

Quest Food Management

Recipe Sizing Report

Feb 1, 2015

001810 - fiesta nachos with turkey k-8 : nslp elementary	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 8 Size of Portion: serving	Meat/Alt: 2.25 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902782 turkey ground raw 85% lean gfs 256322...	1 lb + 8 OZS (raw 70% yeild)	1. Brown ground turkey. Drain. Continue immediately. 2. Add seasonings and mix. 3. Stir frequently over medium heat. Stir frequently over mediumheat, approximately 15 minutes. CCP: Heat to 155° F or higher for at least 15 seconds CCP: Hold for hot service at 135°F or higher.
990095 cheese cheddar shredded gfs 776831.....	4 ozs	
901996 tortilla corn chips gfs163020.....	1 lb	
903063 taco seasoning spicy LS 413445.....	2 ozs	
902757 salsa red gold greco 36207.....	8.ozs	
900238 peppers jalepeno 466240.....	1/2 oz	
		Serving
		SERVING: PER ORDER TURKEY TACO MEAT- LEVEL #16 SCOOP CHEESE- 1/2 Z (garnish on top of meat) SALSA- 1 Z (using 2z souffle cup, fill half way) CHIPS- 22 CHIPS IS 2 z G/B

*Nutrients are based upon 1 Portion Size (serving)

Calories	552 kcal	Cholesterol	80 mg	Sugars	*N/A* g	Calcium	208.34 mg	43.83%	Calories from Total Fat
Total Fat	26.87 g	Sodium	626 mg	Protein	23.12 g	Iron	2.25 mg	13.25%	Calories from Saturated Fat
Saturated Fat	8.12 g	Carbohydrates	48.08 g	Vitamin A	2471.4 IU	Water ¹	1.55 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.69 g	Vitamin C	1.4 mg	Ash ¹	0.06 g	34.86%	Calories from Carbohydrates
								16.76%	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.

4 GOLDEN
LEGACY
Quality Meats

ALL NATURAL*
GROUND TURKEY
WITH NATURAL FLAVORINGS

3
0
1
1

NO MSG
*MINIMALLY PROCESSED
*NO ARTIFICIAL INGREDIENTS
NO CHEMICAL PRESERVATIVES

Handling Instructions: Until use - keep frozen at 0 degrees f or below. Thaw under refrigeration for 24 hours. Once package is thawed, use within 1 - 2 days.

4 / 5 LB PKGS

NOT LABELED FOR RETAIL SALE

KEEP FROZEN BONELESS READY TO COOK

PRODUCT OF U.S.A

Net Weight: 20 Lbs.



(01)90758878430117(3202)002000(13)011113(21)00325303
MFG by: Michigan Turkey Producers, Wyoming, MI 49519 www.miturkey.com

Nutrition Facts

Serving Size 4 oz (112g)
Servings Per Container 80

Amount per Serving:

Calories: 230 Calories From Fat: 140

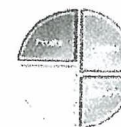
	% Daily Value*
Total Fat 15g	23 %
Saturated Fat 4.5g	23 %
Trans Fat 0g	
Cholesterol 85mg	28 %
Sodium 75mg	3 %
Total Carbohydrates 0g	0 %
Protein 21g	
Calcium 2% - Iron 8%	

Not a significant source of dietary fiber, sugars, vitamin A and vitamin C.

* Percent Daily Values are based on a 2,000 calorie diet.

01-11-13 07:52





USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 09-17-13)

Visit us at

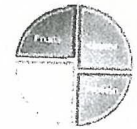
100003 – CHEESE, CHEDDAR, YELLOW, SHREDDED, 5 LB

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Yellow cheddar cheese is firm-textured, semi-hard, yellow cheese made from cow's milk. A natural cheese, which means that it is prepared and allowed to age or "ripen" to develop the flavor. Flavor can be mild, medium, or sharp, depending on the amount of time it is allowed to age. The longer cheddar is aged, the more crumbly it becomes and the better it is for cooking because it does not become stringy when heated.
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb pouches per case. One 5 lb pouch AP yields about 20 cups shredded cheese and provides about 80.0 1-oz servings shredded cheese. One lb AP yields about 4 cups shredded cheese and provides about 16.0 1-oz servings shredded cheese. CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate; ½ oz provides ½ oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store cheese in its original container at 35-40°F or lower until needed. Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. Shredded cheese tends to mold and dehydrate quicker than block cheese. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, cheddar

	½ oz (14 g)	1 oz (28 g)
Calories	57.5	115
Protein	3.5 g	7.0 g
Carbohydrate	0.5 g	1.0 g
Dietary Fiber	0 g	0 g
Sugars	0.075 g	0.15 g
Total Fat	4.75 g	9.5 g
Saturated Fat	3 g	6 g
Trans Fat	0 g	0 g
Cholesterol	15 mg	30 mg
Iron	0.09 mg	0.19 mg
Calcium	102 mg	204 mg
Sodium	92.5 mg	185 mg
Magnesium	4 mg	8 mg
Potassium	14 mg	28 mg
Vitamin A	142 IU	284 IU
Vitamin A	38 RAE	75 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.04 mg	0.08 mg



MyPlate

USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 09-17-13)

Visit us at

100003 – CHEESE, CHEDDAR, YELLOW, SHREDDED, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.
USES AND TIPS	<ul style="list-style-type: none"> • Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing. • Serve as is in wraps/hoagies, in cooked dishes such as sauces, combination dishes, or breads, or as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • If any part of a package of shredded cheese contains mold, discard the package.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at:

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Nondiscrimination Statement: "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."

Nutritional Information for CHIP TORTL RND YEL 5-1.5# KE

Product Number:	163020
Description:	AP Chip, Tortilla, Yel, Rnd, Panfried, K

Nutritional Information		
Serving Size 10 each (32 g)		
Amount Per Serving		
Calories 160		Calories from Fat 63
% Daily Value		
Total Fat	7 g	11%
Saturated Fat	1 g	5%
Trans Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
Cholesterol	0 mg	0%
Sodium	75 mg	3%
Potassium	n/a	n/a
Total Carbs	22 g	7%
Dietary Fiber	1 g	4%
Sugars	0 g	n/a
Protein	2 g	4%
Vitamin A -	0%	Vitamin C - 0%
Calcium -	0%	Iron - 0%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 9	Carbohydrates 4 Protein 4

Ingredients:	<p>Yellow Food Grade Corn, Vegetable Oil (Contains one or more of the following: Soybean Oil, Corn Oil), Water, Salt, Trace of Lime, and TBHQ (used as a preservative). COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated October 2011. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.</p>
---------------------	--

TRADE EAST
SPICES & SEASONINGS

TACO SEASONING®

INGREDIENTS: CHILI PEPPER AND OTHER SPICES, WHEAT FLOUR, SALT, DEXTROSE, MALTODEXTRIN, ONION POWDER, GARLIC POWDER, DISODIUM DIOSINATE, EXTRACTIVES OF PAPRIKA (AS COLOR), SPICE EXTRACTIVES, ONION EXTRACTIVES AND LESS THAN 2% SILICON DIOXIDE TO PREVENT CAKING. CONTAINS: WHEAT.

DIRECTIONS: USE 1/4 CUP SEASONING PER 1 LB. OF COOKED PROTEIN.

Nutrition Facts

Serving Size: 2 tsp (7g)
Servings: About 85

Amount Per Serving
Calories 20 Calories from fat 0

		% DV*
Total Fat	0g	0%
Sodium	470mg	20%
Total Carb.	4g	1%
Dietary Fiber	<1g	2%
Sugars	1g	
Protein	1g	

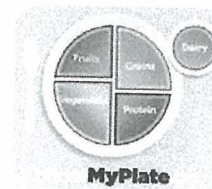
Vitamin A 20% • Iron 2%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Reorder No.
413429



DISTRIBUTED BY GORDON FOOD SERVICE®, GRAND RAPIDS, MI 49548



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-08-12)

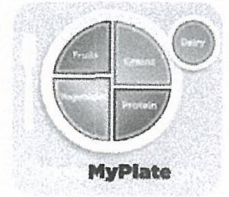
Visit us at www.fns.usda.gov/fdd

100330 - SALSA, LOW-SODIUM, POUCH

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Salsa can be used right from the pouch chilled or at room temperature.
USES AND TIPS	<ul style="list-style-type: none"> Serve “as is” or chilled on top of burritos, tacos, tortilla pieces, and fajitas. Heat and serve as a complement to chicken, fish, turkey, hamburgers, etc.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> NEVER USE food from pouches that are leaking or bulging. DON’T TASTE pouches with a foul odor, or that spurts liquid from the container when opened. Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.

USDA Nondiscrimination Statement: "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-08-12)

Visit us at www.fns.usda.gov/fdd

110186 - SALSA, LOW-SODIUM, POUCH

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Tomato salsa is made of peeled tomatoes, tomato puree, fresh or dried onions, fresh green chile peppers and fresh jalapenos properly ripened and wholesome. Spices and condiments added include salt, vinegar, and any mixture of green peppers, cilantro, cumin, coriander, xanthan gum, flavorings, or modified starch. This is a low-sodium food (140 milligrams of sodium or less per serving).
PACK/YIELD	<ul style="list-style-type: none"> Six 111 oz pouches One pouch AP yields about 106 oz (12$\frac{1}{3}$ cups) salsa and provides about 49.3 $\frac{1}{4}$-cup servings vegetable. CN Crediting: $\frac{1}{4}$ cup salsa provides $\frac{1}{4}$ cup vegetable. It counts as $\frac{1}{4}$ cup red/orange vegetable when all salsa ingredients are creditable vegetable ingredients.
STORAGE	<ul style="list-style-type: none"> Store unopened pouches of salsa in a cool, dry place. Never store pouch in a damp storage area or any place exposed to high or low temperature extremes. Store opened pouch of salsa covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Salsa, low sodium, pouch

	$\frac{1}{4}$ cup (62 g)	$\frac{1}{2}$ cup (125 g)
Calories	22	45
Protein	0.93 g	1.86 g
Carbohydrate	4.34 g	8.68g
Dietary Fiber	0.9 g	1.7 g
Sugars	4.37 g	8.73 g
Total Fat	0.12 g	0.25 g
Saturated Fat	0.02 g	0.04 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.39 mg	2.79 mg
Calcium	7 mg	15 mg
Sodium	70 mg	140 mg
Magnesium	10 mg	20 mg
Potassium	167 mg	334mg
Vitamin A	341 IU	682 IU
Vitamin A	17 RAE	35 RAE
Vitamin C	2.5 mg	5.0 mg
Vitamin E	0 mg	0 mg