

Quest Food Management

Page 1

Recipe Master List

Dec 1, 2015

001541 - sandwich- chicken parmesan

Recipe HACCP Process: #2 Same Day Service

Source: nslp
Number of Portions: 1
Size of Portion: serving

Meat/Alt: 2.5 oz
Grains: 2.5 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

990047 chicken patty breaded 509728.....	1 patty	line a full sheet pan with baking paper, and bake at 350 until internal is at 165.
000731R sauce, house spaghetti meatles.....	1 ounces	
901970 cheese mozzarella 2% shredded gfs.....	1/2 OZ	place in 2" pan and cover loosely with saran wrap and hold in heated cabinet until service.
903576 bread-alpha hamburger white wheat 51535...	1 each	assemble sandwich with sauce and cheese. this sandwich should be served warm, to prevent the bun from drying out, one should be used a display plate and the others individually wrapped in foil.

*Nutrients are based upon 1 Portion Size (serving)

Calories	431	kcal	Cholesterol	44.15	mg	Sugars	*3.38*	g	Calcium	167.02	mg	39.77%	Calories from Total Fat
Total Fat	19.05	g	Sodium	947.09	mg	Protein	24.37	g	Iron	3.29	mg	6.41%	Calories from Sat Fat
Saturated Fat	3.07	g	Carbohydrate	41.36	g	Vitamin A	347.80	IU	Water ¹	*11.51*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	3.95	g	Vitamin C	3.88	mg	Ash ¹	*0.16*	g	38.37%	Calories from Carbohydrates
												22.61%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.