cool. CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 006172 SOUP,STOCK,CHICK,HOME-PREPARED..... | 5 1/4 gals + 3 1/2 cups | While the sheet pan is hot, deglaze it with a small amount of chicken stock, using a wooden spoon to scrape any bits that cling to the pan. Pour the juices in a medium saucepan and add the remaining chicken stock. Bring the stock to a simmer over low heat. |
| 990453 ONIONS,RED,RAW..... 990335 Peppers, sweet, green, raw..... 011143 CELERY,RAW..... 004510 OIL,VEG SAFFLOWER,SALAD OR COOKING,LINOL... 990195 Flour, all purpose, white, enriched, USD..... | 2 qts + 1 1/4 CUPS (chopped) 3 qts + 1/2 CUP (chopped) 2 qts + 1 1/4 CUPS (chopped) 2 1/3 cups 1 qt + 2 1/4 cups | Combine the onion, bell pepper and celery in a small bowl and set aside. Heat a 4-to5-quart saucepan over medium-high heat and add the vegetable oil. Using a whisk, gradually stir in the flour and cook, whisking constantly, until the roux is dark red-brown, about 6 minutes. Remove from the heat. Immediately add the onion, green bell pepper and celery mixture, stirring constantly, until the roux stops getting darker. Return the pan to low heat and cook about 10 minutes until the vegetables are tender. Continue to scrape the bottom of the pan and stir frequently while cooking. |
| 011215 GARLIC,RAW..... 011546 TOMATO PRODUCTS,CND,PASTE,WO/SALT..... 900107 Salt, Kosher..... | 25 clove(s) 3/4 cup + 1/2 Tbsp 1/4 cup + 1/2 tsp | Add the garlic and cook for 1 minute. Slowly whisk in the hot chicken stock, 1 cup at a time, stirring until dissolved between each addition and scraping the pan often. Add the tomato paste, gumbo file, and 1 teaspoon salt. Reduce the heat to a simmer and cook, uncovered, for about 45 minutes, stirring often. |
| | | Cut the chicken into small pieces. When the gumbo is cooked, stir in the chicken. Serve with rice. |
| | | PREP NOTES Mince the onion. Dice the green bell peppers and the celery. Mince the garlic. |

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Recipe Sizing Report

| | | | | | | | | | |
|---------------|---------|--|-------------|----------|--|---------------|----------|--|----------------|
| Calories..... | 255 | | Iron..... | 1.60* Mg | | Protein..... | 23.75* G | | Protein..... |
| | | | | | | | | | 37.21% |
| Cholesterol.. | 53 Mg | | Calcium.... | 26* Mg | | Carbohydrates | 16.80* G | | Carbohydrates. |
| | | | | | | | | | 26.33% |
| Sodium..... | 952 Mg | | Vitamin A.. | 209* IU | | Total Fat.... | 9.76* G | | Total Fat..... |
| | | | | | | | | | 34.42% |
| Dietary Fiber | 1.08* G | | Vitamin C.. | 19.0* Mg | | Saturated Fat | 1.57* G | | Saturated Fat. |
| | | | | | | | | | 5.55% |

* - Denotes Missing Nutrient Values

Berkeley USD

Recipe Sizing Report

001119 - Chicken Veggie Chow Mein : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: 4 oz

| Ingredients | Measures | Instructions |
|---|--|--|
| 004518 OIL,VEG,CORN,INDUSTRIAL & RTL,ALLPURP SA... 901221 OIL,SESAME..... 011215 GARLIC,RAW..... 011216 GINGER ROOT,RAW..... | 1 1/3 cups 1 1/3 cups 2/3 cup 1 1/3 CUPS (slices) | <p>CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°.</p> Thaw chicken in the refrigerator overnight. Combine corn oil and sesame oil. Puree the garlic and ginger together. |
| 090090 PEA POD,CHINESE,RAW..... 011124 CARROTS,RAW..... 011090 BROCCOLI,RAW..... 011821 PEPPERS,SWEET,RED,RAW..... 011282 ONIONS,RAW..... | 4 lbs 4 lbs 4 lbs 4 lbs 2 lbs + 10 2/3 ozs | Stir-fry vegetables in batches using a portion of the ginger garlic mixture in each batch. |
| 006172 SOUP,STOCK,CHICK,HOME-PREPARED..... 050272 Teriyaki Sauce..... 900141 Chicken Fajita Strips, USDA..... | 1 1/4 gals + 1 1/4 cups 2/3 gallon 13 lbs + 6 ozs | Deglaze with chicken broth and add 1/2 cup of sweet teriyaki sauce to each batch. |
| | | Saute 2 bags of chicken per 400 pan in the oil mixture. Deglaze with Chicken stock and 1/4 c sweet teriyaki. Combine with vegetables. Serve with Noodles. |

| | | | | | | | |
|---------------|--------|-------------|---------|---------------|---------|----------------|--|
| Calories..... | 202 | Iron..... | 1.02 Mg | Protein..... | 16.89 G | Protein..... | |
| | | | | | | | |
| | | | | | | | |
| Cholesterol.. | 51 Mg | Calcium... | 30 Mg | Carbohydrates | 8.87 G | Carbohydrates. | |
| | | | | | | | |
| | | | | | | | |
| Sodium..... | 478 Mg | Vitamin A.. | 3930 IU | Total Fat.... | 11.50 G | Total Fat..... | |
| | | | | | | | |
| | | | | | | | |
| Dietary Fiber | 2.08 G | Vitamin C.. | 52.7 Mg | Saturated Fat | 2.19 G | Saturated Fat. | |
| | | | | | | | |
| | | | | | | | |

* - Denotes Missing Nutrient Values

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Recipe Sizing Report

001131 - Citrus Smoothie HOM : BUSD

HACCP Process: #1 No Cook

Number of Portions: 100

Size of Portions: 1.5 cup

| Ingredients | Measures | Instructions |
|--|--|---|
| 001118 YOGURT,PLN,SKIM MILK,13 GRAMS PROT PER 8... 009040 BANANAS,RAW..... 002010 CINNAMON,GROUND..... | 1 gal + 2 3/4 cups 25 med(7"to7-7/8") 2 Tbsp + 1/4 tsp | <p>CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°.</p> <p>Peel and mash the banana. Place the yogurt, mashed banana and cinnamon in a blender and process until smooth.</p> |
| 009206 ORANGE JUICE,RAW..... 009400 APPLE JUC,CND OR BTLD,UNSWTND,W/ VIT C..... | 3 3/4 gals + 2 1/2 cups 3 3/4 gals + 2 1/2 cups | <p>Add the orange juice and apple juice and continue blending until combined.</p> <p>Pour into individual glasses and garnish with orange and citrus slices.</p> |

| | | | | | | | |
|---------------|--------|-------------|----------|---------------|---------|----------------|--|
| Calories..... | 195 | Iron..... | 1.06 Mg | Protein..... | 4.14 G | Protein..... | |
| | | | 8.49% | | | | |
| Cholesterol.. | 1 Mg | Calcium.... | 123 Mg | Carbohydrates | 44.60 G | Carbohydrates. | |
| | | | 91.52% | | | | |
| Sodium..... | 42 Mg | Vitamin A.. | 334 IU | Total Fat.... | 0.67 G | Total Fat..... | |
| | | | 3.07% | | | | |
| Dietary Fiber | 1.31 G | Vitamin C.. | 145.0 Mg | Saturated Fat | 0.15 G | Saturated Fat. | |
| | | | 0.69% | | | | |

* - Denotes Missing Nutrient Values

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Recipe Sizing Report

000962 - Citrus-Jicama Salad : BUSD

HACCP Process: #2 Same Day Service

Number of Portions: 100

Size of Portions: 2 oz

| Ingredients | Measures | Instructions |
|---|---------------------------------------|--|
| | | CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 009206 ORANGE JUICE,RAW..... 900329 Jicama..... | 1 lb + 8 1/4 ozs 3 lbs + 1/2 oz | Cut peeled jicama into thin slices. Peel and slice citrus fruit. In a large bowl, toss jicama and orange juice. |
| 990056 Oranges, fresh, size 138..... 011429 RADISHES,RAW..... | 4 lbs + 8 3/4 OZS (a/p) 12 1/8 ozs | Cut radishes into thin slices. Add citrus slices and radishes. |
| 002056 MINT LEAVES, FRESH..... 090084 LETTUCE,DEER TONGUE,RAW... | 6 1/8 ozs 2 lbs + 4 3/8 ozs | Mix in chopped mint. Separate butter lettuce leaves so they resemble bowls. Serve salad on top of lettuce leaves. |

| | | | | | | | |
|---------------|--------|-------------|---------|---------------|--------|----------------|--|
| Calories..... | 18 | Iron..... | 0.41 Mg | Protein..... | 0.52 G | Protein..... | |
| | | | | | | | |
| Cholesterol.. | 0 Mg | Calcium.... | 17 Mg | Carbohydrates | 4.21 G | Carbohydrates. | |
| | | | | | | | |
| Sodium..... | 3 Mg | Vitamin A.. | 604 IU | Total Fat.... | 0.08 G | Total Fat..... | |
| | | | | | | | |
| Dietary Fiber | 1.33 G | Vitamin C.. | 15.3 Mg | Saturated Fat | 0.01 G | Saturated Fat. | |
| | | | | | | | |

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Recipe Sizing Report

990645 - Cornbread CPF : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: ea

| Ingredients | Measures | Instructions |
|--|--|--|
| 990195 Flour, all purpose, white, enriched, USD..... 019335 SUGARS, GRANULATED..... 018369 LEAVENING AGENTS, BAKING PDR, DOUBLE-ACTIN... 900107 Salt, Kosher..... 020020 CORNMEAL, WHOLE-GRAIN, YEL..... | 1 gal + 3/4 cup 3 2/3 cups + 1/2 Tbsp 2/3 cup + 1 3/8 tsp 1 Tbsp + 2 1/2 tsp 1 qt + 1 1/2 cups | Grease an 8-inch square baking pan. Set aside. Combine the flour, sugar, baking powder, salt and cornmeal in a medium bowl. CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 001123 EGG, WHOLE, RAW, FRESH..... 001077 MILK, WHL, 3.25% MILKFAT..... 004510 OIL, VEG SAFFLOWER, SALAD OR COOKING, LINOL.... 001145 BUTTER, WITHOUT SALT..... | 22 1/4 large 3 qts + 1 3/4 cups 3 2/3 cups + 1/2 Tbsp 2 cups + 1 Tbsp | In a small bowl, combine the eggs, milk, vegetable oil and butter, and mix well. Add the wet ingredients to the dry ingredients, and stir until just blended. Pour the batter into the prepared baking pan. |
| | | Bake for 35 minutes or until a wooden pick inserted in the middle comes out clean. |

| | | | |
|-----------------------|---------------------|-----------------------|----------------|
| Calories..... 271 | Iron..... 1.58* Mg | Protein..... 5.23* G | Protein..... |
| | | | 7.71% |
| Cholesterol.. 61 Mg | Calcium.... 139* Mg | Carbohydrates30.61* G | Carbohydrates. |
| | | | 45.10% |
| Sodium..... 328 Mg | Vitamin A.. 221* IU | Total Fat....14.56* G | Total Fat..... |
| | | | 48.25% |
| Dietary Fiber 1.06* G | Vitamin C.. 0.0* Mg | Saturated Fat 3.97* G | Saturated Fat. |
| | | | 13.18% |

* - Denotes Missing Nutrient Values

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Recipe Sizing Report

000813 - Fajitas - Chicken : BUSD

HACCP Process: #2 Same Day Service

Number of Portions: 100

Size of Portions: each

| Ingredients | Measures | Instructions |
|---|---------------------|---|
| | | CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 990257 Oil, canola..... | 1 cup + 1/2 Tbsp | Heat oil over medium high heat. Add onions. Cook for 5 minutes. Add red and green peppers and cumin. Cook an additional 5 minutes or until both onions and peppers are soft, but hold their shape. Add chicken and heat through. Season with salt and pepper. |
| 990335 Peppers, sweet, green, raw..... | 12 lbs + 8 ozs | |
| 011821 PEPPERS,SWEET,RED,RAW..... | 12 lbs + 8 ozs | |
| 901168 Onion, red, raw, sliced..... | 12 lbs + 8 ozs | |
| 005360 CHICK,DICED,CKD,FROZEN-COMMOD... | 25 lbs | |
| 090016 CUMIN,GROUND..... | 1 cup + 1/2 Tbsp | |
| 900107 Salt, Kosher..... | 1 cup + 1/2 Tbsp | |
| 990320 Pepper, black, 1#..... | 1/2 cup + 1 tsp | |
| 990188 Tortillas, flour, 6"..... | 100 tortilla 6" dia | Warm tortillas in the oven and serve with fajita mixture. |

| | | | | | | | |
|---------------|---------|-------------|-----------|---------------|----------|----------------|--------|
| Calories..... | 403 | Iron..... | 3.97* Mg | Protein..... | 37.56* G | Protein..... | |
| | | | | | | | 37.29% |
| Cholesterol.. | 101 Mg | Calcium.... | 92* Mg | Carbohydrates | 31.67* G | Carbohydrates. | |
| | | | | | | | 31.44% |
| Sodium..... | 1468 Mg | Vitamin A.. | 2210* IU | Total Fat.... | 13.97* G | Total Fat..... | |
| | | | | | | | 31.20% |
| Dietary Fiber | 4.61* G | Vitamin C.. | 126.9* Mg | Saturated Fat | 3.22* G | Saturated Fat. | |
| | | | | | | | 7.20% |

* - Denotes Missing Nutrient Values

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Recipe Sizing Report

000989 - Fajitas - Veggie : BUSD

HACCP Process: #2 Same Day Service

Number of Portions: 100

Size of Portions: each

| Ingredients | Measures | Instructions |
|--|---------------------|--|
| | | CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 990257 Oil, canola..... | 1 cup + 1/2 Tbsp | Heat oil over medium high heat. Add onions. Cook for 5 minutes. Add red and green peppers and cumin. Cook an additional 5 minutes or until both onions and peppers are soft, but hold their shape. Season with salt and pepper. |
| 990335 Peppers, sweet, green, raw..... | 18 lbs + 12 ozs | |
| 011821 PEPPERS,SWEET,RED,RAW... | 18 lbs + 12 ozs | |
| 901168 Onion, red, raw, sliced..... | 25 lbs | |
| 090016 CUMIN,GROUND..... | 1 cup + 1/2 Tbsp | |
| 900107 Salt, Kosher..... | 1 cup + 1/2 Tbsp | |
| 990320 Pepper, black, 1#..... | 1/2 cup + 1 tsp | |
| 990188 Tortillas, flour, 6"..... | 100 tortilla 6" dia | Warm tortillas in the oven and serve with fajita mixture. |

| | | | | | | | |
|---------------|---------|-------------|-----------|---------------|----------|----------------|--|
| Calories..... | 224 | Iron..... | 2.98* Mg | Protein..... | 6.12* G | Protein..... | |
| | | | | | | | |
| | | | | | | | |
| Cholesterol.. | 0 Mg | Calcium.... | 91* Mg | Carbohydrates | 40.10* G | Carbohydrates. | |
| | | | | | | | |
| | | | | | | | |
| Sodium..... | 1373 Mg | Vitamin A.. | 3215* IU | Total Fat.... | 5.53* G | Total Fat.... | |
| | | | | | | | |
| | | | | | | | |
| Dietary Fiber | 6.73* G | Vitamin C.. | 192.0* Mg | Saturated Fat | 0.88* G | Saturated Fat. | |
| | | | | | | | |
| | | | | | | | |

* - Denotes Missing Nutrient Values

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Recipe Sizing Report

001153 - Garlic Chicken & Pasta : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: 5 oz

| Ingredients | Measures | Instructions |
|--|---|---|
| 001145 BUTTER,WITHOUT SALT..... 990257 Oil, canola..... 990195 Flour, all purpose, white, enriched, USD..... 006172 SOUP,STOCK,CHICK,HOME-PREPARED... | 6 2/3 ozs 6 2/3 ozs 13 1/3 ozs 1 1/2 gals + 2 3/4 cups | <p>CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°.</p> Combine butter, oil and flour over medium heat. Cook for 10 minutes. Cool. Heat stock. Whisk in roux and simmer for 40 minutes. |
| 011215 GARLIC,RAW..... 011282 ONIONS,RAW..... 011143 CELERY,RAW..... 900107 Salt, Kosher..... 990320 Pepper, black, 1#..... | 4 1/2 ozs 1 lb + 6 1/4 OZS (chopped) 1 lb + 6 1/4 OZS (chopped) 1/8 oz 1/8 oz | Saute chopped garlic, onions and celery. Season with salt and pepper. Add to sauce. |
| 901339 PASTA,SPAGHETTI..... | 6 lbs + 11 ozs | Cook and cool spaghetti. |
| 900141 Chicken Fajita Strips, USDA..... | 6 lbs + 11 ozs | Top spaghetti with sauce and chicken. Heat through. |

| | | | | | | | |
|---------------|---------|-------------|----------|---------------|----------|----------------|--------|
| Calories..... | 232 | Iron..... | 1.62* Mg | Protein..... | 13.00* G | Protein..... | |
| | | | | | | | 22.46% |
| Cholesterol.. | 31 Mg | Calcium.... | 11* Mg | Carbohydrates | 28.31* G | Carbohydrates. | |
| | | | | | | | 48.90% |
| Sodium..... | 299 Mg | Vitamin A.. | 50* IU | Total Fat.... | 7.15* G | Total Fat..... | |
| | | | | | | | 27.80% |
| Dietary Fiber | 0.87* G | Vitamin C.. | 0.6* Mg | Saturated Fat | 2.09* G | Saturated Fat. | |
| | | | | | | | 8.11% |

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Recipe Sizing Report

001126 - Hummus Sandwiches HOM : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: each

| Ingredients | Measures | Instructions |
|---|---|--|
| 000801 BEANS GARBANZO ,CANNED... 900185 Tahini..... 011215 GARLIC,RAW..... 009152 LEMON JUICE,RAW..... 900107 Salt, Kosher..... | 2 gals + 3 cups 2 1/2 cups 30 cloves 2 1/2 cups 1/3 cup + 4 tsp | CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. Finely chop the garlic and place in a blender with chickpeas, tahini, lemon juice and salt. Blend until very smooth, adding water if necessary. |
| 011124 CARROTS,RAW..... | 2 qts + 2 CUPS (grated) | Peel carrots and grate. |
| 018042 BREAD,PITA,WHOLE-WHEAT.... | 50 pita, small (4" dia) | Cut pita bread in half and toast. Keep warm under a clean kitchen dish towel. To assemble, spread hummus evenly in the pita pocket and top with carrots. |

| | | | | | | |
|-----------------------|--|----------------------|--|-----------------------|--|----------------|
| Calories..... 148 | | Iron..... 1.60* Mg | | Protein..... 6.29* G | | Protein..... |
| | | | | | | 17.03% |
| Cholesterol.. 0 Mg | | Calcium.... 33* Mg | | Carbohydrates24.10* G | | Carbohydrates. |
| | | | | | | 65.27% |
| Sodium..... 887 Mg | | Vitamin A.. 1868* IU | | Total Fat.... 3.46* G | | Total Fat..... |
| | | | | | | 21.10% |
| Dietary Fiber 7.58* G | | Vitamin C.. 6.2* Mg | | Saturated Fat 0.63* G | | Saturated Fat. |
| | | | | | | 3.87% |

* - Denotes Missing Nutrient Values

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Recipe Sizing Report

001122 - LeConte's Vanilla Applesauce : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: each

| Ingredients | Measures | Instructions |
|---|---|---|
| 002050 VANILLA EXTRACT..... 990490 WATER..... 901387 Juice, Apple, 4 oz, Meadow Farm... | 1/3 cup + 5/8 tsp 1 qt + 1/8 cup 1 qt + 1/8 cup | <p>CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°.</p> <p>If using fresh vanilla bean, slice it open lengthwise and scrape out the seeds.</p> <p>in a pot large enough to hold the apples, boil the water, apple juice and vanilla seeds for 3 minutes to infuse the liquid with the vanilla.</p> <p>If using extract, combine extract, water and juice and bring to a boil.</p> |
| 009003 APPLES,RAW,WITH SKIN..... 009152 LEMON JUICE,RAW..... | 166 2/3 medium, 3/lb. 1/3 cup + 5/8 tsp | <p>Cut apples into slices and then again into chunks about an inch thick, removing core and seeds.</p> <p>Add apples to the pot along with the lemon juice.</p> <p>Bring mixture back to a boil, reduce heat and simmer until apples are soft.</p> <p>Transfer to a bowl and mash with a fork or masher.</p> <p>Serve hot and enjoy! The vanilla adds a wonderful flavor and cooking the apples in the apple juice adds a natural sweetener.</p> |

| | | | | | | | |
|---------------|--------|-------------|---------|-----------------|---------|----------------|-------|
| Calories..... | 127 | Iron..... | 0.31 Mg | Protein..... | 0.60* G | Protein..... | |
| | | | | | | | 1.90% |
| Cholesterol.. | 0 Mg | Calcium... | 14 Mg | Carbohydrates | 33.18 G | | |
| | | | | Carbohydrates.. | 104.59% | | |
| Sodium..... | 4 Mg | Vitamin A.. | 124 IU | Total Fat.... | 0.39 G | Total Fat..... | |
| | | | | | | | 2.78% |
| Dietary Fiber | 5.52 G | Vitamin C.. | 13.5 Mg | Saturated Fat | 0.07 G | Saturated Fat. | |
| | | | | | | | 0.49% |

* - Denotes Missing Nutrient Values

Berkeley USD

Recipe Sizing Report

000856 - Macaroni & Cheese 2 : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: 4 oz

| Ingredients | Measures | Instructions |
|--|---------------------|---|
| | | CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 020099 MACARONI, DRY, ENR..... | 5 lbs + 7 ozs | Bring water to a boil. Add pasta. Stir constantly until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Cool |
| 001001 BUTTER, WITH SALT..... | 3 1/8 ozs | Melt butter and add flour, stirring to incorporate. |
| 990257 Oil, canola..... | 1/3 cup + 3 3/8 tsp | Combine milk and stock. |
| 990195 Flour, all purpose, white, enriched, USD... | 6 1/4 ozs | Whisk in roux and bring to a simmer. |
| 901392 Milk 1% LOW FAT Berkeley Farms..... | 1 qt + 3 3/4 cups | Simmer until mixture thickens. |
| 006186 SOUP, STOCK, VEG, ,W/O MSG..... | 1 qt + 3 3/4 cups | Whisk in cheese. |
| 001009 CHEESE, CHEDDAR..... | 2 lbs + 14 1/2 ozs | Combine macaroni and sauce. |
| | | Put in hotel pans, cover with plastic wrap and foil. Bake 25-30 minutes until set. |

| | | | | | | | |
|---------------|--------|-------------|---------|---------------|---------|----------------|--|
| Calories..... | 178 | Iron..... | 1.03 Mg | Protein..... | 7.62 G | Protein..... | |
| | | | | | | | |
| Cholesterol.. | 17 Mg | Calcium.... | 134 Mg | Carbohydrates | 21.91 G | Carbohydrates. | |
| | | | | | | | |
| Sodium..... | 109 Mg | Vitamin A.. | 306 IU | Total Fat.... | 6.56 G | Total Fat.... | |
| | | | | | | | |
| Dietary Fiber | 0.84 G | Vitamin C.. | 0.9 Mg | Saturated Fat | 3.48 G | Saturated Fat. | |
| | | | | | | | |

* - Denotes Missing Nutrient Values

Berkeley USD

Recipe Sizing Report

000854 - Marinara Sauce : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: each

| Ingredients | Measures | Instructions |
|--|--|---|
| | | <p>CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual.</p> <p>Keep hot foods above 140° and cold foods below 41°.</p> |
| 990313 Tomato sauce, canned, USDA..... 990446 TOMATOES,CND,DICED,DRND..... 011546 TOMATO PRODUCTS,CND,PASTE,WO/SALT... 901304 BASIL,DRIED..... 990480 OREGANO LEAVES,DRIED..... 990257 Oil, canola..... | 2 #10 Cans 1 #10 can 1/4 #10 Can 2 5/8 tsp 1 3/8 tsp 3 Tbsp + 1 5/8 tsp | Bring ingredients to a simmer over medium heat, stirring occasionally to prevent burning. |
| 011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW..... 011641 SQUASH,SMMR,ALL VAR,RAW..... 990453 ONIONS,RED,RAW..... 011124 CARROTS,RAW..... 011143 CELERY,RAW..... 011215 GARLIC,RAW..... | 1 lb + 1 7/8 ozs 1 lb + 1 7/8 ozs 1 lb + 1 7/8 ozs 9 ozs 9 ozs 1 oz | Saute each vegetable separately and add to sauce. Simmer sauce for 30 minutes. Thin with water if necessary. |
| | | Prep notes: Cut all vegetables into small dice. Finely chop the garlic. |

| | | | | | | | |
|---------------|--------|-------------|---------|---------------|--------|----------------|--|
| Calories..... | 43 | Iron..... | 0.97 Mg | Protein..... | 1.72 G | Protein..... | |
| | | | 16.17% | | | | |
| Cholesterol.. | 0 Mg | Calcium.... | 28 Mg | Carbohydrates | 8.86 G | Carbohydrates. | |
| | | | 83.25% | | | | |
| Sodium..... | 417 Mg | Vitamin A.. | 1449 IU | Total Fat.... | 0.78 G | Total Fat..... | |
| | | | 16.53% | | | | |
| Dietary Fiber | 1.94 G | Vitamin C.. | 16.0 Mg | Saturated Fat | 0.08 G | Saturated Fat. | |
| | | | 1.72% | | | | |

* - Denotes Missing Nutrient Values

Berkeley USD

Recipe Sizing Report

990646 - Mashed Potatoes CPF : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: 1/2 cup

| Ingredients | Measures | Instructions |
|--|--|--|
| 011352 POTATO,FLESH & SKN,RAW... 014429 WATER,MUNICIPAL..... | 37 lbs + 8 ozs 6 1/4 gals | Put the potatoes in a 4- to 5-quart saucepan and cover them with water by 1 inch. Bring the potatoes to a low boil. Reduce the heat and gently cook the potatoes until they can be easily pierced with a knife, about 25 minutes. Drain. CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 001077 MILK,WHL,3.25% MILKFAT..... 001145 BUTTER,WITHOUT SALT..... 900107 Salt, Kosher..... 990320 Pepper, black, 1#..... | 3 qts + 1/2 cup 2 lbs + 5 1/2 ozs 1/4 cup + 1/2 tsp 12 1/2 dash | Pass the potatoes through a food mill into a medium bowl. Stir in the milk, butter, 1 teaspoon salt, and pinch of black pepper. If needed add more salt to taste. |
| | | PREP NOTES Peel the potatoes and cut into 6 pieces. |

| | | | |
|-----------------------|----------------------|-----------------------|-----------------------|
| Calories..... 226 | Iron..... 1.34* Mg | Protein..... 4.51* G | Protein..... 8.00% |
| Cholesterol.. 26 Mg | Calcium.... 65* Mg | Carbohydrates31.11* G | Carbohydrates. 55.17% |
| Sodium..... 331 Mg | Vitamin A.. 300* IU | Total Fat.... 9.77* G | Total Fat..... 38.98% |
| Dietary Fiber 3.75* G | Vitamin C.. 33.5* Mg | Saturated Fat 6.08* G | Saturated Fat. 24.27% |

* - Denotes Missing Nutrient Values

Berkeley USD

Recipe Sizing Report

001166 - Mediterranean pita pizza-Chkn : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: each

| Ingredients | Measures | Instructions |
|---|--|---|
| | | CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 011282 ONIONS,RAW..... 990257 Oil, canola..... 900107 Salt, Kosher..... 990320 Pepper, black, 1#..... 009152 LEMON JUICE,RAW..... | 3 lbs + 2 ozs 3 Tbsp 1/4 cup 2 Tbsp 2 Tbsp | Thinly slice the onions and quick saute them in the vegetable oil. Season with salt and pepper. Onions should be tender but not soft. Remove from heat immediately and toss with lemon juice. |
| 018042 BREAD,PITA,WHOLE-WHEAT..... 990488 OIL,OLIVE..... 900141 Chicken Fajita Strips, USDA..... | 100 lrg pita 6-1/2" 1/2 cup 18 lbs + 12 ozs | Lay the pitas out on parchment lined sheet trays. Brush with olive oil. |
| 011464 SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,W... 001028 CHEESE,MOZZARELLA,PART SKIM MILK..... 990416 Olives, ripe, canned (small-xlarge)..... | 12 lbs + 8 ozs 6 lbs + 4 ozs 3 lbs + 2 ozs | To assemble the pita pizzas: Layer with chicken, onions and spinach (per pita, 3 oz chicken, 2 oz spinach, 1/2 oz onion - this can be mixed in batches so that you put 5 1/2 oz of mix on each pita). Sprinkle each pizza with 1 oz of cheese and 1/2 oz of sliced olives on top. Cook for 6 minutes at 400° or until the cheese is melted. DO NOT OVERCOOK. Allow the pita pizzas to cool completely before wrapping and refrigerating. Elementary school: half a pita (2 oz protein) HS/Midde school: full pita (4 oz protein) |

| | | | |
|-----------------------|----------------------|-----------------------|----------------|
| Calories..... 436 | Iron..... 3.98* Mg | Protein.....35.43* G | Protein..... |
| | 32.53% | | |
| Cholesterol.. 88 Mg | Calcium.... 334* Mg | Carbohydrates41.23* G | Carbohydrates. |
| | 37.86% | | |
| Sodium..... 1523 Mg | Vitamin A.. 7033* IU | Total Fat....16.34* G | Total Fat..... |
| | 33.76% | | |
| Dietary Fiber 7.56* G | Vitamin C.. 2.6* Mg | Saturated Fat 5.53* G | Saturated Fat. |
| | 11.43% | | |

* - Denotes Missing Nutrient Values

Berkeley USD

Recipe Sizing Report

990647 - Minestrone Soup CPF : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: 1 cup

| Ingredients | Measures | Instructions |
|--|--|---|
| 016042 BEANS,PINTO,MATURE SEEDS,RAW..... 014429 WATER,MUNICIPAL..... 900107 Salt, Kosher..... | 2 qts + 2 cups 5 gals 3 Tbsp + 1 tsp | Carefully examine the beans and pick out any dirt clods or pebbles. Rinse the beans under cold water and put them in a medium saucepan. Add enough water to cover the beans, and pull out any beans that float to the top. Soak the beans for 4 to 8 hours, or overnight. Drain and add enough water to cover by 2 inches, and add 1 teaspoon salt. Simmer, uncovered, until the beans are very tender, about 2 hours. Add more water as needed if the beans start to peak through the liquid. Set aside. CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 004053 OIL,OLIVE,SALAD OR COOKING..... 990453 ONIONS,RED,RAW..... 011124 CARROTS,RAW..... 011143 CELERY,RAW..... 990202 Tomatoes, canned, crushed, USDA..... 011215 GARLIC,RAW..... | 1 1/4 cups 2 qts + 2 CUPS (chopped) 2 qts + 2 CUPS (chopped) 2 qts + 2 CUPS (chopped) 1 qt + 3 1/2 cups 20 clove(s) | Heat a 4- to 5-quart saucepan over medium heat. Add the olive oil, onion, carrots, and celery, and cook over medium heat until the onions are translucent and the vegetables are tender, about 7 minutes. Add the tomatoes are garlic and saute briefly, about 1 minute. |
| 014429 WATER,MUNICIPAL..... 901265 PASTA,PENNE..... 900107 Salt, Kosher..... 011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW..... 011053 BEANS,SNAP,GRN,CKD,BLD,DRND,WO/SALT... | 5 gals 2 qts + 2 cups 1/3 cup + 4 tsp 3 qts + 3 CUPS (chopped) 2 qts + 2 cups | Add the water and salt, and bring the soup to a low boil. Add the pasta and simmer the soup for 5 minutes before adding the zucchini and green beans. Continue to cook the soup until all of the vegetables are tender, about 10 to 15 minutes. |
| 900125R Pesto..... | 20 T | Drain the cooked beans, add them to the soup and cook for 5 more minutes. Stir in the pesto just before serving. Serves 10 (10 to 12 cups) |
| | | PREP NOTES Dice the onion, carrot and celery. Drain the tomatoes. Chop the garlic. Dice the zucchini. Cut the green beans into 1/4-inch pieces. |

Berkeley USD

Recipe Sizing Report

| | | | | | | | | | |
|---------------|---------|--|-------------|----------|--|---------------|----------|--|----------------|
| Calories..... | 153 | | Iron..... | 1.74* Mg | | Protein..... | 6.56* G | | Protein..... |
| | | | | 17.12% | | | | | |
| Cholesterol.. | 0 Mg | | Calcium.... | 61* Mg | | Carbohydrates | 24.04* G | | Carbohydrates. |
| | | | | 62.76% | | | | | |
| Sodium..... | 813 Mg | | Vitamin A.. | 2449* IU | | Total Fat.... | 3.86* G | | Total Fat.... |
| | | | | 22.65% | | | | | |
| Dietary Fiber | 4.80* G | | Vitamin C.. | 11.0* Mg | | Saturated Fat | 0.59* G | | Saturated Fat. |
| | | | | 3.45% | | | | | |

* - Denotes Missing Nutrient Values

Berkeley USD

Recipe Sizing Report

900126 - Pinto Beans CPF : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: 1/2 cup

| Ingredients | Measures | Instructions |
|---|--|---|
| 016042 BEANS,PINTO,MATURE SEEDS,RAW... 014429 WATER,MUNICIPAL..... | 8 lbs + 6 ozs 4 gals + 2 3/4 cups | Carefully examine the beans and pick out any small dirt clods and pebbles. Rinse the beans under cold water and put them in a medium saucepan. Add enough water to cover the beans, and pull out any beans that float to the top. Soak the beans for 4 to 8 hours, or overnight. Drain. CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 990453 ONIONS,RED,RAW..... 900107 Salt, Kosher..... | 2 qts + 1/4 CUP (chopped) 1/3 cup + 4 7/8 tsp | Put the pinto beans in a medium saucepan, and add enough water to cover the beans by 1 inch. Add the onion and salt. |
| | | Bring the beans to a boil over high heat. Reduce the heat and simmer until the beans are tender, about 3 hours. If the beans start to peak through the liquid, add more water to cover as necessary. |
| | | PREP NOTES Chop the onion. |

| | | | | | | | |
|---------------|---------|-------------|----------|---------------|----------|----------------|--------|
| Calories..... | 136 | Iron..... | 1.95* Mg | Protein..... | 8.25* G | Protein..... | |
| | | | | | | | 24.23% |
| Cholesterol.. | 0 Mg | Calcium.... | 50* Mg | Carbohydrates | 24.79* G | Carbohydrates. | |
| | | | | | | | 72.80% |
| Sodium..... | 510 Mg | Vitamin A.. | 0* IU | Total Fat.... | 0.49* G | Total Fat..... | |
| | | | | | | | 3.21% |
| Dietary Fiber | 6.10* G | Vitamin C.. | 3.2* Mg | Saturated Fat | 0.09* G | Saturated Fat. | |
| | | | | | | | 0.62% |

* - Denotes Missing Nutrient Values

Berkeley USD

Recipe Sizing Report

900127 - Polenta Sticks CPF : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: ea

| Ingredients | Measures | Instructions |
|---|---|--|
| 014429 WATER,MUNICIPAL..... 900107 Salt, Kosher..... 020020 CORNMEAL,WHOLE-GRAIN,YEL... | 3 gals + 2 cups 1/4 cup + 1/2 tsp 3 qts + 1/2 cup | Bring the water to a boil in a heavy-bottomed pot. Add the salt and whisk in the polenta. Continue to whisk for about 5 minutes until the polenta is suspended in the water and doesn't sink to the bottom of the pot. Adjust the heat so that the polenta gently simmers, and stir occasionally. Cook the polenta for 15 to 20 minutes, until it is smooth and creamy and no longer has a raw flavor. CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 004053 OIL,OLIVE,SALAD OR COOKING.... | 1/4 cup + 1/2 tsp | Coat an 8"x8" square pan with the 1 teaspoon olive oil. Pour the polenta into the oiled pan and let it cool and firm. Cut the polenta into 16 rectangles. |
| 004053 OIL,OLIVE,SALAD OR COOKING.... | 1 1/2 cups + 1 Tbsp | Heat a nonstick saute pan over medium-high heat, and add 1 tablespoon of the oil and 8 of the polenta sticks. Fry the sticks until they are golden brown, turn and fry until golden brown on the opposite side. Place on a paper towel, and hold warm. Fry the remaining pieces of polenta in the remaining olive oil. |

| | | | | | | | |
|---------------|---------|-------------|----------|---------------|----------|----------------|--|
| Calories..... | 90 | Iron..... | 0.55* Mg | Protein..... | 1.24* G | Protein..... | |
| | | | | | | | |
| Cholesterol.. | 0 Mg | Calcium... | 5* Mg | Carbohydrates | 11.73* G | Carbohydrates. | |
| | | | | | | | |
| Sodium..... | 309 Mg | Vitamin A.. | 33* IU | Total Fat.... | 4.48* G | Total Fat..... | |
| | | | | | | | |
| Dietary Fiber | 1.11* G | Vitamin C.. | 0.0* Mg | Saturated Fat | 0.62* G | Saturated Fat. | |
| | | | | | | | |

* - Denotes Missing Nutrient Values

Berkeley USD

Recipe Sizing Report

990643 - Roast Chicken CPF : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: ea

| Ingredients | Measures | Instructions |
|---|---|--|
| 169009 CHICKEN BREAST,Boneless,Skinless... 900107 Salt, Kosher..... 990320 Pepper, black, 1#..... | 100 (1/2 breast,e/p) 1/4 cup + 1/2 tsp 1/2 Tbsp | Preheat oven to 450°. Season the chicken breasts with the salt and pepper on both sides. Place the chicken breasts on a sheetpan skin side down. Bake for about 25-30 minutes or until done. Slice each chicken breast in half. CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |

| | | | | | | | |
|---------------|---------|-------------|----------|---------------|---------|----------------|-------|
| Calories..... | 0 | Iron..... | 0.01* Mg | Protein..... | 0.00* G | Protein..... | |
| | | | | | | | 0.00% |
| Cholesterol.. | 0 Mg | Calcium.... | 0* Mg | Carbohydrates | 0.02* G | Carbohydrates. | |
| | | | | | | | 0.00% |
| Sodium..... | 300 Mg | Vitamin A.. | 0* IU | Total Fat.... | 0.00* G | Total Fat..... | |
| | | | | | | | 0.00% |
| Dietary Fiber | 0.01* G | Vitamin C.. | 0.0* Mg | Saturated Fat | 0.00* G | Saturated Fat. | |
| | | | | | | | 0.00% |

* - Denotes Missing Nutrient Values

Berkeley USD

Recipe Sizing Report

001125 - Sautéed Greens HOM : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: each

Alternate Recipe Name:

Brassicas

| Ingredients | Measures | Instructions |
|---|---|--|
| | | CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 090083 COLLARD GREENS,RAW... | 6 1/4 GALS (chopped) | Remove tough stem from collards. Chop into 1 inch pieces. |
| 990488 OIL,OLIVE..... 011215 GARLIC,RAW..... 900107 Salt, Kosher..... | 1 1/2 cups + 1 Tbsp 25 clove 2 Tbsp + 1/4 tsp | Heat oil in a large pot over medium heat. Add garlic, greens and salt and saute for 2-3 minutes. |
| 990490 WATER..... | 1 qt + 2 1/4 cups | Cover pot and simmer greens until tender for 5-10 minutes. Add water as necessary. Serve and enjoy! |

| | | | | | | | |
|---------------|---------|-------------|----------|---------------|---------|----------------|--|
| Calories..... | 42 | Iron..... | 0.10* Mg | Protein..... | 0.93* G | Protein..... | |
| | | | 8.91% | | | | |
| Cholesterol.. | 0 Mg | Calcium.... | 54* Mg | Carbohydrates | 2.30* G | Carbohydrates. | |
| | | | 22.00% | | | | |
| Sodium..... | 158 Mg | Vitamin A.. | 2400* IU | Total Fat.... | 3.53* G | Total Fat..... | |
| | | | 76.09% | | | | |
| Dietary Fiber | 1.31* G | Vitamin C.. | 12.9* Mg | Saturated Fat | 0.48* G | Saturated Fat. | |
| | | | 10.27% | | | | |

* - Denotes Missing Nutrient Values

Berkeley USD

Recipe Sizing Report

001129 - Summer Fruit Salad HOM : BUSD

HACCP Process: #1 No Cook

Number of Portions: 100

Size of Portions: each

| Ingredients | Measures | Instructions |
|--|---|---|
| 009236 PEACHES,RAW..... 009279 PLUMS,RAW..... 009316 STRAWBERRIES,RAW..... 009042 BLACKBERRIES,RAW..... 990485 YOGURT,LOFAT,12gm PROT/8oz... | 25 medium (2-1/2" dia) 25 each 2-1/8" dia 12 1/2 PINT, sliced 3 qts + 1/2 cup 3 qts + 1/2 cup | CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. Wash and cut fruit. |
| 019296 HONEY..... | 1 1/2 cups + 1 Tbsp | Combine yogurt and honey. Top fruit with yogurt mixture. |

| | | | | | | | |
|---------------|--------|-------------|---------|---------------|---------|----------------|--------|
| Calories..... | 79 | Iron..... | 0.45 Mg | Protein..... | 2.61 G | Protein..... | |
| | | | | | | | 13.27% |
| Cholesterol.. | 2 Mg | Calcium.... | 71 Mg | Carbohydrates | 16.90 G | Carbohydrates. | |
| | | | | | | | 85.97% |
| Sodium..... | 22 Mg | Vitamin A.. | 238 IU | Total Fat.... | 0.83 G | Total Fat..... | |
| | | | | | | | 9.47% |
| Dietary Fiber | 2.59 G | Vitamin C.. | 32.5 Mg | Saturated Fat | 0.33 G | Saturated Fat. | |
| | | | | | | | 3.74% |

* - Denotes Missing Nutrient Values

Berkeley USD

Recipe Sizing Report

001121 - Tomato Salsa - HOM : BUSD

HACCP Process: #1 No Cook

Number of Portions: 100

Size of Portions: each

| Ingredients | Measures | Instructions |
|---|--|--|
| 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 011821 PEPPERS,SWEET,RED,RAW..... 011951 PEPPERS,SWEET,YELLOW,RAW..... 990335 Peppers, sweet, green, raw..... 900311 Onion, red, raw, diced..... 011215 GARLIC,RAW..... 990006 CILANTRO,RAW..... | 133 1/3 medium 16 2/3 large,2-1/4 per LB 16 2/3 pepper,large 16 2/3 large (2.25/lb) 8 1/3 large 33 1/3 clove(s) 1 qt + 1/8 cup | <p>CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°.</p> <p>Dice the tomatoes, peppers and onion. Finely chop the garlic. Coarsely chop the cilantro.</p> |
| | | Combine all in a large bowl and mix well. |

| | | | | | | | |
|---------------|--------|-------------|----------|---------------|--------|----------------|--|
| Calories..... | 31 | Iron..... | 0.48 Mg | Protein..... | 1.12 G | Protein..... | |
| | | | 14.67% | | | | |
| Cholesterol.. | 0 Mg | Calcium.... | 14 Mg | Carbohydrates | 7.08 G | Carbohydrates. | |
| | | | 92.61% | | | | |
| Sodium..... | 4 Mg | Vitamin A.. | 1256 IU | Total Fat.... | 0.24 G | Total Fat..... | |
| | | | 7.20% | | | | |
| Dietary Fiber | 1.71 G | Vitamin C.. | 118.7 Mg | Saturated Fat | 0.04 G | Saturated Fat. | |
| | | | 1.16% | | | | |

* - Denotes Missing Nutrient Values

Berkeley USD

Recipe Sizing Report

001123 - Winter Squash Soup HOM : BUSD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Size of Portions: each

| Ingredients | Measures | Instructions |
|---|--|--|
| | | CCP: When handling food, follow standard operating procedures as outlined in the BUSD HACCP manual. Keep hot foods above 140° and cold foods below 41°. |
| 090096 SQUASH,WNTR,BUTTRNUT,RAW... | 4 1/2 gals + 3 CUPS (cubes) | Peel and seed the squash and cut into large chunks. Set aside. |
| 011282 ONIONS,RAW..... 011215 GARLIC,RAW..... 990488 OIL,OLIVE..... | 1 1/2 gals + 1 CUP (chopped) 50 clove(s) 3 1/8 cups | Dice onions and mince garlic. Saute onions and garlic in olive oil over medium heat. |
| 006187 SOUP, STOCK, VEG, LO SODIUM.... | 4 1/2 gals + 3 cups | When the onions are carmelized, add the squash to the pot and cook for 3 minutes. Add vegetable stock and bring to a boil. Cook until squash is tender. |
| 901286 COCONUT MILK..... 900107 Salt, Kosher..... 990320 Pepper, black, 1#..... 990006 CILANTRO,RAW..... | 10 lbs + 15 ozs 3/4 cup + 1/2 Tbsp 1/4 cup + 1/2 tsp 3 1/8 cups | Add coconut milk, salt and pepper and return to a simmer. Using a blender, puree the soup and return to the pot to heat. Garnish with cilantro and enjoy. |

| | | | | | | | | | |
|---------------|---------|--|-------------|----------|--|---------------|----------|--|----------------|
| Calories..... | 282 | | Iron..... | 1.19* Mg | | Protein..... | 3.16* G | | Protein..... |
| | | | | | | | 4.48% | | |
| Cholesterol.. | 55 Mg | | Calcium.... | 96* Mg | | Carbohydrates | 20.06* G | | Carbohydrates. |
| | | | | | | | 28.44% | | |
| Sodium..... | 981 Mg | | Vitamin A.. | 2930* IU | | Total Fat.... | 22.37* G | | Total Fat..... |
| | | | | | | | 71.36% | | |
| Dietary Fiber | 2.13* G | | Vitamin C.. | 22.2* Mg | | Saturated Fat | 10.58* G | | Saturated Fat. |
| | | | | | | | 33.76% | | |

* - Denotes Missing Nutrient Values