

Quest Food Management

Recipe Sizing Report

001880 - sand-tuna wheat : nslp	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 15 Size of Portion: servings	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903418 tuna pouch gfs893611.....	2 lbs + 11 ozs	combine: tuna, mayo, relish, celery, salt & pepper mix well and chill prior to service. good practice is to keep the mayo and tuna in the frig prior to preparation. #12 scoop is the serving per sandwich CCP: Cool to 41° F or lower within 4 hours Cover and refrigerate until ready to use.
002047 SALT TABLE.....	1 tsp	
114657 PEPPER BLACK; GROUND.....	1 tsp	
902837 mayo lo cal breakthru gfs 479179.....	1/2 cup	
903131 relish sweet gfs 517186.....	1/4 cup	
903572 bread- alpha wheat diamond jim 31454....	15 each	

*Nutrients are based upon 1 Portion Size (servings)

	Calories	260 kcal	Cholesterol	43 mg	Sugars	*3.9* g	Calcium	59.78 mg	21.58% Calories from Total Fat
Total Fat	6.23 g	Sodium	976 mg	Protein	10.19 g	Iron	1.95 mg	2.38% Calories from Saturated Fat	
Saturated Fat	0.69 g	Carbohydrates	27.93 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	2.34 g	Vitamin C	0.0 mg	Ash ¹	*0.40* g	43.00% Calories from Carbohydrates	
								15.69% 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.

Product Information for 893611 TUNA CHUNK LT POUCH 6-43Z KE

Manufacturer:			
Pack	6/CASE	Net Weight	16.14
Portion Size	OZ	UPC Code 1	100939019361
Portion/Case	258		
Kosher	Yes		
Price	53.69		

Quantity Invoiced Over Last 6 Weeks

1/11/2015	1/18/2015	1/25/2015	2/1/2015	2/8/2015	2/15/2015
0	0	0	0	0	0

Other Information

Other Information	
Item Yield	CASE = 6-43Z POUCHES OF LIGHT CHUNK SKIPJACK TUNA IN WATER.
Shelf Life	COOL, DRY STORAGE = 730 DAYS FROM DATE OF PRODUCTION
Thawing Instructions	NONE
Basic Preparation	OPEN & USE. COMES OUT OF POUCH EASIER IF CHILLED.
Merchandising Idea	EXPANSION TO PRODUCT LINE** NO MESSY DRAINING W/LOSS OF PRODUCT, NO LIDS OR CANS ALLOWING FOR MINIMAL PACKAGING WASTE. SAVES PREP TIME. 100% USABLE. CHUNK LIGHT TUNA, PACKED IN WATER. POUCH ALLOWS FOR HIGHER YIELD OF PROTEIN. BETTER FLAVOR, FIRMER TEXTURE, LIGHTER COLOR. A NATURAL SOURCE OF OMEGA 3S.** ALL SEGMENTS** MAINLY USED AS AN INGREDIENT FOR TUNA SALAD, CASSEROLES, OR TUNA MELTS

Nutritional Information for TUNA CHUNK LT POUCH 6-43Z KE

Product Number:	893611
Description:	AP Tuna, Chunk, Lt, Pouch, KE

Nutritional Information			
Serving Size 2 oz (56 g)			
Amount Per Serving			
Calories 60		Calories from Fat 4.5	
% Daily Value			
Total Fat	.5 g	1%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	30 mg	10%	
Sodium	310 mg	13%	
Potassium	n/a	n/a	
Total Carbs	0 g	0%	
Dietary Fiber	0 g	0%	
Sugars	0 g	n/a	
Protein	13 g	26%	
Vitamin A -	0%	Vitamin C -	0%
Calcium -	0%	Iron -	2%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4 Protein 4	

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	0 mg
Vitamin C	0 mg	Iron	.36 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Updated for New Final Rule			
Meat/Meat Alternate	n/a		
Grain/Bread	n/a		
Fruit	n/a		
Vegetable:			
Red/Orange	n/a		
Dark Green	n/a		
Starchy	n/a		
Beans/Peas	n/a		
Other	n/a		
Notes:			
n/a			

Ingredients:

Tuna, Water, Vegetable Broth and Salt. COMMON ALLERGENS PRESENT: FISH, SOY. Nutrition and Ingredient statement updated June 2013 . 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.

Product Information for 517186 RELISH SWT PICKLE 4-1GAL GFS

Manufacturer:			
Pack	4/CASE	Net Weight	36
Portion Size	OZ	UPC Code 1	93901517180
Portion/Case	512	UPC Code 2	93901517180
Kosher	Yes		
Price	30.48		

Quantity Invoiced Over Last 6 Weeks

1/11/2015	1/18/2015	1/25/2015	2/1/2015	2/8/2015	2/15/2015
0	0	0	0	0	0

Other Information

Other Information	
Item Yield	CASE = 4-1 GALLON PLASTIC JARS SWEET PICKLE RELISH.
Shelf Life	GROCERY (DRY) = 365 DAYS FROM DATE OF PRODUCTION
Thawing Instructions	NONE
Basic Preparation	PACKAGING: 1 GALLON PLASTIC CONTAINER PACKED IN A CORRUGATE BOX. READY TO SERVE. STORE REFRIGERATED.
Merchandising Idea	MARKET**BRIX: 23.5. SIZE: 1/8" X 1/8" X 1/4". BRIX IS A MEASUREMENT OF SOLUBLE SOLIDS THAT ARE IN A PRODUCT. THIS PRODUCT HAS 23.5% SOLUBLE PICKLE SOLIDS. APPEARANCE: NA. FLAVOR: SWEET. RELISH DELIVERS: FLAVOR, VISUAL APPEAL.**ALL FOODSERVICE SEGMENTS**HAMBURGERS, HOT DOGS, BRATS, HOT SANDWICHES, COLD SANDWICHES, RELISH TRAYS, SALAD BARS

Nutritional Information for RELISH SWT PICKLE 4-1GAL GFS

Product Number:	517186
Description:	AP Pickle, Sweet Relish

Nutritional Information			
Serving Size 1 tbsp (15 g)			
Amount Per Serving			
Calories 15		Calories from Fat 0	
% Daily Value			
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	0 mg	0%	
Sodium	110 mg	5%	
Potassium	n/a	n/a	
Total Carbs	3 g	1%	
Dietary Fiber	0 g	0%	
Sugars	3 g	n/a	
Protein	0 g	0%	
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

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	0 mg
Vitamin C	0 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Updated for New Final Rule			
Meat/Meat Alternate	n/a		
Grain/Bread	n/a		
Fruit	n/a		
Vegetable:			
Red/Orange	n/a		
Dark Green	n/a		
Starchy	n/a		
Beans/Peas	n/a		
Other	n/a		
Notes:			
n/a			

Ingredients:

Cucumbers, high fructose corn syrup, water, vinegar, salt, spices, alum, xanthan gum, calcium chloride, potassium sorbate (preservative), polysorbate 80, dehydrated red bell peppers, natural flavors, turmeric (color). **COMMON ALLERGENS PRESENT: None.** Nutrition and Ingredient statement updated June 2013. 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.

Product Information for 479179 MAYONNAISE LO CAL 4-1GAL BRKTHR

Manufacturer: VENTURA FOODS - ALBERT LEA, MN			
Pack	4/CASE	Manufacturer #	10938BRT
Portion Size	OZ	Net Weight	32.8
Portion/Case	512	UPC Code 1	41429632304
Kosher	Yes	UPC Code 2	41429632304
Price	24.91		

Quantity Invoiced Over Last 6 Weeks

1/11/2015	1/18/2015	1/25/2015	2/1/2015	2/8/2015	2/15/2015
0	0	0	0	0	0

Other Information

Other Information	
Item Yield	CASE= 4-1GALLON JUGS LOW CALORIE, CHOLESTEROL FREE MAYONNAISE.
Shelf Life	DRY STORAGE= 5 MONTHS @ 60-80* REFRIGERATE AFTER OPENING.
Thawing Instructions	KEEP REFRIGERATED
Basic Preparation	READY TO USE.
Merchandising Idea	MARKET**THE BREAKTHROUGH LINE OF WHITE SALAD DRESSINGS AND MAYONNAISE FEATURES QUALITY PRODUCTS THAT DELIVER GREAT FLAVOR. HIGHEST EGG & OIL SALAD DRESSING AVAILABLE W/50% LESS SATURATED FAT THAN TYPICAL SALAD DRESSING**ALL SEGMENTS**THIS PRODUCT CAN BE USED AS A SANDWICH SPREAD AND AS A BASE FOR SPECIALTY DRESSINGS AND DIPPING SAUCES.

Nutritional Information for MAYONNAISE LO CAL 4-1GAL BRKTHR

Product Number:	479179
Description:	AP Mayonnaise, Red. Calorie, Chol Free

Nutritional Information		
Serving Size 1 tbsp (15 g)		
Amount Per Serving		
Calories 50		Calories from Fat 40.5
% Daily Value		
Total Fat	4.5 g	7%
Saturated Fat	0 g	0%
Trans Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
Cholesterol	0 mg	0%
Sodium	110 mg	5%
Potassium	n/a	n/a
Total Carbs	2 g	1%
Dietary Fiber	0 g	0%
Sugars	1 g	n/a
Protein	0 g	0%
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

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	0 mg
Vitamin C	0 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Updated for New Final Rule			
Meat/Meat Alternate	n/a		
Grain/Bread	n/a		
Fruit	n/a		
Vegetable:			
Red/Orange	n/a		
Dark Green	n/a		
Starchy	n/a		
Beans/Peas	n/a		
Other	n/a		
Notes:			
			n/a

Ingredients:

For ingredient or allergen information, please contact: Ventura Foods, phone: (800) 786-2145/web page: www.venturafoods.com. Please reference manufacturer number: 10938BRT. Nutrition updated February 2013. The 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.



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L. Wiginton
 Larry Wiginton, QA Manager
 6/27/2014

Nutritional information summary for the school dietician

Wheat Diamond Jims 24T

Serving Size: 1 Roll
 Servings per Pack: 24
 Serving Weight: 57 Grams
 2.0 Oz

Product # 31454
 2.00 School Bread Servings
 (Whole Grain-Rich)

Whole Grain:	18.3 Grams each	52% of total Flour
Enriched Flour:	17.1 Grams each	48% of total Flour
Total Flour:	35.4 Grams each	17.7 grams of total flour per each bread serving

ALLERGEN Statement: Contains: Wheat.

Nutrient*	Per Serving	% RDA	
Calories	144.09	7%	INGREDIENTS: Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Yeast, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Dough Conditioners (Calcium Stearoyl Lactylate, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, DATEM, Sodium Stearoyl Lactylate, Ascorbic Acid, L-cysteine, Azodicarbonamide, Calcium Peroxide, Enzymes), Yeast Nutrients (Calcium Sulfate, Monocalcium Phosphate, Ammonium Sulfate), Calcium Propionate and Potassium Sorbate (Preservatives).
Calories from Fat	19.10		
Protein (gm)	5.92		
Carbohydrates (gm)	25.99	9%	
Dietary Fiber (gm)	2.35	9%	
Total Sugars (gm)	3.96		
Total Fat (gm)	2.14	3%	
Saturated Fat (gm)	0.69	3%	
Poly Fats (gm)	0.84		
Mono Fats (gm)	0.84		
Trans Fats (gm)	0.02		
Cholesterol (mg)	0.00	0%	
Sodium (mg)	283.99	12%	
Calcium (mg)	62.67	6%	
Iron (mg)	1.38	8%	
Phosphorus (mg)	83.80	8%	
Potassium (mg)	94.43	3%	
Magnesium (mg)	25.31	6%	
Zinc (mg)	0.59	4%	
Thiamine (mg)	0.27	18%	
Riboflavin (mg)	0.15	9%	
Niacin (mg)	2.43	12%	
Folate (mcg)	32.56	8%	
Vitamin A (IU)	0.00	0%	
Vitamin B6 (mg)	0.06	3%	
Vitamin C (mg)	0.00	0%	
Vitamin D (IU)	0.00	0%	
Vitamin E (mg)	0.27	1%	

* Nutritional analysis is computed from databases.
 "Per Serving" information is unrounded and based on product weight.

Definitions:

"1.0 School Bread Serving" = "1oz of bread, at least 16g flour per oz"

"Whole Grain-Rich" means at least 8 grams of the flour is WHOLE GRAIN (per serving), and the remainder of the flour, if any, is Enriched.