Recipe Prep Sheet

American Dairy Association North East

990068 - Southwest Shaker Salad

Recipe HACCP Process:
Source: DSB
Number of Portions: 50
Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011773	CORN,SWT,YEL,CND,VACUUM PK,NO SALT	4 LB	No Instructions Assigned
004640	SALAD DRSNG,RANCH DRSNG,RED FAT	3 1/4 cup	
121341	Dinner Rolls, Whole Grain (2 oz)	50 Dinner Roll	
050459	ROTINI, WHOLE GRAIN, DRY	3 lb + 2 OZ	**Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.** Cook,rinse and drain pasta per package instructions. Dice the peppers,onions,and tomatoes. Combine the pasta with the diced vegetables,drained beans,corn,and the seasonings.
002009	CHILI POWDER	2 TBSP	
799902	CUMIN,GROUND	2 tbsp	
011333	PEPPERS,SWEET,GREEN,RAW	2 LB + 12 oz	
011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R	3 LB + 12 oz	
051529	Beans, Black (Turtle), Low-sodium, Canned	6 1/4 qt	
011530	TOMATOES,RED,RIPE,CKD	3 LB	
051520	Chicken, Diced, Cooked, Frozen	6 1/4 LB	Layer the ingredients in a 12 oz clear cup: 1/2 cup pasta veggie mixture,2 Tbsp chicken,2 Tbsp cheese. **Repeat ending with cheese on top**. Top with dome lid and serve with ranch dressing. **CCP:** Hold for cold service at 41° F or lower. **CCP:** Refrigerate until served.
900347	SHREDDED CHEDDAR CHEESE	6 1/4 LB	
			Use prepared ranch or Recipe #990042. Mix in a few drops of hot sauce to make it spicy ranch if desired.

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*Nutrients are based upon 1 Portion Size (EACH)

Calories[1]	667.970 kcal	Total Fat	18.845 g	Total Dietary Fiber	14.879 g	Vitamin C	*36.927* mg	25.391% Calories from Total Fat
Saturated Fat[1]	2.776 g	Trans Fat[2]	*0.009* g	Protein	42.945 g	Iron	7.206 mg	3.741% Calories from Sat Fat
Sodium[1]	1392.479 mg	Cholesterol	47.288 mg	Vitamin A	*2099.037* IU	Water	*143.744* g	*0.012%* Calories from Trans Fat
Sugars	*5.709* g	Carbohydrate	82.493 g	Calcium	552.520 mg	Ash	*N/A* g	49.399% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	$0.000			25.717% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT 2 oz eq	Grain 2 oz eq	Fruit cup	Vegetable .5 cup	Milk cup

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 required 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 Mosaic® 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.