

Recipe Prep Sheet

BLT Food and Nutrition LLC

990173 - Sesame Peach Chicken over Brown Rice K-8

Recipe HACCP Process: #3 Complex Food Preparation

Source:

Number of Portions: 100

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
051521	Chicken, Fajita Seasoned Strips, Cooked, Froz	340 oz	No Instructions Assigned
020040	RICE,BROWN,MEDIUM-GRAIN,RAW	110 oz	
014411	WATER,TAP,DRINKING	32 cup (8 fl oz)	
051477	Peaches, Diced, Extra Light Syrup, Canned	109 1/2 oz	
002021	GINGER,GROUND	2 TBSP + 2 TSP	
002026	ONION POWDER	1 TBSP + 1 1/2 TSP	
799903	GARLIC,GRANULATED	1 TBSP + 1 1/2 tsp	
019334	SUGARS,BROWN	3 tsp, packed	
990366	soy sauce, less sodium, Kikkoman	1/2 cup	
004058	OIL,SESAME,SALAD OR COOKING	4 TSP	
990449	rice vinegar	1/2 cup	
020027	CORNSTARCH	2 tbsp	
014411	WATER,TAP,DRINKING	1/2 cup (8 fl oz)	
012023	SESAME SEEDS,WHOLE,DRIED	100 tsp	

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	272.151 kcal	Total Fat	6.525 g	Total Dietary Fiber	1.710 g	Vitamin C	*0.344* mg	21.579% Calories from Total Fat
Saturated Fat ¹	2.411 g	Trans Fat ²	*0.000* g	Protein	21.069 g	Iron	*1.392* mg	7.972% Calories from Sat Fat
Sodium ¹	660.542 mg	Cholesterol	74.296 mg	Vitamin A	*74.223* IU	Water	*80.990* g	*0.000%* Calories from Trans Fat
Sugars	*5.360* g	Carbohydrate	30.552 g	Calcium	*42.649* mg	Ash	*N/A* g	44.904% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			30.967% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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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 required nutrient values

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

NOTICE: The data contained within this report and the Mosaic® 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.

Recipe Prep Sheet

BLT Food and Nutrition LLC

Allergens							
Soy							

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Recipe Prep Sheet

BLT Food and Nutrition LLC

990174 - Sesame Peach Chicken over Brown Rice 9-12

Recipe HACCP Process: #3 Complex Food Preparation

Source:

Number of Portions: 100

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
051521	Chicken, Fajita Seasoned Strips, Cooked, Froz	340 oz	No Instructions Assigned
020040	RICE,BROWN,MEDIUM-GRAIN,RAW	220 oz	
014411	WATER,TAP,DRINKING	64 cup (8 fl oz)	
051477	Peaches, Diced, Extra Light Syrup, Canned	219 oz	
002021	GINGER,GROUND	1/3 cup	
002026	ONION POWDER	3 TBSP	
799903	GARLIC,GRANULATED	3 TBSP	
019334	SUGARS,BROWN	6 tsp, packed	
990366	soy sauce, less sodium, Kikkoman	1 cup	
004058	OIL,SESAME,SALAD OR COOKING	2 TBSP + 2 TSP	
990449	rice vinegar	1 cup	
020027	CORNSTARCH	1/4 CUP	
014411	WATER,TAP,DRINKING	1 cup (8 fl oz)	
012023	SESAME SEEDS,WHOLE,DRIED	100 tsp	

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	404.622 kcal	Total Fat	7.551 g	Total Dietary Fiber	3.066 g	Vitamin C	*0.688* mg	16.795% Calories from Total Fat
Saturated Fat ¹	2.608 g	Trans Fat ²	*0.000* g	Protein	23.534 g	Iron	*1.992* mg	5.800% Calories from Sat Fat
Sodium ¹	712.303 mg	Cholesterol	74.296 mg	Vitamin A	*148.175* IU	Water	*161.838* g	*0.000%* Calories from Trans Fat
Sugars	*8.706* g	Carbohydrate	58.395 g	Calcium	*56.047* mg	Ash	*N/A* g	57.727% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			23.265% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup

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Soy							

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USDA Foods in Schools

100220 - Peaches, Diced, Extra Light Syrup, Canned
Category: **Fruit**



Product Description

- This item is U.S. Grade B canned diced peaches packed in extra light syrup or fruit juice. This product is available in cases containing six #10 cans.

Crediting/Yield

- One case yields about 106 1/2-cup servings of drained, diced peaches.
- CN Crediting: 1/2 cup diced peaches credit as 1/2 cup fruit.

Culinary Tips and Recipes

- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or afterschool snack.
- Use diced peaches to make a peach sauce or glaze for chicken.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (124g) peaches, diced, extra light syrup, canned

Amount Per Serving	
Calories	60
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	14g
Dietary Fiber	0g
Sugars	13g
Protein	0g
Source: USDA Foods Vendor Labels	

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Foods Product Information Sheet

For Child Nutrition Programs



100117—Chicken, Fajita Strips, Cooked, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is fully cooked dark meat chicken fajita strips made from boneless, skinless drumsticks, thighs, and/or legs. This product is marinated in fajita seasoning and contains grill markings. The item is shipped frozen in 30 pound cases containing six 5-pound or three 10-pound packages.

CREDITING/YIELD

- One case of fajita strips provides approximately 282 1.7-ounce portions.
- CN Crediting: Approximately 1.7 ounces of fajita chicken strips credit as 1 ounce equivalent meat/meat alternate. Confirm individual item crediting by using the CN Label or the product formulation statement.

CULINARY TIPS AND RECIPES

- Fajita chicken strips can be heated and served in burritos, fajitas, wraps, or used as a topping on a leafy green salad or rice bowl.
- Fajita chicken strips can also be cut up and used as a protein option in dishes such as soups and casseroles.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1.7 ounces (48 g)/1 MMA chicken fajita strips

Amount Per Serving

Calories 61

Total Fat 2g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 37mg

Sodium 303mg

Total Carbohydrate 1g

Dietary Fiber 0g

Sugars 1g

Protein 9g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

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USDA Foods Product Information Sheet

For Child Nutrition Programs



110694 – Rice, Brown, Medium Grain

Category: **Grains (Whole Grain)**



PRODUCT DESCRIPTION

This item is U.S. No. 1 medium grain brown rice. This product is available in 25-pound bags.

CREDITING/YIELD

- One bag of brown rice yields about 400 ounce equivalents of grain.
- CN Crediting: 1 ounce dry or ½ cup cooked brown rice credits as 1 ounce equivalent grains.

CULINARY TIPS AND RECIPES

- Serve brown rice as a base for dishes such as stews and stir fry or use brown rice as an ingredient in main dishes such as casseroles, soups, burritos, or fried rice dishes.
- Add herbs and spices, onions, mixed vegetables, or diced tomatoes to brown rice for a flavorful side dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [Team Nutrition](#).

STORAGE GUIDELINES

- Product should be stored in a cool, dry place. Recommend storing in a refrigerator or freezer when possible to maximize the shelf life of this product.

FOOD SAFETY INFORMATION

- For more information on cooking temperatures and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (98 g) cooked brown rice

Amount Per Serving

Calories 109

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 23g

Dietary Fiber 2g

Sugars 0g

Protein 2g

Source: [USDA National Nutrient Database](#)

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