

Idaho Child Nutrition Programs

Recipe: 000020 Southwest Burrito K-8

Recipe Source: Chef Brenda
 Recipe Group: ENTREES

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1 Burrito

011333 PEPPERS, SWEET, GREEN, RAW..... 011282 ONIONS, RAW..... 050341 CHEESE, MOZZARELLA, LMPS, FROZEN, LOAVES.....	10 1/3 LB 5 1/2 LB 3 1/8 LB	Prepare Ingredients: Cut green peppers into strips and dice onions into small pieces. Shred mozzarella cheese.
050523 TORTILLA, WHOLE GRAIN, FROZEN.....	100 tortilla (49g)	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.
050545 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM..... 002020 GARLIC POWDER..... 799902 CUMIN, GROUND.....	1 1/2 #10 Can 1/3 CUP 1/4 CUP	Prepare Bean/Vegetable Mixture: Mix undrained pinto beans, garlic powder, diced peppers, diced onions, and cumin and bring to a boil. Simmer for 20 minutes, stirring often. Drain.
902439 BBQ Pork, USDA Foods.....	18 3/4 LB	Prepare Pork: Follow manufacturer's instructions to heat pork. Pork is done when it reaches 145°F.
002009 CHILI POWDER..... 050451 RICE, LONG GRAIN, BROWN, COOKED, WITHOUT SALT...	1/4 CUP 12 CUP	Prepare Rice: Add chili powder to rice and cook rice according to manufacturer's instruction. NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare. For tender rice, do not add salt to rice during cooking, even when the package directions call for it.

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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050540 SALSA, LOW-SODIUM, CANNED.....	6 1/4 CUP	<p>Assemble Burrito: Place tortillas on individual foil sheets. Top with 3 oz. meat in sauce, 2 tbsp. beans, 1 ¾ tbsp. rice, and ½ oz. of cheese. Serve salsa on the side.</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>
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*Nutrients are based upon 1 Portion Size (1 Burrito)

Calories	420 kcal	Cholesterol	42.00 mg	Protein	23.60 g	Calcium	272.58 mg	32.52%	Calories from Total Fat
Total Fat	15.16 g	Sodium	931.08 mg	Vitamin A	130.61 RE	Iron	3.36 mg	12.21%	Calories from Saturated Fat
Saturated Fat	5.69 g	Carbohydrates	48.90 g	Vitamin A	717.43 IU	Water ¹	*66.22* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	8.65 g	Vitamin C	44.27 mg	Ash ¹	*0.36* g	46.62%	Calories from Carbohydrates
								22.50%	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..... 2.000 oz				? - Milk
Grain..... 1.750 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.500 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - 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	011333	PEPPERS,SWEET,GREEN,RAW			
I	011282	ONIONS,RAW			
I	050341	CHEESE, MOZZARELLA, LMPS, FROZEN, LOA			
I	050523	TORTILLA, WHOLE GRAIN, FROZEN			
I	050545	BEANS, CANNED, PINTO, WHOLE, LOW-SODI			

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I	002020	GARLIC POWDER			
I	799902	CUMIN,GROUND			
I	902439	BBQ Pork, USDA Foods			
I	002009	CHILI POWDER			
I	050451	RICE, LONG GRAIN, BROWN, COOKED, WITH			
I	050540	SALSA, LOW-SODIUM, CANNED			

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