



## 825088 - Protein Pack Bistro Box

Source: K12 Culinary

Number of Portions: 32

Size of Portion: each

### Components:

Meat/Alt: 3 oz

Grains: 2 oz

Fruit: 0.5 cup

Vegetable: 0.5 cup

Milk:

### Recipe Subgroups:

Whole Grain Rich

Vegetable, Red/Orange

Vegetable, Red/Orange

### Attributes:

Meat/Meat Alter

Vegetables

Fruits

Grain

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
001129 EGG,WHL,CKD,HARD-BOILED.....	32 each, large	<p><b>CCP: No bare hand contact with ready to eat food.</b>            Prepare hard-boiled eggs by placing eggs in a 2 or 4 inch deep perforated pan. Place eggs in steamer and cook for 12 to 14 minutes. Egg white and yolks should be firm and solid. Rinse eggs under running water and place in the refrigerator for at least 2 to 3 hours to completely cool. Eggs may be cooked a day in advance.            Remove eggshell, rinse under running water, then cut into halves.</p> <p>(Note: As an option, purchased hard-boiled eggs may be used. If using purchased eggs, the HACCP Process will be No Cook instead of complex.)</p> <p><b>CCP: Cool to 41° F or lower within 4 hours.</b></p> <p><b>CCP: Hold at 41 degrees F. or lower.</b></p>
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 009040 BANANAS,RAW.....	2 lbs + 12 OZS (cherry tomatoes) 32 each, 150 ct	<p><b>CCP: No bare hand contact with ready to eat food.</b>            Rinse cherry tomatoes under cold running water. Set aside to drain and air dry.            Rinse bananas under cold running water. Set aside to drain and air dry. Before assembly, remove the tips of the stem end of the banana.</p>
050412 PORK, HAM, CURED, PRECOOKED, HEATED, WAT...	2 lbs + 8 ozs	<p><b>CCP: No bare hand contact with ready to eat food.</b>            Roll 1 1/4 ounces of sliced ham into a cylinder.. Place in a storage container and refrigerate until time to assemble containers.</p> <p><b>CCP: Hold at 41 degrees F. or lower.</b></p>

050525 CARROTS, BABY-CUT, FRESH, PEELED.....	2 lbs + 8 ozs	Set out 3-compartment clear plastic containers. For each grab-and-go box, place a deli sheet in the large compartment, then place 1 bagel on the paper. Place a banana under the paper in the large compartment. Place ham roll (total of 1 1/4 ounces) and 1 egg, cut in half, into one of the small compartments. Place 3 cherry tomatoes and ¼ cup baby carrots 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>
826515 Bagel, WGR, 2.2 oz, Sky Blue WGPB2260.....	32 each, 2.2 oz	

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

Calories	403	kcal	Cholesterol	205	mg	Sugars	*19.0*	g	Calcium	146.05	mg	17.56%	Calories from Total Fat
Total Fat	7.86	g	Sodium	635	mg	Protein	19.98	g	Iron	4.48	mg	4.90%	Calories from Saturated Fat
Saturated Fat	2.19	g	Carbohydrates	66.57	g	Vitamin A	5546.5	IU	Water <sup>1</sup>	*162.55*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	Dietary Fiber	7.56	g	Vitamin C	21.3	mg	Ash <sup>1</sup>	*1.70*	g	66.13%	Calories from Carbohydrates
												19.84%	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.