

Recipe Prep Sheet

BLT Food and Nutrition LLC

990179 - Peachy Bread Squares

Recipe HACCP Process: #3 Complex Food Preparation

Source:

Number of Portions: 100

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
004679	OIL,PAM COOKING SPRAY,ORIGINAL	4 spray , about 1/3 second	No Instructions Assigned
051477	Peaches, Diced, Extra Light Syrup, Canned	98 oz	
051563	Flour, White Whole Wheat/Enriched 60/40 Blend	72 oz	
018370	LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,STR	6 tbsp	
018372	LEAVENING AGENTS,BAKING SODA	4 tbsp	
002010	CINNAMON,GROUND	2 TBSP	
019335	SUGARS,GRANULATED	6 CUP	
002047	SALT,TABLE	2 tsp	
990396	eggs, liquid whole,frozen	3 cup	
004582	VEGETABLE OIL,CANOLA	1 qt	
990412	Buttermilk, low-fat	1 qt	
121711	Quaker Old Fashioned Oats	12 .5 CUP dry	
012155	WALNUTS,ENGLISH	38 1/2 oz	

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	449.267 kcal	Total Fat	20.583 g	Total Dietary Fiber	3.216 g	Vitamin C	*0.412* mg	41.232% Calories from Total Fat
Saturated Fat ¹	3.411 g	Trans Fat ²	*0.035* g	Protein	15.815 g	Iron	*1.468* mg	6.832% Calories from Sat Fat
Sodium ¹	604.746 mg	Cholesterol	50.434 mg	Vitamin A	*918.142* IU	Water	*0.498* g	*0.071%* Calories from Trans Fat
Sugars	30.098 g	Carbohydrate	51.418 g	Calcium	*366.081* mg	Ash	*N/A* g	45.779% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			14.081% 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.



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](#).

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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



100046—Eggs, Liquid Whole, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is Grade A, AA, or Nest-Run frozen, homogenized whole eggs with a color stabilizer. The liquid eggs are packaged in a pitcher-pour type 5-pound carton with six cartons per case. This item is shipped frozen.

CREDITING/YIELD

- One case of liquid whole eggs yields approximately 540 1.5-Tbsp servings.
- CN Crediting: Approximately 1.5 Tablespoons of liquid whole eggs yields approximately 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Liquid eggs can be cooked and served as a meat alternate or used as an ingredient in recipes when cooking or baking.
- For more 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](#).

NUTRITION FACTS

Serving size: 1.5 Tbsp (25 g)/1 MMA eggs, liquid whole

Amount Per Serving

Calories 35

Total Fat 3g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 108mg

Sodium 35mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 3g

Source: USDA Foods Vendor Labels

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

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USDA Foods Product Information Sheet

For Child Nutrition Programs



100466 - Oats, Rolled, Whole

Category: Grains (Whole Grain)



PRODUCT DESCRIPTION

This item is whole rolled oats available in cases containing twelve 3-pound bags.

CREDITING/YIELD

- One case rolled oats yields about 817 oz. equivalents of cooked oats or 576 oz. equivalents of dry oats.
- CN Crediting: 1 ounce dry or ½ cup cooked oats credits as 1 oz equivalent of grain.

CULINARY TIPS AND RECIPES

- Use cooked oats as a cereal option in the breakfast program and serve with healthy toppings such as dried fruit, nuts, or yogurt.
- Oats can also be used as an ingredient when preparing snack or dessert items for the meal program such as oat bars, granola, or granola bars.
- Using oats in recipes can help meet whole grain-rich criteria in the updated school meal patterns.
- For more 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](#).

NUTRITION FACTS

Serving size: 1/2 cup (117 g) oats, whole, cooked with water, no salt added

Amount Per Serving

Calories 83

Total Fat 2g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 14g

Dietary Fiber 2g

Sugars 0g

Protein 3g

Source: [USDA National Nutrient Database](#)

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USDA Foods Product Information Sheet

For Child Nutrition Programs



110208– Flour, White Whole Wheat/Enriched Blend

Category: **Grains (Whole Grain-Rich)**



PRODUCT DESCRIPTION

This item is a whole grain-rich flour blend that consists of 60% white whole wheat flour and 40% enriched wheat flour. This product is available in 25-pound bags.

CREDITING/YIELD

- CN Crediting: Flour serves as a recipe ingredient, so crediting is based on the portion size and type of grain item served. For more information, see the Grain Requirements for the National School Lunch Program and School Breakfast Program ([SP30-2012](#)).

CULINARY TIPS AND RECIPES

- Using a pre-mixed white whole wheat and enriched flour blend for cooking and baking can help schools more easily meet the whole grain-rich requirements in the updated meal patterns.
- To find culinary techniques and many 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: 1/2 cup (60 g) white whole wheat/enriched flour blend

Amount Per Serving

Calories 213

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 45g

Dietary Fiber 5g

Sugars 0g

Protein 7g

Source: [USDA National Nutrient Database](#)

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Product Description

- This item is U.S. Grade A unsweetened canned applesauce. This product is available in cases containing six #10 cans.

Crediting/Yield

- One case of applesauce cups provides about 143 ½-cup servings.
- CN Crediting: 1/2 cup applesauce credits as 1/2 cup fruit.

Culinary Tips and Recipes

- Serve applesauce plain or with toppings such as raisins or spices like cinnamon and nutmeg for a healthy dessert.
- Use applesauce as a replacement for oil in baked goods. Follow a recipe for best results.
- 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](#).

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Nutrition Facts

Serving size: 1/2 cup (122g) applesauce, unsweetened

Amount Per Serving	
Calories	60
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	15mg
Total Carbohydrate	15g
Dietary Fiber	1g
Sugars	18g
Protein	0g
Source: USDA Foods Vendor Labels	

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