



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:

Vegetable, Red/Orange
Vegetable, Red/Orange
Whole Grain Rich

Attributes:

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
001129 EGG,WHL,CKD,HARD-BOILED.....	32 each, large	<p>CCP: No bare hand contact with ready to eat food. Prepare hard-boiled eggs by placing eggs in a 2 or 4 inch full size 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, peel while warm, then place in the refrigerator for at least 2 to 3 hours to completely cool (at this point eggs may be prepared a day in advance.) Cut the eggs in half lengthwise just prior to service.</p> <p>Note: As an option, purchased hard-boiled eggs may be used and the HACCP category will change to no cook.)</p> <p>CCP: Cool to 41° F or lower within 4 hours. CCP: Hold at 41° F or lower.</p>
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 009040 BANANAS,RAW	2 lbs + 12 OZS (cherry tomatoes) 32 each, 150 ct	<p>CCP: No bare hand contact with ready to eat food. 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, trim the tips of the stem end of the bananas.</p>
051516 Ham, 97% Fat Free, Water-Added, Cooked,.....	2 lbs + 8 ozs	<p>CCP: No bare hand contact with ready to eat food. Roll 1 1/4 oz of sliced ham into cylinders for appealing presentation. Place in a storage container and refrigerate until time to assemble containers. CCP: Hold at 41° F or lower.</p>

826515 Bagel, WGR, 2.2 oz, Sky Blue WGPB2260..... 826915 CARROTS, BABY-CUT, FRESH, PEELED.....	32 each, 2.2 oz 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. <ul style="list-style-type: none"> • Place 1 bagel on the paper. • Place a banana underneath the paper in the large compartment. • Place rolled ham (total of 1 1/4 oz) 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. CCP: Hold and Serve at 41° F or lower.
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*Nutrients are based upon 1 Portion Size (each)

Calories	394 kcal	Cholesterol	205 mg	Sugars	*19.0* g	Calcium	142.15 mg	20.17%	Calories from Total Fat
Total Fat	8.82 g	Sodium	562 mg	Protein	19.01 g	Iron	3.20 mg	6.44%	Calories from Saturated Fat
Saturated Fat	2.81 g	Carbohydrates	65.48 g	Vitamin A	5221.8 IU	Water ¹	*125.70* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.09 g	Vitamin C	16.0 mg	Ash ¹	*1.51* g	66.55%	Calories from Carbohydrates
								19.32%	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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.