

Kentucky Dept. of Education

001396 - Cauli-crust Pe-Za

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: Slice

Meat/Alt: 2 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 1 Cup
 Milk: 0 Cup

Alternate Menu Name: Meade County HS

011135 CAULIFLOWER,RAW..... 001032 CHEESE,PARMESAN,GRATED..... 002047 SALT, TABLE..... 903893 EGGS..... 014429 WATER,MUNICIPAL..... 001271 CHEESE,MOZZARELLA,LO MOIST,PART-SKIM,SHREDDED... 799905 OREGANO LEAVES,DRIED..... 002020 GARLIC POWDER.....	8 head large (6-7" dia.) 2 CUP 4 TSP 16 slightly beaten 2 2/3 CUP 4 CUP 6 TSP, ground 4 TSP	Cauli-Crust: Preheat oven to 425 degrees. Puree cauliflower and strain in a clean cloth to remove all excess water. Then pat dry. Next add lightly beaten eggs, oregano, garlic powder, 4 tsp salt and mozzarella and parm cheese and mix. Spreadmixture on a baking stone with fingers formulating a circular crust to medium thickness. Bake 10-15 minutes then broil 1-3 minutes.
011282 ONIONS,RAW..... 004053 OIL,OLIVE,SALAD OR COOKING..... 799939 GARLIC,RAW..... 019335 SUGARS,GRANULATED..... 002047 SALT, TABLE..... 002030 PEPPER,BLACK.....	4 CUP, finely chopped 8 TBSP 4 cloves, minced 4 TSP 2 TSP 2 TSP, ground	Sauce: Heat olive oil in large saucepan over medium heat. Add chopped onions and saute for about 8 mins or until translucent. Stir in minced garlic for 1 minute. Stir in 2 tsp salt and 2 tsp pepper, sugar and crushed tomatoes. Simmer 10 minutes stirring often.
903972 Babybell Cheese..... 903419 Crushed Beefsteak Tomato..... 903973 Purnell "Old Folks" Sausage.....	16 (1 cup) 8 (14 oz. can) 6 LB	Sausage and Babybell Cheese: Cook sausage until internal temp is 160 degrees and is no longer pink. Slice babybell cheese thinly and place on top of pizza.
		Bake at 400 degrees for 5-7 minutes. CCP: hold at 135 degrees or higher for service. Each pizza makes 6 slices.

*Nutrients are based upon 1 Portion Size (Slice)

Calories	470 kcal	Cholesterol	*8.24* mg	Sugars	*3.76* g	Calcium	*125.95* mg	61.79%	Calories from Total Fat
Total Fat	32.26 g	Sodium	1089.55 mg	Protein	20.89 g	Iron	*0.80* mg	26.31%	Calories from Sat Fat
Saturated Fat	13.74 g	Carbohydrate	16.69 g	Vitamin A	*117.56* IU	Water ¹	*158.25* g	*0.17%*	Calories from Trans Fat
Trans Fat ²	*0.09* g	Dietary Fiber	*3.18* g	Vitamin C	*68.66* mg	Ash ¹	*2.48* g	14.21%	Calories from Carbohydrates
								17.78%	Calories from Protein

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Kentucky Dept. of Education

001407 - Cheesy Ranch Chicken Casserole

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: Serving

Meat/Alt: 3 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 1.5 Cup
 Milk: 0 Cup

Alternate Menu Name: Graves County HS

075003 MAYONNAISE,LoFat,No Cholesterol..... 12 CUP 001179 SOUR CREAM,LIGHT..... 6 CUP 011156 CHIVES,RAW..... 2 TBSP, chopped 002030 PEPPER,BLACK..... 1 1/2 TSP, ground 002045 DILL WEED,FRSH..... 2 TBSP, sprigs 002020 GARLIC POWDER..... 3 TSP 002026 ONION POWDER..... 3 TSP 002047 SALT,TABLE..... 1 1/2 TSP	Ranch Dressing: Mix mayonnaise, sour cream, fresh chives, black pepper, fresh dill (finely chopped), garlic powder, onion powder and salt until well blended. Hold at 41 degees or below until needed.
075013 Chicken Breast..... 24 Each (4 oz avg) 051488 Beans, Green, Low-sodium, Canned..... 12 CUP 011167 CORN,SWEET,YELLOW,RAW..... 12 CUP 011096 BROCCOLI ,RAW..... 18 Cup finely chopped 011965 CAULIFLOWER, GREEN,RAW..... 6 Cup finely chopped 011124 CARROTS,RAW..... 6 CUP, chopped 799939 GARLIC,RAW..... 3 TSP, MINCED 002026 ONION POWDER..... 3 TSP 002030 PEPPER,BLACK..... 3 TSP, ground 002047 SALT,TABLE..... 3 TSP 904009 Cream Cheese/Cheddar Cheese Shrded... 15 CUP	Preheat oven to 400 degrees. Season chicken with garlic, onion powder pepper and salt. Marinate cubed chicken in 6 cups of Ranch Dressing. While chicken is marinating, cut vegetables and measure into large mixing bowl. Coat large alumnim pans with cooking spray. Drain chicken. Place chicken in pans and cook 15 minutes. Coat vegetables with 6 cups of ranch dressing. After 15 minutes, remove chicken from oven, drainexcess liquid, spread remaining ranch dressing onto chicken. Layer vegetable/ ranch mixture on top of chicken. Bake completedcasserole for 30 minutes or until chicken reaches internal temperature of 165 degrees. Cover casserole withcheese blend. Turn off oven and allow cheee to melt, approximately 5 minutes. CCP: Hold at 135 degrees or higher for service. Serving is 1 1/2cup.

*Nutrients are based upon 1 Portion Size (Serving)

Calories	436 kcal	Cholesterol	*40.90* mg	Sugars	*3.89* g	Calcium	*78.80* mg	56.61%	Calories from Total Fat
Total Fat	27.43 g	Sodium	1125.74 mg	Protein	25.35 g	Iron	*1.38* mg	17.61%	Calories from Sat Fat
Saturated Fat	8.54 g	Carbohydrate	21.60 g	Vitamin A	*3292.79* IU	Water ¹	*81.80* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*2.93* g	Vitamin C	*13.92* mg	Ash ¹	*1.35* g	19.81%	Calories from Carbohydrates
								23.25%	Calories from Protein

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Kentucky Dept. of Education

001400 - Chicken Fiesta Pizza

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: slice

Meat/Alt: 1.25 oz
 Grains: 1.5 oz
 Fruit: 0 Cup
 Vegetable: 1 Cup
 Milk: 0 Cup

Alternate Menu Name: Anderson Co. HS

903997 Active Yeast..... 8 Teaspoon 014429 WATER,MUNICIPAL..... 4 Cup warm 002047 SALT, TABLE..... 4 TSP 903846 Extra Virgin Olive Oil..... 12 TSP 051563 Flour, White Whole Wheat/Enriched 60/40 Blend..... 10 CUP		Pizza Crust: In a large bowl mix together yeast and warm water allow to sit for 10 minutes or until foamy. Stir in extra virgin olive oil and salt. Add the flour about 1/2 cup at a time until dough starts to form. When dough has started to pull away from the sides of the bowl use your hands to incorporate and knead the rest of the flour into the dough on a lightly floured surface. Roll dough out to 1/4 inch thick and place on a pizza stone or well-oiled pizza pan. Bake pizza in preheated oven for 5 minutes.
903846 Extra Virgin Olive Oil..... 12 TSP 799946 Jalapenos, seeded and finely diced..... 16 pepper 799968 CILANTRO..... 8 TBSP 001186 CHEESE, CREAM, FAT FREE..... 16 OZ 902921 Margarine, melted..... 1 CUP 051563 Flour, White Whole Wheat/Enriched 60/40 Blend..... 1 CUP 903909 Chicken Broth, Low Sodium..... 64 OZ		
902467 Chicken Breast Skinless Boneless USDA Cooked.... 64 oz. diced 799941 SPINACH, RAW..... 8 CUP, chopped 011641 Squash, Yellow..... 4 CUP, chopped 011953 Zucchini..... 4 Cup chopped 903892 PEPPERS RED SWEET,..... 16 each, julienned 902853 Corn Frozen USDA..... 4 CUP 903782 Black Beans, drained and rinsed..... 4 CUP 903846 Extra Virgin Olive Oil..... 1 CUP 011282 ONIONS, RAW..... 2 CUP, finely chopped 799902 CUMIN, GROUND..... 5 TBSP + 1 TSP 002009 CHILI POWDER..... 4 TSP 002028 PAPRIKA..... 4 TSP		Toppings: Boil and shred chicken. In a large skillet, saute onions, minced garlic, red bell peppers, yellow squash, zucchini and corn in 2 TBSP of olive oil. Mix in black beans, cooked chicken, cumin and chili powder. Season with salt and pepper to taste. Add 1 cup spinach to mixture and heat until spinach is slightly wilted.
799940 LETTUCE, COS OR ROMAINE, RAW..... 16 CUP, shredded 902504 Roma Tomatoes, diced..... 16 each		

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Calories	330 kcal	Cholesterol	*1.13* mg	Sugars	*1.04* g	Calcium	*71.65* mg	35.69%	Calories from Total Fat
Total Fat	13.10 g	Sodium	412.76 mg	Protein	19.82 g	Iron	*2.13* mg	8.76%	Calories from Sat Fat
Saturated Fat	3.21 g	Carbohydrate	34.41 g	Vitamin A	*2278.34* IU	Water ¹	*67.98* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*3.35* g	Vitamin C	*10.65* mg	Ash ¹	*1.30* g	41.68%	Calories from Carbohydrates
								24.00%	Calories from Protein

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001414 - Farmers Luau Chicken

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: serving

Meat/Alt: 2 oz
 Grains: 1 oz
 Fruit: 0 Cup
 Vegetable: 1.5 Cup
 Milk: 0 Cup

Alternate Menu Name: Montgomery Co 4-H

075013 Chicken Breast..... 902456 Worcestershire Sauce Chef's Companion..... 050452 RICE, LONG GRAIN, BROWN, DRY..... 019296 HONEY..... 011297 PARSLEY,RAW..... 002020 GARLIC POWDER..... 002030 PEPPER,BLACK..... 799986 SALT, KOSHER..... 799939 GARLIC,RAW..... 002028 PAPRIKA.....	144 Tenderloin 8 TSP 12 CUP 2 1/2 CUP 1/2 CUP, chopped 1/2 CUP 8 TSP, ground 12 TBSP 8 cloves, minced 1 1/4 CUP	Cook rice as directed. Set a side. Chicken: Preheat oven to 400 degrees. Place chicken in large bowl. Combine kosher salt, paprika, garlic powder, parsley, and pepper. Sprinkle over chicken. Mix well to coat. Place chicken in hot skillet with oil and sear each side. Add oil as needed until all tenders are seared. Place on top of vegetable mixture. Place in oven. Bake for 25 minutes or until chicken reaches internal temperature of 165 degrees.
002021 GINGER,GROUND..... 020027 CORNSTARCH..... 902459 Brown Sugar..... 009152 LEMON JUICE,RAW..... 009159 LIMES,RAW.....	3 TBSP 1/2 CUP 1 1/2 (1 cup) 8 TSP 8 fruit (2" dia)	Sauce: Mix juice from pineapple, cornstarch, worcestershire sauce, brown sugar, lemon juice and ginger.
903892 PEPPERS RED SWEET..... 011951 Peppers, Yellow Bell..... 011821 Pepper, orange bell..... 011333 PEPPERS,SWEET,GREEN,RAW..... 799942 SWEET POTATO,RAW,UNPREP..... 901492 Butternut Squash..... 011641 Squash, Yellow..... 011953 Zucchini..... 901062 ONIONS,RED,RAW..... 009176 MANGOS,RAW..... 009268 PINEAPPLE,CND,JUC PK,SOL&LIQUIDS..... 012115 COCONUT CRM,RAW (LIQ EXPRESSED FROM GRATED ME...	8 CUP, diced 8 Cup diced 8 Cup diced 8 CUP, chopped 8 CUP, cubes 8 CUP, cubes 8 CUP, chopped 8 Cup chopped 8 Medium chopped 8 CUP, pieces 12 Cup drain reserve juice 1 to taste	Vegetable/Fruit Blend: Dice all vegetables and fruits and place in bowl. Pour sauce over reserving 1/4 of sauce for later use. Spread evenly over sheet pans sprayed with non stick spray. Top with chicken Place in oven and bake for 25 minutes or until chicken reaches internal temperature of 165 degrees. CCP: Hold at 135 degrees or higher for service.
		To serve: Top rice (1/2 cup) with veg/fruit mix and place chicken (3 pieces) on side. Drizzle with remaining sauce and spritz with lime.

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Recipe Master List

Calories	491 kcal	Cholesterol	*49.37* mg	Sugars	*29.47* g	Calcium	*76.09* mg	9.77%	Calories from Total Fat
Total Fat	5.33 g	Sodium	1228.93 mg	Protein	25.69 g	Iron	*3.32* mg	3.07%	Calories from Sat Fat
Saturated Fat	1.67 g	Carbohydrate	89.25 g	Vitamin A	*5892.58* IU	Water ¹	*219.69* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*6.66* g	Vitamin C	*114.08* mg	Ash ¹	*1.51* g	72.74%	Calories from Carbohydrates
								20.94%	Calories from Protein

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001398 - Garden Grilled Veg & Penne Sid

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: serving

Meat/Alt: 3 oz
 Grains: 1.25 oz
 Fruit: 0 Cup
 Vegetable: 1 Cup
 Milk: 0 Cup

Alternate Menu Name: KY School for the Deaf

903892 PEPPERS RED SWEET,..... 011477 Zucchini..... 011951 Peppers, Yellow Bell,..... 799943 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 799908 Onion, red cut into slices..... 075013 Chicken Breast..... 903564 Whole Grain Penne Pasta..... 903992 Fresh basil, oregano, marjoram mixed.....	16 Medium 16 medium 16 medium 32 Ounces Cherry, halved 8 large 9 lb. 4 LB 4 CUP	Season chicken tenderloin with salt and pepper. Heat olive oil in skillet, cook chicken until reaches internal temperature of 160 degrees. Remove from skillet and slice. Arrange the zucchini, bell peppers, tomatoes and onion in a single layer on a large rimmed baking sheet. Brush on both sides with olive oil and season with salt and pepper. Arrange the vegetables in a large skillet on medium high heat and cook, turning once. Remove and cut all vegetables into 1 inch pieces except tomatoes. Meanwhile, bring a large pot three-fourths full of salted water to a boil over high heat. Add the pasta, stir well and cook until al dente, about 11 minutes. Drain and transfer to a warmed shallow serving bowl. Add the grilled vegetables.
903993 Cotija Cheese, crumbled..... 903846 Extra Virgin Olive Oil..... 002048 VINEGAR,CIDER..... 799939 GARLIC,RAW..... 050151 ITALIAN SEASONING MIX.....	4 CUP 1 1/2 CUP 1 CUP 4 TSP, MINCED 4 TSP	Add extra virgin olive oil and mixed fresh herbs; toss to combine. Season with salt and pepper to taste. Sprinkle with cotija cheese and toss to combine. CCP: Hold at 135 degrees or higher for service. Serve 2/3 cup pasta with chicken & vegetable mixture.

*Nutrients are based upon 1 Portion Size (serving)

Calories	323 kcal	Cholesterol	*25.67* mg	Sugars	*1.65* g	Calcium	*29.05* mg	34.07%	Calories from Total Fat
Total Fat	12.25 g	Sodium	173.56 mg	Protein	18.40 g	Iron	*0.94* mg	9.29%	Calories from Sat Fat
Saturated Fat	3.34 g	Carbohydrate	36.88 g	Vitamin A	*306.04* IU	Water ¹	*130.39* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*1.55* g	Vitamin C	*76.38* mg	Ash ¹	*0.69* g	45.60%	Calories from Carbohydrates
								22.75%	Calories from Protein

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Kentucky Dept. of Education

001419 - Inside out Ravioli

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: Servings

Meat/Alt: 2.5 oz
 Grains: 1 oz
 Fruit: 0 Cup
 Vegetable: 0.5 Cup
 Milk: 0 Cup

Alternate Menu Name: Pikeville HS

904019 Diced tomatoes, 28 oz can..... 4 (28 oz can) 799939 GARLIC,RAW..... 8 cloves, minced 903846 Extra Virgin Olive Oil..... 3/4 CUP 904006 Basil Leaves, chiffonade..... 12 TBSP 011260 MUSHROOMS,RAW..... 1 LB,chopped 902559 Sugar..... 1 (1 tsp) 050541 TOMATO SAUCE, LOW-SODIUM, CANNED..... 60 OZ 902819 Tomato Paste..... 24 OZ	4 (28 oz can) 8 cloves, minced 3/4 CUP 12 TBSP 1 LB,chopped 1 (1 tsp) 60 OZ 24 OZ	Mince the garlic and still in 4 tsp water. Heat 8 Tbsp oil with garlic over medium high heat. Cook 5 minutes. Place mushrooms in the pan and saute 8-10 minutes. Stir in the tomatoes and simmer 10 minutes. Stir in the basil, sugar and tomato products. Season with Kosher salt. Set aside.
799941 SPINACH,RAW..... 8 CUP	8 CUP	Wash spinach and drain completely. Heat remaining olive oil. Saute spinach until just wilted, 5-7 minutes. Rough chop. Set aside.
903229 Ground Beef - USDA 85/15 -..... 6 LB 011282 ONIONS,RAW..... 4 Medium, chopped 903893 EGGS..... 8 slightly beaten	6 LB 4 Medium, chopped 8 slightly beaten	Add ground meat and onion to pan. Season with salt and pepper. Cook until the internal temperature is 160 degrees. Set aside.
050346 CHEESE, CHEDDAR, YELLOW, SHREDDED... 32 OZ 020653 Pasta, whole grain..... 1 LB	32 OZ 1 LB	Combine cooled tomato sauce and ground meat mixture with beaten eggs in a bowl. Cook the pasta in salted water until al dente. Mix in chopped spinach and pour mixture into buttered baking dishes. Top with grated cheese. Next pour tomato/meat mixture over pasta. Finish by topping with parmesan cheese. Bake 30 minutes at 350 degrees. CCP: Hold at 135 degrees for service.

*Nutrients are based upon 1 Portion Size (Servings)

Calories	328 kcal	Cholesterol	*20.00* mg	Sugars	*0.75* g	Calcium	*146.42* mg	54.67%	Calories from Total Fat
Total Fat	19.94 g	Sodium	313.54 mg	Protein	19.86 g	Iron	*1.08* mg	21.43%	Calories from Sat Fat
Saturated Fat	7.82 g	Carbohydrate	*19.45* g	Vitamin A	*948.86* IU	Water ¹	*21.90* g	*4.09%*	Calories from Trans Fat
Trans Fat ²	*1.49* g	Dietary Fiber	*2.01* g	Vitamin C	*3.77* mg	Ash ¹	*0.37* g	*23.69%*	Calories from Carbohydrates
								24.20%	Calories from Protein

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Kentucky Dept. of Education

001403 - Lemon Herb Chicken & Pasta Sid

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: servings

Meat/Alt: 3 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 0 Cup
 Milk: 0 Cup

Alternate Menu Name: Henderson County HS

075013 Chicken Breast..... 24 lb. 903994 Panko Breadcrumbs..... 24 CUP 902921 Margarine, melted..... 2 2/3 CUP 903893 EGGS..... 16 slightly beaten 009152 LEMON JUICE,RAW..... 1 1/2 CUP 001032 CHEESE,PARMESAN,GRATED... 4 CUP 002020 GARLIC POWDER..... 8 TSP 002026 ONION POWDER..... 8 TSP 799905 OREGANO LEAVES,DRIED..... 8 TSP, ground 002029 PARSLEY,DRIED..... 8 TSP 002047 SALT, TABLE..... 5 TBSP + 1 TSP 002030 PEPPER,BLACK..... 8 TSP, ground 009156 LEMON PEEL,RAW..... 1 CUP	Preheat oven to 400 degrees. In a bowl, mix together melted butter, eggs and lemon juice. In another bowl mix panko breadcrumbs, parmesan cheese, garlic powder, onion powder, oregano, parsley, salt, pepper and lemon peel. Cut chicken breast into equal strips, about three per chicken breast. Dip the chicken strips into butter mixture. Roll strips in breadcrumbs. Deip and roll the chicken strips a second time. Place the chicken on a sprayed baking sheet and bake at 400 degrees in a preheated oven for 20-25 minutes, checking to ensure it reaches an internal temperature of 165 degrees. Flip the chicken strips halfway through cooking to brown both sides. Remove from oven and slice. CCP: hold at 135 degrees or higher and serve with pasta salad (seperate recipe).
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*Nutrients are based upon 1 Portion Size (servings)

Calories	410 kcal	Cholesterol	*75.62* mg	Sugars	*0.33* g	Calcium	*99.82* mg	39.96%	Calories from Total Fat
Total Fat	18.20 g	Sodium	1127.12 mg	Protein	33.98 g	Iron	*1.40* mg	17.01%	Calories from Sat Fat
Saturated Fat	7.75 g	Carbohydrate	27.18 g	Vitamin A	*129.16* IU	Water ¹	*10.69* g	*0.16%*	Calories from Trans Fat
Trans Fat ²	*0.07* g	Dietary Fiber	*0.59* g	Vitamin C	*5.88* mg	Ash ¹	*2.70* g	26.52%	Calories from Carbohydrates
								33.15%	Calories from Protein

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001417 - Pasta Salad for Lemon Chicken

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: Servings

Meat/Alt: 0 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 1.5 Cup
 Milk: 0 Cup

Alternate Menu Name: Henderson County HS

904003 Veggie Pasta..... 48 OZ 011641 Squash, Yellow..... 4 medium 011953 Zucchini..... 4 medium 903891 Green Onion, chopped..... 32 Each 901062 ONIONS,RED,RAW..... 4 Medium chopped 011333 PEPPERS,SWEET,GREEN,RAW..... 4 Chopped 903892 PEPPERS RED SWEET,..... 4 Chopped 902761 Jalapeno Peppers, seeded and minced..... 4 each 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 8 medium chopped 011205 Cucumber, scored and cut into 1/4 slices..... 4 each (8-1/4") 903846 Extra Virgin Olive Oil..... 2 CUP 002047 SALT, TABLE..... 8 TSP 903895 Chipolte Seasoning..... 5 TBSP + 1 TSP 799939 GARLIC, RAW..... 8 cloves, minced 799981 Limes, juice only..... 16 fruit (2" dia) 799974 LEMON, juice only..... 8 each 002030 PEPPER, BLACK..... 8 TSP, ground 120333 Tomato Juice..... 6 CUP 019296 HONEY..... 4 CUP	Bring a pot of salted water to a boil. Add pasta and cook 10-15 minutes or until al dente. Drain and rinse with cold water. Using the veggetti machine spiral cut the yellow squash and zucchini saving a few strands to garnish. In a mixing bowl combine olive oil, salt, chipotle seasoning, garlic, lime juice, lemon juice, pepper, tomato juice and honey; mix well using a wire whisk. In a large bowl combine the pasta, onion, red and green peppers, jalapenos, tomatoes and cucumbers, tossing well. Add the honey mixture and toss again. Drain the pasta salad then place the salad in the center of the plate . Serve with Lemon Herb Chicken and garnish.
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*Nutrients are based upon 1 Portion Size (Servings)

Calories	301 kcal	Cholesterol	*0.00* mg	Sugars	*24.32* g	Calcium	*28.23* mg	29.93%	Calories from Total Fat
Total Fat	10.02 g	Sodium	513.97 mg	Protein	*5.24* g	Iron	*0.64* mg	4.10%	Calories from Sat Fat
Saturated Fat	1.37 g	Carbohydrate	52.93 g	Vitamin A	*260.91* IU	Water ¹	*85.44* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*1.97* g	Vitamin C	*33.61* mg	Ash ¹	*1.44* g	70.27%	Calories from Carbohydrates
								6.96%	Calories from Protein

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001406 - Pollo & Pavo Fajita Flatbread

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: Flatbread

Meat/Alt: 2 oz
 Grains: 2 oz
 Fruit: 0 Cup
 Vegetable: 0.5 Cup
 Milk: 0 Cup

Alternate Menu Name: Corbin HS

904000 Richs Whole Grain Flatbread..... 48 each 005668 GROUND TURKEY,85% LN,15% FAT,RAW..... 4 LB 904007 Chicken Tenders, raw..... 24 (1 each) 016172 REFRIED BNS,CND,FAT-FREE..... 8 CUP 011333 PEPPERS,SWEET,GREEN,RAW..... 4 medium (2-3/4" x 2-1/2") 011282 ONIONS,RAW..... 4 medium (2-1/2" dia) 904008 Cheese, Mozzarella, shredded part skim..... 12 CUP 903420 Fajita Seasoning Mix..... 16 (1 tsp dry) 001179 SOUR CREAM,LIGHT..... 8 CUP	Flatbread: Preheat oven to 350 degrees. Spray baking sheets or pizza pans with cooking spray, set aside. Cut chicken tenders into chunks and place in bowl with ground turkey. Add fajita seasoning and toss. Spray a saute pan with cooking spray, turn to medium heat. Transfer raw meat to the pan, cook for 7-9 minutes. Add sliced pepers and onions to the pan. Cook for 5 minutes until onions are clar and meat reaches internal temp of 165 degrees. Remove from heat and drain. Place flatbread on pan. spread with refried beans leaving a smal crust. Spread meat and vegetable mixture evenly across flatbreads. Add cheese. Place inoven and cook for 20 minutes.	
799943 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 32 italian tomato 901062 ONIONS,RED,RAW..... 2 Medium chopped 799986 SALT, KOSHER..... 8 TSP 009160 LIME JUICE,RAW..... 1 CUP 902761 Jalapeno Peppers, seeded and minced..... 8 each 799939 GARLIC,RAW..... 4 TSP, MINCED 799968 CILANTRO..... 2 CUP, MINCED 011333 PEPPERS,SWEET,GREEN,RAW..... 8 medium (2-3/4" x 2-1/2")	Pico: Cut tomatoes in half, scoop out the center and discard. Finely chop tomatoes. Dice red onion. Chop bell pepper. Cut jalapenos in half and remove seeds. Finely mince. Chop cilantro. Add all vegetables to a bowl and toss. Add lime juice, garlic and salt. Toss until well combined. Refrigerate until ready to use. Serve: One flatbread with pico. CCP: Hold flatbreads at 135 degrees or higher for service.	

*Nutrients are based upon 1 Portion Size (Flatbread)

Calories	486 kcal	Cholesterol	*40.68* mg	Sugars	*1.49* g	Calcium	*101.99* mg	39.82%	Calories from Total Fat
Total Fat	21.52 g	Sodium	1139.34 mg	Protein	30.16 g	Iron	*1.39* mg	14.61%	Calories from Sat Fat
Saturated Fat	7.90 g	Carbohydrate	43.12 g	Vitamin A	*600.33* IU	Water ¹	*165.25* g	*0.13%*	Calories from Trans Fat
Trans Fat ²	*0.07* g	Dietary Fiber	*3.06* g	Vitamin C	*32.79* mg	Ash ¹	*1.76* g	35.46%	Calories from Carbohydrates
								24.81%	Calories from Protein

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Kentucky Dept. of Education

001404 - Ratatouille

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: Serving

Meat/Alt: 2.5 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 1 Cup
 Milk: 0 Cup

Alternate Menu Name: Perry Co. Central HS

002047 SALT, TABLE..... 6 TSP 002030 PEPPER, BLACK..... 6 TSP, ground 004582 VEGETABLE OIL, CANOLA..... 1 CUP 799943 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE... 32 large whole (3" dia) 799939 GARLIC, RAW..... 8 cloves, minced 011282 ONIONS, RAW..... 4 Medium, chopped 904006 Basil Leaves, chiffonade..... 8 each 002044 Bay Leaves..... 8 leaves 902819 Tomato Paste..... 1/2 CUP 014429 WATER, MUNICIPAL..... 8 CUP		Sauce: Add 1 cup oil to sauce pan on medium heat until pan is heated. Add minced garlic and saute for one minute. Add large diced tomatoes and water, bring to a simmer. Add basil sprigs and bay leaves. Add salt and pepper to taste. Simmer 10-15 minutes. Blend sauce with emulsifier.
011953 Zucchini..... 16 medium 011507 SWEET POTATO, RAW, UNPREP..... 16 sweetpotato, 5" long 011352 POTATO, FLESH & SKN, RAW..... 16 medium (2.25"-3.25") 011209 EGGPLANT, RAW..... 16 each, peeled (1.25lb a/p) 011641 Squash, Yellow..... 16 medium		Ratatouille: Finely slice eggplants, squash, zucchini, potatoes and sweet potatoes. Blanch potatoes for 10 minutes. Place sliced vegetables in pattern in glass pans.
011011 ASPARAGUS, RAW..... 96 spear, med (5.25"-7")		Asparagus: Drizzle asparagus with olive oil in mixing bowl. Sprinkle with salt and pepper. Put in baking with other vegetables. Bake at 350 degrees for 30 minutes.
075013 Chicken Breast..... 9 lb. 001032 CHEESE, PARMESAN, GRATED..... 4 CUP 904005 Herbs de Provence..... 5 TBSP + 1 TSP		Chicken: Coat pan with oil. Saute chicken with herbs de Provence, salt and pepper. Cook until reaches internal temp of 165 degrees. Hold at 135 degrees or higher for service. Serve: 3 oz chicken, 2 asparagus spears, with 1 cup ratatouille and 2-3 oz sauce. Top with parmesan cheese.

*Nutrients are based upon 1 Portion Size (Serving)

Calories	309 kcal	Cholesterol	*32.84* mg	Sugars	*10.18* g	Calcium	*148.26* mg	27.28%	Calories from Total Fat
Total Fat	9.36 g	Sodium	*499.42* mg	Protein	18.86 g	Iron	*2.97* mg	6.95%	Calories from Sat Fat
Saturated Fat	2.38 g	Carbohydrate	41.21 g	Vitamin A	*7681.13* IU	Water ¹	*489.59* g	*0.27%*	Calories from Trans Fat
Trans Fat ²	*0.09* g	Dietary Fiber	*10.48* g	Vitamin C	*49.95* mg	Ash ¹	*4.90* g	53.37%	Calories from Carbohydrates
								24.42%	Calories from Protein

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001418 - Rowdy Rebels Chckn Fajita Bowl

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: Servings

Meat/Alt: 3 oz
 Grains: 1 oz
 Fruit: 0 Cup
 Vegetable: 0.75 Cup
 Milk: 0 Cup

Alternate Menu Name: Casey Cnty Culinary Team

<p>005002 CHICKEN,BROILER OR FRYER,MEAT&SKN&GIBLETS&NEC... 011953 Zucchini..... 011641 Squash, Yellow..... 901062 ONIONS,RED,RAW..... 799939 GARLIC,RAW..... 904018 Crushed Tomatoes..... 002047 SALT,TABLE..... 002009 CHILI POWDER..... 002028 PAPRIKA..... 002026 ONION POWDER..... 002020 GARLIC POWDER..... 011951 Peppers, Yellow Bell..... 011333 PEPPERS,SWEET,GREEN,RAW..... 903892 PEPPERS RED SWEET..... 799968 CILANTRO..... 019833 TORTILLA CHIPS,LOFAT,UNSALTED..... 903782 Black Beans, drained and rinsed..... 002031 PEPPER,RED OR CAYENNE..... 799902 CUMIN,GROUND..... 903236 Corn Starch - ARGO..... 903846 Extra Virgin Olive Oil..... 903909 Chicken Broth, Low Sodium..... 001178 SOUR CREAM,REDUCED FAT..... 011143 CELERY,RAW..... 011167 CORN,SWEET,YELLOW,RAW.....</p>	<p>8 whole chicken 8 medium 8 medium 8 Medium chopped 8 cloves, minced 8 (15 oz Can) 8 TSP 16 TSP 8 TSP 8 TSP 8 TSP 8 medium 8 medium (2-3/4" x 2-1/2") 8 Medium 8 Bunches, chopped 48 OZ 8 (14 oz can) 2 TSP 4 TSP 8 (1 TBSP) 1 1/2 CUP 20 CUP 4 CUP 24 stalk, med (7.5"-8") 16 ear, medium</p>	<p>Cut up and remove the skin and bones from chicken, but into 1 to 3 inch pieces, set aside.</p> <p>Dice onion and set half aside for chicken.</p> <p>Wash and cut up all vegetables into bite size pieces and place in a large bowl with half of the onion; add the following spices: minced garlic, 1/2 of chopped cilantro, 1/2 of chili powder and 1/2 of onion powder, wash celery, slice and add to bowl.</p> <p>Remove the kernels from the corn and add to the vegetable mixture, mix well and set aside.</p> <p>Drain and rinse black beans.</p> <p>In a bowl mix paprika, 1/2 onion powder, 1/2 of garlic powder, cayenne powder, ground cumin and corn starch; mix well and set aside for chicken.</p> <p>In a large frying pan add 1/2 of olive oil and chicken, start cooking at medium high heat and add the canned tomatoes, 16 cups chicken stock and seasoning blend. Cook chicken until internal temperature reaches 165 degrees, remove chicken from sauce onto a plate and allow to cool. Turn the tomatoe sauce mixdown to medium heat and allow sauce to reduce to a thick sauce.</p> <p>In another large skillet heat remaining olive oil and add the vegetable mix and 2 cups chicken broth stirring to keep from sticking, when vegetables cook for about 10 minutes, reduce heat to medium low, stirring occassionally.</p> <p>Shred cooled chicken and add back to the reduced sauce, stir well, then add chicken mixture to vegetable mixture stir well then add in black beans, allow to heat through then remove form heat.</p> <p>CCP: hold at 135 degrees or higher for service.</p> <p>Serve 6 oz. with 10 tortilla chips and sour cream.</p>
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Calories	542 kcal	Cholesterol	*58.47* mg	Sugars	*4.03* g	Calcium	*110.79* mg	35.04%	Calories from Total Fat
Total Fat	21.09 g	Sodium	1236.27 mg	Protein	25.14 g	Iron	*2.32* mg	8.68%	Calories from Sat Fat
Saturated Fat	5.23 g	Carbohydrate	62.46 g	Vitamin A	*1226.43* IU	Water ¹	*164.02* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*4.26* g	Vitamin C	*57.62* mg	Ash ¹	*3.09* g	46.12%	Calories from Carbohydrates
								18.57%	Calories from Protein

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Kentucky Dept. of Education

001415 - Sweet Chili Chicken w/Rice

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 50
 Size of Portion: Servings

Meat/Alt: 2 oz
 Grains: 1 oz
 Fruit: 0 Cup
 Vegetable: 0.5 Cup
 Milk: 0 Cup

Alternate Menu Name: Harlan County Black Bear

075013 Chicken Breast..... 10 lb. 904017 Coconut milk, light unsweetened..... 5 CUP 009159 LIMES,RAW..... 5 fruit (2" dia) 019296 HONEY..... 15 TBSP 903977 BUTTER BULK - LIGHTLY SALTED.... 5 TBSP 011953 Zucchini..... 5 medium 011641 Squash, Yellow..... 5 small 903892 PEPPERS RED SWEET..... 5 Medium 011333 PEPPERS,SWEET,GREEN,RAW..... 5 medium (2-3/4" x 2-1/2") 799938 CARROTS,RAW..... 5 large (7-1/4" to 8-1/2") 901062 ONIONS,RED,RAW..... 5 Medium chopped	<p>Sweet Chili Chicken: Marinade - Juice limes and set aside. Combine coconut milk, 6 cups sweet chili sauce (from separate recipe) and lime juice in bowl and mix until well combined.</p> <p>Gather and wash all vegetables. Dice zucchini and place in bowl. Dice yellow squash and add to bowl. Seed and dice each pepper and add to bowl. Julienne carrots and add to bowl. Dice red onion and add to bowl. Pre heat skillet, when hot add butter and spread to coat pan. Add cut vegetables to heated skillet and cook for 5 minutes, place back in bowl and set aside.</p> <p>Cut chicken breasts into 1/2 inch pieces, place in large ziploc bags. Add marinade to chicken and marinate for 10 minutes in the refrigerator. Preheat skillet on medium high heat, add chicken with marinade and cook 8-10 minutes, until chicken reaches internal temperature of 165 degrees. Add cooked vegetables and cook an additional 2-3 minutes.</p>
050452 RICE, LONG GRAIN, BROWN, DRY.... 10 CUP 000084 CHICKEN STOCK..... 20 CUP 903846 Extra Virgin Olive Oil..... 5 TBSP 009159 LIMES,RAW..... 5 fruit (2" dia) 799939 GARLIC,RAW..... 10 cloves, minced 799968 CILANTRO..... 5/8 CUP	<p>Cilantro Rice: In a pot over medium high heat, bring chicken stock to a boil. While waiting, juice limes divide in half and set aside. Add extra virgin olive oil, 1/2 lime juice and brown rice to chicken stock, mix to combine, bring back to a boil. After boiling reduce heat to low and cover for about 30 minutes until all liquids have evaporated. Add minced garlic to remaining lime juice. Rinse and finely chop cilantro and add to garlic and lime juice. Remove rice from heat. Add lime mixture, mix until well combined and let sit for 5 minutes.</p> <p>CCP: Hold at 135 degrees or higher for service. Serve 1/2 cup rice with sweet chili chicken.</p>

*Nutrients are based upon 1 Portion Size (Servings)

Calories	276 kcal	Cholesterol	*30.87* mg	Sugars	*5.99* g	Calcium	*34.87* mg	21.87%	Calories from Total Fat
Total Fat	6.69 g	Sodium	604.00 mg	Protein	14.41 g	Iron	*1.23* mg	9.13%	Calories from Sat Fat
Saturated Fat	2.80 g	Carbohydrate	40.33 g	Vitamin A	*1339.21* IU	Water ¹	*52.16* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*2.40* g	Vitamin C	*17.23* mg	Ash ¹	*0.33* g	58.55%	Calories from Carbohydrates
								20.92%	Calories from Protein

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Kentucky Dept. of Education

001416 - Sweet Chili Sauce

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 50
 Size of Portion: Serving

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

Alternate Menu Name: Harlan County HS

019296 HONEY..... 2 1/2 CUP 002053 Rice Vinegar..... 5/8 CUP 799939 GARLIC,RAW..... 10 cloves, minced 903898 Red Pepper Flakes..... 2 1/2 TBSP 014429 WATER,MUNICIPAL... 10 TBSP + 3 3/4 CUP 020027 CORNSTARCH..... 5 TBSP	Sweet Chili Sauce: In a small sauce pot add honey, red pepper flakes, rice vinegar, minced garlic and 3 3/4 cups water - whisk well to combine. Heat over medium high heat, bringing to a quickboil while whisking. Boil for 1 minute whisking constantly. In a small bowl combine cornstarch and 10 TBSP water. Lower heat, pourcornstarch mixture into pot, whisk to combine. Bring back to a boil stirring while sauce thickens. Cook about 1 minute, or until thick. Remove from heat and set aside.
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*Nutrients are based upon 1 Portion Size (Serving)

Calories	56 kcal	Cholesterol	*0.00* mg	Sugars	*13.92* g	Calcium	*2.92* mg	0.05%	Calories from Total Fat
Total Fat	0.00 g	Sodium	1.53 mg	Protein	0.09 g	Iron	*0.09* mg	0.01%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	14.90 g	Vitamin A	*0.05* IU	Water ¹	*26.88* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*0.05* g	Vitamin C	*0.27* mg	Ash ¹	*0.06* g	106.38%	Calories from Carbohydrates
								0.65%	Calories from Protein

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Kentucky Dept. of Education

001413 - Wildcat Grilled Chicken Mac

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: serving

Meat/Alt: 3 oz
 Grains: 1 oz
 Fruit: 0 Cup
 Vegetable: 0.125 Cup
 Milk: 0 Cup

Alternate Menu Name: Bath County HS

075013 Chicken Breast..... 8 lb.		Preheat oven to 350 degrees. Cut chicken breasts in half, then thinly slice. Heat grill pan over high heat. Coat the chicken in extra virgin olive oil and season with salt adpepper, grill about 12 minutes, turning occassionaly, then set aside.
904015 Bowtie Pasta, Whole Grain..... 4 LB 903604 Bacon..... 4 LB		Cut bacon into small pieces and fry in skillet until crispy. Drain, set aside. Bring water in saucepot to a boil for the pasta. Salt the water, add pasta and undercook by 1 minute.
902822 MARGARINE..... 3 CUP 903994 Panko Breadcrumbs..... 4 CUP 799939 GARLIC,RAW..... 8 cloves, minced 051432 FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED... 1 1/2 CUP 000084 CHICKEN STOCK..... 8 CUP 902456 Worcestershire Sauce Chef's Companion..... 8 (1 TBSP) 904016 Heavy Whipping Cream..... 128 OZ 051558 Cheese, Mozzarella, Lite, Shredded..... 12 CUP 799943 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 4 CUP, chopped or sliced		While pasta cooks, melt half the margarine in separate saucepan. Spoon out and toss with panko to moisten. Combine with 3 cups cheese. Melt remaining half of margarine in saucepan. Add garlic, coarse black pepper, stir 2 minutes then whisk in flour, then stock, milk, worcestershire, thicken until coats a spoon. Stir in remaining cheese. Stir in diced tomatoes. Drain pasta. Combine with sauce and chicken. Transfer to a casserole and top with the panko crumbs. Bake 10-15 minutes or until topping is browned.
CCP: Hold at 135 degrees for service. Serve 1 cup.		

*Nutrients are based upon 1 Portion Size (serving)

Calories	876 kcal	Cholesterol	*43.02* mg	Sugars	*0.00* g	Calcium	*8.30* mg	61.09%	Calories from Total Fat
Total Fat	59.45 g	Sodium	1287.22 mg	Protein	37.38 g	Iron	*0.60* mg	33.12%	Calories from Sat Fat
Saturated Fat	32.23 g	Carbohydrate	38.14 g	Vitamin A	*132.49* IU	Water ¹	*14.47* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*0.29* g	Vitamin C	*2.21* mg	Ash ¹	*0.08* g	17.42%	Calories from Carbohydrates
								17.07%	Calories from Protein

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001397 - Zesty Buffalo Chicken Wrap

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: wrap w/slaw

Meat/Alt: 2 oz
 Grains: 2 oz
 Fruit: 0 Cup
 Vegetable: 1 Cup
 Milk: 0 Cup

Alternate Menu Name: with Garden Slaw

2nd Alternate Menu Name: Beaumont HS

075013 Chicken Breast..... 903990 Franks Hot Sauce..... 902921 Margarine, melted..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK..... 014429 WATER, MUNICIPAL.....	48 Each (4 oz avg) 40 OZ 1 1/2 CUP 4 TSP 4 TSP, ground 2 CUP	Lightly coat a large preheated cast iron skillet with pan release spray, add and cook chicken breasts (seasoned with salt and pepper) until an internal temperature of 165 degrees has been reached then set aside on cutting board to rest. In the same hot pan add 1/4 cup of water to deglase pan. Once water is almost evaporated, add hot sauce and scrape from skillet (added flavor) then add butter. Once butter is melted, stir until combined and pour buffalo sauce into dish for portioning. Cut cooked chicken into bite sized strips.
011821 Pepper, orange bell..... 799908 Onion, red cut into slices..... 011205 Cucumber, scored and cut into 1/4 slices..... 799943 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE... 799938 CARROTS, RAW..... 011143 CELERY, RAW..... 011112 CABBAGE, RED, RAW..... 799974 LEMON, juice only.....	8 medium (2-3/4" x 2-1/2") 8 medium (2-1/2" dia) 16 each (8-1/4") 16 each seeded and juiced 16 medium 24 strip (4" long) 4 CUP, shredded 8 EACH PIECE, JUICE & ZEST	Slaw: Add all julienned and sliced/shredded vegetables (pepper, onion, cucumber, carrot, celery and cabbage) into a large mixing bowl. Pour olive oil, lemon juice from 8 lemons, tomato juice from 16 tomatoes into large squeeze bottle and add salt and pepper to taste. Shake bottle to combine then add dressing to slaw and mix thoroughly just before assembling wraps.
903991 Whole Grain Spinach Tortilla 10"..... 799940 LETTUCE, COS OR ROMAINE, RAW..... 902778 Ranch Dressing Fat Free..... 011205 Cucumber, scored and cut into 1/4 slices..... 799938 CARROTS, RAW.....	48 Each 24 CUP, shredded 48 OZ 8 each (8-1/4") 16 medium	Assembly: Lay out tortillas on clean surface. Add shredded lettuce and diced tomatoes, then add 2 oz chicken on each tortilla, drizzle 1.5 T buffalo sauce and 1 oz ranch dressing over chicken on each tortilla add dressed garden slaw. Roll assembled buffalo chicken wraps and cut in half on the bias. Serve immediately. Garnish plate with strips of carrot and cucumber and side of slaw dressing. CCP: Hold at 135 degrees

*Nutrients are based upon 1 Portion Size (wrap w/slaw)

Calories	453 kcal	Cholesterol	*65.00* mg	Sugars	*4.60* g	Calcium	*76.22* mg	27.90%	Calories from Total Fat
Total Fat	14.04 g	Sodium	1809.23 mg	Protein	32.61 g	Iron	*2.17* mg	10.16%	Calories from Sat Fat
Saturated Fat	5.11 g	Carbohydrate	49.77 g	Vitamin A	*10092.03 IU	Water ¹	*290.96* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*4.06* g	Vitamin C	*48.20* mg	Ash ¹	*2.03* g	43.94%	Calories from Carbohydrates
								28.80%	Calories from Protein

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