

Idaho Child Nutrition Programs

Recipe: 000002 Cheeseburger Salad Wrap K-8

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 1 salad wrap

Recipe HACCP Process: #2 Same Day Service

011251 LETTUCE,COS OR ROMAINE,RAW..... 011282 ONIONS,RAW (in beef mixture)..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 011282 ONIONS,RAW (for toppings)..... 050341 CHEESE, MOZZARELLA, LMPS, FROZEN, LOAVES....	13 LB 6 LB 13 1/4 LB 2 3/4 LB 3 1/8 LB	<p>Prepare Ingredients: Chop romaine lettuce into bite-sized pieces. Dice onions for ground beef mixture. Dice tomatoes and onions to be used for toppings. Shred mozzarella cheese.</p>
050523 TORTILLA, WHOLE GRAIN, FROZEN.....	100 tortilla (49g)	<p>Warm Tortillas: Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours.</p>
902372 Ground Beef, 15% USDA Food, Raw..... 902437 Tomato Paste, No Salt Added, Canned, #10 USDA..... 083730 MUSTARD YELLOW PREPARED..... 002020 GARLIC POWDER..... 014429 WATER,MUNICIPAL.....	10 3/4 LB 3/4 CUP 1/2 CUP 4 TBSP 1 3/4 cup	<p>Prepare Ground Beef Mixture: Brown ground beef, drain, and rinse. Add diced onions, tomato paste, mustard, garlic powder, and water. Mix well. Simmer for 10 minutes or until juices are cooked out.</p>
		<p>Assemble Dish: Place 1 cup lettuce pieces, 2.1 oz. meat mixture, and ½ oz. shredded cheese on each tortilla.</p> <p>Note: Due to moisture and cooking time, meat serving size weight will vary. It is recommended that schools weigh total cooked meat mixture and divide by the number of servings to determine accurate portion sizes.</p>

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.

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011937 PICKLES,CUCUMBER,DILL..... 011935 CATSUP..... 083730 MUSTARD YELLOW PREPARED.....	3 5/8 QT 6 1/4 CUP 6 1/4 CUP	Toppings: Toppings are planned in the following serving sizes for each student: ¼ cup diced tomatoes, 1 tbsp. diced onions, 2 tbsp. pickle slices, 1 tbsp. ketchup and 1 tbsp. mustard. Schools that offer toppings on a self-serve bar will need to adjust planned topping ingredient quantities according to student use.
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*Nutrients are based upon 1 Portion Size (1 salad wrap)

Calories	349 kcal	Cholesterol	50.29 mg	Protein	23.60 g	Calcium	265.94 mg	34.65%	Calories from Total Fat
Total Fat	13.43 g	Sodium	898.48 mg	Vitamin A	233.78 RE	Iron	3.62 mg	12.98%	Calories from Saturated Fat
Saturated Fat	5.03 g	Carbohydrates	33.87 g	Vitamin A	5920.92 IU	Water ¹	*183.56* g	*1.33%*	Calories from Trans Fat
Trans Fat ¹	*0.51* g	Dietary Fiber	6.09 g	Vitamin C	16.40 mg	Ash ¹	*2.10* g	38.85%	Calories from Carbohydrates
								27.07%	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

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1.750 oz				? - Milk
Grain..... 1.750 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 1.000 cup				? - Tree Nut
Milk..... cup				? - Fish
<u>Moisture & Fat Change</u>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011251	LETTUCE,COS OR ROMAINE,RAW			
I	011282	ONIONS,RAW			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	011282	ONIONS,RAW			
I	050341	CHEESE, MOZZARELLA, LMPS, FROZEN, LOA			
I	050523	TORTILLA, WHOLE GRAIN, FROZEN			
I	902372	Ground Beef, 15% USDA Food, Raw			

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I	902437	Tomato Paste, No Salt Added, Canned, #10 USD			
I	083730	MUSTARD YELLOW PREPARED			
I	002020	GARLIC POWDER			
I	014429	WATER,MUNICIPAL			
I	011937	PICKLES,CUCUMBER,DILL			
I	011935	CATSUP			
I	083730	MUSTARD YELLOW PREPARED			

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