

# Quest Food Management

## Recipe Sizing Report

|   |   |                   |                          |                         |  |
|---|---|-------------------|--------------------------|-------------------------|--|
| <b>002220 - sand-swt teri chicken wheat : nslp</b>                                      | <b>Components</b>   | <b>Attributes</b> | <b>Allergens Present</b> | <b>Allergens Absent</b> | <b>Allergens Unidentified</b>  |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 1<br>Size of Portion: serving | Meat/Alt: 2 oz<br>Grains: 2 oz<br>Fruit:<br>Vegetable:<br>Milk: |                   |                          |                         | ? - Milk<br>? - Egg<br>? - Peanut<br>? - Tree Nut<br>? - Fish<br>? - Shellfish<br>? - Soy<br>? - Wheat |

| Ingredients                                     | Measures | Instructions  |
|---|----------|---|
| 903688 chicken- grilled patty greco 204832..... | 1 each   | heat the chicken patty according to the box once heated slice into 6 even slices and toss with the sauce- keep warm until service.<br><br>using the wheat diamond jim buns- each sandwich gets 6 slices of chicken and half slice of provolone. |
| 903055 dressing sweet onion 214322.....         | 2 TB     |   |
| 902994 sauce teriyaki KK low sodium 176721..... | 1 TB     |   |
| 903572 bread- alpha wheat diamond jim 31454.... | 1 each   |   |
| 990100 cheese provolone.....                    | 1/2 oz   |   |

\*Nutrients are based upon 1 Portion Size (serving)

|                        | Calories | 477 kcal      | Cholesterol | 50 mg     | Sugars   | *3.9* g            | Calcium  | 184.68 mg | 48.79%                      | Calories from Total Fat |
|------------------------|----------|---------------|-------------|-----------|----------|--------------------|----------|-----------|-----------------------------|-------------------------|
| Total Fat              | 25.88 g  | Sodium        | 1427 mg     | Protein   | 23.49 g  | Iron               | 2.60 mg  | 13.36%    | Calories from Saturated Fat |                         |
| Saturated Fat          | 7.09 g   | Carbohydrates | 41.15 g     | Vitamin A | 125.0 IU | Water <sup>1</sup> | *0.00* g | 0.19%     | Calories from Trans Fat     |                         |
| Trans Fat <sup>2</sup> | 0.10 g   | Dietary Fiber | 3.24 g      | Vitamin C | 0.0 mg   | Ash <sup>1</sup>   | *0.00* g | 34.49%    | Calories from Carbohydrates |                         |
|                        |          |               |             |           |          |                    |          | 19.68%    | 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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - 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.

(01) 1 0038034 56900 9

**5690** NET WT 10 LBS  
**Country Good**™

PROCESSED BY  
BRAKERUSH BROS., INC  
WESTFIELD, WI 53984  
KEEP FROZEN



# CN Fully Cooked Grilled Nugget Shaped Chicken Breast Patties

WITH RIB MEAT COATED WITH RICE FLOUR AND SEASONING

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT, WATER, ISOLATED SOY PROTEIN, SEASONING (MODIFIED CORN STARCH, DEHYDRATED GARLIC, DEHYDRATED ONION, MALTODEXTRIN, SALT, NATURAL FLAVOR, SPICE EXTRACTIVES), SALT, SODIUM PHOSPHATES,  
COATING INGREDIENTS: RICE FLOUR, PREGELATINIZED RICE FLOUR, GARLIC POWDER, ONION POWDER, SALT, SPICE, CITRIC ACID, SOYBEAN OIL (PROCESSING AID), MALTODEXTRIN, PAPRIKA (WITH ETHOXYDIN, ADDED AS A PRESERVATIVE), LEMON JUICE, ASCORBIC ACID.

CN \_\_\_\_\_ 088686  
CN THE CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 09-13)  
CN \_\_\_\_\_

PREPARATION: COOK TO A MINIMUM OF 165° F. BAKE IN SINGLE LAYER IN PREHEATED CONVECTION OVEN AT 350°F FOR 8-10 MIN. BAKE IN SINGLE LAYER IN PREHEATED CONVENTIONAL OVEN AT 400°F FOR 10-15 MIN. COOK CN PREHEATED GRILL FOR 8-10 MIN. BROIL IN PREHEATED BROILER FOR 5-8 MIN. MICROWAVE ON HIGH ABOUT 1 MIN. PER SERVING. TURNING ONCE. ADJUST TIMES TO QUANTITY BEING COOKED AND EQUIPMENT USED. DO NOT OVERCOOK

Contains: Soy.

"Packed For Institutional Use"

K1813

**5690**

(01) 1 0038034 56900 9

Product Information for 214322 DRESSING SWT ONION 6-.5GAL PMLL

| Manufacturer: |        |            |             |
|---------------|--------|------------|-------------|
| Pack          | 6/CASE | Net Weight | 27.63       |
| Portion Size  | FL OZ  | UPC Code 1 | 93901214324 |
| Portion/Case  | 384    | UPC Code 2 | 93901214324 |
| Kosher        | No     |            |             |
| Price         | 33.99  |            |             |

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-.5GAL DRESSING SWEET ONION PEPPER MILL   |
| Shelf Life           | GROCERY (DRY) = 125 DAYS  |
| Thawing Instructions | NONE  |
| Basic Preparation    | OPEN AND SERVE. FOR BEST FLAVOR SERVE CHILLED.  |
| Merchandising Idea   | EXPAND PEPPER MILL LINE TO INCLUDE A GROWING FLAVOR PROFILE OF SWEET ONION DRESSING.**THIS PRODUCT IS A VERY GOOD SWEET ONION DRESSING. IT HAS A PERFECT BLEND OF SWEETNESS AND ONION FLAVOR**INDEPENDENTS, HEALTHCARE, CHAINS, COLLEGE UNIVERSITY AND K-12 SCHOOLS**GREAT MARINADE FOR CHICKEN. EXCELLENT TOPPING FOR SANDWICHES AND WRAPS. ALSO VERY GOOD AS A SALAD DRESSINGS. |

## Nutritional Information for DRESSING SWT ONION 6-.5GAL PMLL

|                        |                                       |
|------------------------|---------------------------------------|
| <b>Product Number:</b> | 214322                                |
| <b>Description:</b>    | AP Dressing, Sweet Onion, Pepper Mill |

| Nutritional Information                                |                 |                               |           |
|--|-----------------|-------------------------------|-----------|
| Serving Size 2 tbsp (32.6 g)                           |                 |                               |           |
| <b>Amount Per Serving</b>                              |                 |                               |           |
| <b>Calories 100.6</b>                                  |                 | <b>Calories from Fat 60.4</b> |           |
| % Daily Value  |                 |                               |           |
| <b>Total Fat</b>                                       | <b>6.7 g</b>    | <b>10%</b>                    |           |
| Saturated Fat  | 1 g             | 5%                            |           |
| Trans Fat  | .05 g           |                               |           |
| PolyUnSat  | 4 g             | n/a                           |           |
| MonoUnSat  | 2 g             | n/a                           |           |
| <b>Cholesterol</b>                                     | <b>0 mg</b>     | <b>0%</b>                     |           |
| <b>Sodium</b>  | <b>187.2 mg</b> | <b>8%</b>                     |           |
| <b>Potassium</b>                                       | <b>20 mg</b>    | <b>1%</b>                     |           |
| <b>Total Carbs</b>                                     | <b>10 g</b>     | <b>3%</b>                     |           |
| Dietary Fiber  | .3 g            | 1%                            |           |
| Sugars   | 6 g             | n/a                           |           |
| <b>Protein</b>   | <b>.2 g</b>     | <b>0%</b>                     |           |
| Vitamin A -  | 0%              | Vitamin C -                   | 0%        |
| Calcium -  | 1%              | Iron -                        | 1%        |
| 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             | .016 mg  | Phosphorus | 5.6 mg   |
| Riboflavin B2          | .026 mg  | Zinc       | 0 mg     |
| Niacin B3              | .02 mg   | Magnesium  | 2.269 mg |
| Pyridoxine B6          | .007 mg  | Copper     | n/a      |
| Cobalamin B12          | 0 mcg    | Selenium   | n/a      |
| Pantothenic Acid       | n/a      | Calcium    | 6.98 mg  |
| Vitamin C              | .21 mg   | Iron       | .17 mg   |
| Folic Acid             | .642 mcg | Manganese  | n/a      |
|                        |          | Iodine     | n/a      |

| School Equivalents           |     | Fat Soluble Vitamins |        |
|------------------------------|-----|----------------------|--------|
|                              |     | Vitamin D            | n/a    |
| Child Nutrition Label        | No  | Vitamin D            | 0 IU   |
|                              |     | Vitamin E            | n/a    |
| Meat/Meat Alternative        | n/a | Vitamin K            | n/a    |
| Fruit/Vegetables             | n/a | Vitamin A            | .46 IU |
| Grain/Bread                  | n/a | Vitamin A            | n/a    |
| Updated for New Ethical 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:**

HIGH FRUCTOSE CORN SYRUP, WATER, SOYBEAN OIL, MALTODEXTRIN, DIJON MUSTARD [WATER, MUSTARD SEED, DISTILLED VINEGAR, SALT, WHITE WINE, CITRIC ACID, TURMERIC (COLOR), TARTARIC ACID, SPICES], DISTILLED VINEGAR, CIDER VINEGAR, DRIED ONION, SALT, CITRIC ACID, SPICES, XANTHAN GUM, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), NATURAL SMOKE FLAVOR, CARAMEL COLOR, ANNATTO EXTRACT (COLOR). COMMON ALLERGENS PRESENT: NONE. Nutrition and Ingredient statement updated October 2014.

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 488372 CHEESE PROV UNSMKD 3-12#AVG PG

| Manufacturer: |          |            |             |
|---------------|----------|------------|-------------|
| Pack          | 1/12.00# | Net Weight | 36          |
| Portion Size  | OZ       | UPC Code 1 | 93901488374 |
| Portion/Case  | 576      | UPC Code 2 | 93901488374 |
| Kosher        | No       |            |             |
| Price         | 25.20    |            |             |

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= 3-12#AVG PIECES UNSMOKED PROVOLONE CHEESE.   |
| Shelf Life           | COOLER= 120 DAYS. MM/DD/YY *BREAK= 12# LOAF.   |
| Thawing Instructions | NONE   |
| Basic Preparation    | PREP: PRODUCT IS READY TO SERVE, CAN BE MELTED IF DESIRED.   |
| Merchandising Idea   | KEY OFFERING IN THE PRIMO GUSTO ITALIAN LINE. VALUE PRICED WITH CONSISTENT QUALITY.**THE MILD FIRM FLAVOR AND TEXTURE INTENSIFIES AND BECOMES MORE GRANULAR WITH AGE**PRIMARY: SANDWICH APPLICATIONS AND ITALIAN SEGMENT. SECONDARY: QUICK SERVE, CASUAL AND FINE DINING SEGMENTS**GREAT METLED TOPPING ON BRUSCHETTA OR IN SALADS |

## Nutritional Information for CHEESE PROV UNSMKD 3-12#AVG PG

|                        |  |
|------------------------|--|
| <b>Product Number:</b> | 488372                                   |
| <b>Description:</b>    | AP Cheese, Provolone, Unsmkd, Primo Gust |

| Nutritional Information                                |               |                             |
|--|---------------|-----------------------------|
| Serving Size 1 oz (28 g)                               |               |                             |
| <b>Amount Per Serving</b>                              |               |                             |
| <b>Calories 100</b>                                    |               | <b>Calories from Fat 63</b> |
| % Daily Value  |               |                             |
| <b>Total Fat</b>                                       | <b>7 g</b>    | <b>11%</b>                  |
| Saturated Fat  | 5 g           | 25%                         |
| Trans Fat  | 0 g           |                             |
| PolyUnSat  | n/a           | n/a                         |
| MonoUnSat  | n/a           | n/a                         |
| <b>Cholesterol</b>                                     | <b>20 mg</b>  | <b>7%</b>                   |
| <b>Sodium</b>  | <b>200 mg</b> | <b>8%</b>                   |
| <b>Potassium</b>                                       | <b>n/a</b>    | <b>n/a</b>                  |
| <b>Total Carbs</b>                                     | <b>0 g</b>    | <b>0%</b>                   |
| Dietary Fiber  | 0 g           | 0%                          |
| Sugars   | 0 g           | n/a                         |
| <b>Protein</b>   | <b>7 g</b>    | <b>14%</b>                  |
| Vitamin A -  | 4%            | Vitamin C - 0%              |
| Calcium -  | 20%           | 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    | 200 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            | 200 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:**

Pasteurized milk, cheese culture, salt, enzymes. **COMMON ALLERGENS PRESENT:** Milk. Nutrition and Ingredient statement updated September 2014. 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.



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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%    | <b>INGREDIENTS:</b> 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.