



## 825094 - Hummus and Pita Bistro Box

Source: K12 Culinary  
 Number of Portions: 32  
 Size of Portion: each

### Components:

Meat/Alt: 1.5 oz  
 Grains: 2 oz  
 Fruit: 0.5 cup  
 Vegetable: 0.5 cup  
 Milk:

### Recipe Subgroups:

Whole Grain Rich  
 Vegetable, Other

### Attributes:

Meat/Meat Alter  
 Vegetables  
 Fruits  
 Grain

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
826494 Flatbread, Oven Fired, WGR, Rich's 14010..... 825767 Cheese, Mozz String, Light IW, LOL 59703.....	32 each, 2.2 oz 32 each, 1 oz	<b>CCP: No bare hand contact with ready to eat food.</b> Thaw flatbread overnight at room temperature. Cut each flatbread into 6 triangles. Set aside until assembly.
011205 CUCUMBER,WITH PEEL,RAW.....	6 lbs + 4 OZS (AP)	<b>CCP: No bare hand contact with ready to eat food.</b> Rinse cucumbers under running water and drain in a colander. Stripe-peel the cucumber by using a vegetable peeler to remove one strip of skin down the length of the cucumber. Rotate the cucumber and remove another strip of skin down the length of the cucumber, leaving some skin in tact between each peeled section. Continue until the cucumber has alternating peeled and unpeeled stripes all the way around, about 4-5 peeled sections per cucumber. Cut the cucumber into ¼ inch thick slices. Place cucumber slices in a container, cover, and hold refrigerated until ready to use.
009132 GRAPES,RED OR GRN (EURO TYPE,SUCH AS THO....	6 lbs	<b>CCP: No bare hand contact with ready to eat food.</b> Rinse the grapes under running water and drain in a perforated pan. Remove the grapes from the stems by holding the top stem of the cluster between both hands. Rub your hands back and forth quickly to rotate the grape cluster causing the grapes to release from the stems. (Note: Refer to video <i>Removing Grapes from Stems</i> for a demonstration of this time-saving technique.)  Place grapes in a container. Cover and hold refrigerated until ready to use.

826519 Hummus, Classic, Kronos WD0500.....	1 gal	<b>CCP: No bare hand contact with ready to eat food.</b> Portion 1/2 cup prepared hummus with a no. 8 disher into 4 or 5 ounce portion cups. <b>CCP: Hold at 41 degrees F. or lower.</b>
		<b>CCP: No bare hand contact with ready to eat food.</b> Set out 3-compartment clear plastic containers. For each grab-and-go bistro box, place a deli sheet in the large compartment, then place the 6 triangles of flatbread under the paper. Place 1 hummus cup and 1 cheese stick on top of the paper allowing the paper to prevent cross contact between bread and the other foods. Place ½ c. of the cucumbers in one of the small compartments. Place ½ c. of the grapes in the other small compartment. Place lid over the portioned food and hold refrigerated until service. <b>CCP: Hold and Serve at 41 degrees F. or lower.</b>
		Note: Crediting for the hummus in this recipe was based on a product formulation statement (PFS) from Kronos brand. There is no Standard of Identity for hummus; therefore, commercially-prepared products labeled as hummus are not creditable unless there is a Child Nutrition (CN) label or a PFS signed by the manufacturer maintained on file for the product served. The CN label or PFS must specify how to credit the hummus toward the meat/meat alternate and/or fruit/vegetable component(s) based on the serving size.

\*Nutrients are based upon 1 Portion Size (each)

Calories	629 kcal	Cholesterol	10 mg	Sugars	21.4 g	Calcium	319.99 mg	51.78%	Calories from Total Fat
Total Fat	36.22 g	Sodium	873 mg	Protein	22.08 g	Iron	*3.39* mg	7.25%	Calories from Saturated Fat
Saturated Fat	5.07 g	Carbohydrates	68.00 g	Vitamin A	341.5 IU	Water <sup>1</sup>	*136.83* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	12.12 g	Vitamin C	4.7 mg	Ash <sup>1</sup>	*0.68* g	43.21%	Calories from Carbohydrates
								14.03%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.