

# Ohio Valley Educational Cooperative

**006420 - BAGEL, ASST/CREAM CHEESE-SP**

**Recipe HACCP Process: #2 Same Day Service**

Source: SPENCER  
 Number of Portions: 50  
 Size of Portion: SERVING

Meat/Alt: 0 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

Alternate Menu Name: BAGEL & CREAM CHEESE

904517 BID/BAGEL, BLUEBERRY, WG - LENDER 00080....	25 EACH (2.25 OZ)	Thaw and serve bagels.  <b>CCP:</b> Refrigerate until served.
900419 BID/BAGEL, WHITE WHOLE GRAIN - LENDERS....	25 EACH (2 OZ)	
904744 BID/CREAM CHEESE, LIGHT, 1 OZ.....	50 EACH (1 OZ)	

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

Calories	215 kcal	Cholesterol	15.00 mg	Sugars	7.00 g	Calcium	70.00 mg	25.12%	Calories from Total Fat
Total Fat	6.00 g	Sodium	285.00 mg	Protein	8.50 g	Iron	1.80 mg	14.65%	Calories from Sat Fat
Saturated Fat	3.50 g	Carbohydrate	32.50 g	Vitamin A	330.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	60.46%	Calories from Carbohydrates
								15.81%	Calories from Protein

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# Ohio Valley Educational Cooperative

**006418 - BAR, CEREAL, ASST - SP**

**Recipe HACCP Process: #1 No Cook**

Source: SPENCER  
 Number of Portions: 70  
 Size of Portion: EACH

Meat/Alt: 0 oz  
 Grains: 1 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

Alternate Menu Name: CEREAL BAR

900509 BID/BAR, CEREAL, CINN TOAST CRUNCH - GM.....	10 EACH (1.42 OZ)	
900508 BID/BAR, CEREAL, COCOA PUFFS - GM.....	10 EACH (1.42 OZ)	
900391 BID/BAR, CEREAL, STRAWBERRY TEAM CHEERIO - GM...	10 EACH (1.42 OZ)	
903920 BID/BAR, CEREAL, GOLDEN GRAHAMS - GM.....	10 EACH (1.42 OZ)	
900393 BID/BAR, CEREAL, TRIX - GM.....	10 EACH (1.42 OZ)	
903921 BID/BAR, NUTRI GRAIN, BLUEBERRY - KELLOGGS.....	10 EACH (1.55 OZ)	
903842 BID/BAR, NUTRI GRAIN, STRAWBERRY - KELLOGGS.....	10 EACH (1.55 OZ)	

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

Calories	153 kcal	Cholesterol	0.00 mg	Sugars	10.43 g	Calcium	207.14 mg	19.77%	Calories from Total Fat
Total Fat	3.36 g	Sodium	115.00 mg	Protein	2.29 g	Iron	2.06 mg	2.94%	Calories from Sat Fat
Saturated Fat	0.50 g	Carbohydrate	29.86 g	Vitamin A	312.86 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.51 mg	Ash <sup>1</sup>	*N/A* g	78.13%	Calories from Carbohydrates
								5.98%	Calories from Protein

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# Ohio Valley Educational Cooperative

**005508 - BBQ PORK RIB ON WG BUN - SP**

**Recipe HACCP Process: #2 Same Day Service**

Source: SPENCER  
 Number of Portions: 50  
 Size of Portion: EACH

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

Alternate Menu Name:       BBQ PORK RIB/WG BUN

900433 BID/PORK PATTY, BBQ RIB - ADV PIERRE 3817...	50 EACH (3.25 OZ)	Prepare bbq pork rib according to directions on packaging. Place on bun.
904245 BID/BUN, HOT DOG, WG WHITE - BIMBO 4266.....	50 EACH (61 GRAM)	

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

Calories	410	kcal	Cholesterol	50.00	mg	Sugars	12.00	g	Calcium	240.00	mg	41.71%	Calories from Total Fat
Total Fat	19.00	g	Sodium	890.00	mg	Protein	20.00	g	Iron	2.88	mg	13.17%	Calories from Sat Fat
Saturated Fat	6.00	g	Carbohydrate	41.00	g	Vitamin A	320.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	4.00	g	Vitamin C	1.20	mg	Ash <sup>1</sup>	*N/A*	g	40.00%	Calories from Carbohydrates
												19.51%	Calories from Protein

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# Ohio Valley Educational Cooperative

**007831 - BEETS, PICKLED - SP**

**Recipe HACCP Process: #1 No Cook**

Source: SPENCER  
 Number of Portions: 19.4  
 Size of Portion: 1/2 CUP

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0.5 Cup  
 Milk: 0 Cup

Alternate Menu Name: PICKLED BEETS

904758 BID/BEETS, PICKLED, SLICED, CANNED - GFS.... 1 #10 CAN (DRAINED)

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	67	kcal	Cholesterol	0.00	mg	Sugars	13.30	g	Calcium	0.00	mg	0.00%	Calories from Total Fat
Total Fat	0.00	g	Sodium	182.92	mg	Protein	0.00	g	Iron	0.00	mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00	g	Carbohydrate	13.30	g	Vitamin A	66.52	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	0.00	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	*N/A*	g	80.00%	Calories from Carbohydrates
												0.00%	Calories from Protein

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# Ohio Valley Educational Cooperative

**006413 - FRENCH TOAST, MINI W/ SYRUP-SP**

**Recipe HACCP Process: #2 Same Day Service**

Source: SPENCER  
 Number of Portions: 50  
 Size of Portion: SERVING

Meat/Alt: 0 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

Alternate Menu Name:        MINI FRENCH TOAST

903929 BID/FRENCH TOAST, MINI - KELLOGGS EGGO...	50 EACH (3.03 OZ)	Bake for 5 minutes or according to package. Serve with syrup.
901040 BID/SYRUP, PANCAKE (1.5 OZ CUP) - HEINZ.....	50 EACH (1.5 OZ)	

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

Calories	330 kcal	Cholesterol	0.00 mg	Sugars	35.00 g	Calcium	100.00 mg	13.64%	Calories from Total Fat
Total Fat	5.00 g	Sodium	270.00 mg	Protein	4.00 g	Iron	2.70 mg	4.09%	Calories from Sat Fat
Saturated Fat	1.50 g	Carbohydrate	67.00 g	Vitamin A	610.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	81.21%	Calories from Carbohydrates
								4.85%	Calories from Protein

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# Ohio Valley Educational Cooperative

**001509 - GREEN BEANS - SP**

**Recipe HACCP Process: #2 Same Day Service**

Source: SPENCER  
 Number of Portions: 317  
 Size of Portion: 1/2 CUP

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0.5 Cup  
 Milk: 0 Cup

Alternate Menu Name: GREEN BEANS

904737 BID/BEANS, GREEN, CANNED - GFS..... 14 #10 CAN 002030 PEPPER,BLACK..... 2 TBSP 904298 BID/ONIONS, DRIED - PACKER/OLAM.... 2 CUP (DRY) 904722 BID/BASE, HAM - NESTLE..... 2 TBSP	Combine ingredients. Cook until temperature is 145°.
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\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	23 kcal	Cholesterol	0.00 mg	Sugars	2.17 g	Calcium	23.47 mg	0.29%	Calories from Total Fat
Total Fat	0.01 g	Sodium	329.84 mg	Protein	0.08 g	Iron	0.02 mg	0.08%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	4.81 g	Vitamin A	213.43 IU	Water <sup>1</sup>	*0.03* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.24 g	Vitamin C	3.98 mg	Ash <sup>1</sup>	*0.03* g	82.12%	Calories from Carbohydrates
								1.35%	Calories from Protein

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# Ohio Valley Educational Cooperative

**006379 - GRILLED CHEESE SAND - SP K-8**

**Recipe HACCP Process: #2 Same Day Service**

Source: SPENCER  
 Number of Portions: 50  
 Size of Portion: EACH

Meat/Alt: 1 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

Alternate Menu Name: GRILLED CHEESE SANDWICH

904599 BID/SPRAY, BUTTER - VEGALENE..... 100 SERVING 903995 BID/BREAD, PRETZEL BUN - J & J..... 50 EACH (2.2 OZ) 903728 BID/CHEESE, AMERICAN SLICE, RED SOD/FAT - LOL... 100 SLICE (.5 OZ)	<ol style="list-style-type: none"> <li>1. Spray Buttermist spray on each sheet pan (18" x26" x1"). For 50 servings, use 3 sheet pans. For 100 servings, use 5 sheet pans.</li> <li>2. Place pretzel bun bottom on each sheet pan, 5 down and 4 across</li> <li>3. Top each pretzel with 2 slices/1 ounce of cheese.</li> <li>4. Cover with remaining pretzel bun top.</li> <li>5. Spray with Buttermist Spray.</li> <li>6. Bake until lightly browned:                      Conventional Oven: 400 F for 15-20 minutes                      Convection Oven: 350 for 10-15 minutes                      DO NOT OVERBAKE</li> </ol>
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\*Nutrients are based upon 1 Portion Size (EACH)

Calories	235 kcal	Cholesterol	15.00 mg	Sugars	4.00 g	Calcium	220.00 mg	26.82%	Calories from Total Fat
Total Fat	6.99 g	Sodium	211.94 mg	Protein	12.00 g	Iron	1.80 mg	13.56%	Calories from Sat Fat
Saturated Fat	3.53 g	Carbohydrate	31.00 g	Vitamin A	310.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*0.01* g	52.87%	Calories from Carbohydrates
								20.47%	Calories from Protein

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# Ohio Valley Educational Cooperative

**006396 - JUICE BOX, ASST - SP**

**Recipe HACCP Process: #2 Same Day Service**

Source: SPENCER  
 Number of Portions: 30  
 Size of Portion: 6 OZ

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0.75 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

Alternate Menu Name: JUICE

900695 BID/JUICE, APPLE - KRAFT CAPRI SUN 00142..... 10 EACH (6 OZ)  
 900694 BID/JUICE, BERRY - KRAFT CAPRI SUN 00144..... 10 EACH (6 OZ)  
 900693 BID/JUICE, FRUIT PUNCH- KRAFT CAPRI SUN 00146.... 10 EACH (6 OZ)

**CCP:** Hold for cold service at 41° F or lower.

**CCP:** Refrigerate until served.

\*Nutrients are based upon 1 Portion Size (6 OZ)

Calories	83 kcal	Cholesterol	0.00 mg	Sugars	*13.33* g	Calcium	0.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	25.00 mg	Protein	0.00 g	Iron	0.00 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	20.67 g	Vitamin A	66.67 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	99.20%	Calories from Carbohydrates
								0.00%	Calories from Protein

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# Ohio Valley Educational Cooperative

**007834 - PIZZA CRUNCHER/MARINARA-SP K-8**

**Recipe HACCP Process: #2 Same Day Service**

Source: SPENCER  
 Number of Portions: 50  
 Size of Portion: 4 EACH

Meat/Alt: 2 oz  
 Grains: 2.5 oz  
 Fruit: 0 Cup  
 Vegetable: 0.5 Cup  
 Milk: 0 Cup

Alternate Menu Name: PIZZA CRUNCHERS  
 & MARINARA SAUCE

901162 BID/PIZZA CHEESE CRUNCHERS - RICHS 65225... 50 (4 PIECES/5.48 OZ) 904581 BID/SAUCE, MARINARA CUP - RED GOLD..... 50 EACH (2.5 OZ)	Keep frozen until ready to prepare. Caution Cheese Sticks will be hot!  BAKE (CONVECTION): 1. Preheat oven to 350 F. 2. Bake 11 to 13 minutes. 3. Let stand 2 minutes before serving. <b>CCP:</b> Heat to 165° F or higher for at least 15 seconds
Serve with marinara sauce cup.	

\*Nutrients are based upon 1 Portion Size (4 EACH)

Calories	440	kcal	Cholesterol	30.00	mg	Sugars	6.00	g	Calcium	438.00	mg	36.82%	Calories from Total Fat
Total Fat	18.00	g	Sodium	1020.00	mg	Protein	22.00	g	Iron	1.70	mg	16.36%	Calories from Sat Fat
Saturated Fat	8.00	g	Carbohydrate	48.00	g	Vitamin A	860.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	6.00	g	Vitamin C	8.38	mg	Ash <sup>1</sup>	*N/A*	g	43.64%	Calories from Carbohydrates
												20.00%	Calories from Protein

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# Ohio Valley Educational Cooperative

**007835 - PIZZA CRUNCHER/MARINARA-SP9-12**

**Recipe HACCP Process: #2 Same Day Service**

Source: SPENCER  
 Number of Portions: 50  
 Size of Portion: 6 EACH

Meat/Alt: 3 oz  
 Grains: 3.75 oz  
 Fruit: 0 Cup  
 Vegetable: 1 Cup  
 Milk: 0 Cup

Alternate Menu Name: PIZZA CRUNCHERS  
 & MARINARA SAUCE

901162 BID/PIZZA CHEESE CRUNCHERS - RICHS 65225... 50 (6 PIECES/8.22 OZ) 904581 BID/SAUCE, MARINARA CUP - RED GOLD..... 50 EACH (2.5 OZ)	Keep frozen until ready to prepare. Caution Cheese Sticks will be hot!  BAKE (CONVECTION): 1. Preheat oven to 350 F. 2. Bake 11 to 13 minutes. 3. Let stand 2 minutes before serving. <b>CCP:</b> Heat to 165° F or higher for at least 15 seconds
Serve with marinara sauce cup.	

\*Nutrients are based upon 1 Portion Size (6 EACH)

Calories	640	kcal	Cholesterol	45.00	mg	Sugars	7.00	g	Calcium	652.00	mg	37.97%	Calories from Total Fat
Total Fat	27.00	g	Sodium	1420.00	mg	Protein	32.00	g	Iron	2.55	mg	16.87%	Calories from Sat Fat
Saturated Fat	12.00	g	Carbohydrate	68.00	g	Vitamin A	1109.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	8.00	g	Vitamin C	9.57	mg	Ash <sup>1</sup>	*N/A*	g	42.50%	Calories from Carbohydrates
												20.00%	Calories from Protein

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# Ohio Valley Educational Cooperative

**007832 - PIZZA, CHEESE, 5 INCH - SP**

**Recipe HACCP Process: #2 Same Day Service**

Source: SPENCER  
 Number of Portions: 72  
 Size of Portion: 5 OZ

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

Alternate Menu Name: CHEESE PIZZA

904091 BID/PIZZA, CHEESE, 5 INCH - GIORGIO 8391.... 72 EACH (5 OZ)	KEEP FROZEN. Preheat convection oven to 325°. Place pizza on sheet tray, bake for 6-9 minutes.  Conventional oven : 400° for 12-15 minutes.
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\*Nutrients are based upon 1 Portion Size (5 OZ)

Calories	330 kcal	Cholesterol	25.00 mg	Sugars	6.00 g	Calcium	350.00 mg	30.00%	Calories from Total Fat
Total Fat	11.00 g	Sodium	390.00 mg	Protein	25.00 g	Iron	2.70 mg	16.36%	Calories from Sat Fat
Saturated Fat	6.00 g	Carbohydrate	36.00 g	Vitamin A	400.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	6.00 g	Vitamin C	9.00 mg	Ash <sup>1</sup>	*N/A* g	43.64%	Calories from Carbohydrates
								30.30%	Calories from Protein

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# Ohio Valley Educational Cooperative

**007833 - PIZZA, PEPPERONI, 5 INCH - SP**

**Recipe HACCP Process: #2 Same Day Service**

Source: SPENCER  
 Number of Portions: 72  
 Size of Portion: 5 OZ

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

Alternate Menu Name: PEPPERONI PIZZA

904090 BID/PIZZA, PEPPERONI, 5 INCH - GIORGIO 7794...	72 EACH (5 OZ)	KEEP FROZEN. Preheat convection oven to 325°. Place pizza on sheet tray, bake for 6-9 minutes.  Conventional oven : 400° for 12-15 minutes.
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\*Nutrients are based upon 1 Portion Size (5 OZ)

Calories	340	kcal	Cholesterol	25.00	mg	Sugars	5.00	g	Calcium	350.00	mg	31.77%	Calories from Total Fat
Total Fat	12.00	g	Sodium	420.00	mg	Protein	24.00	g	Iron	2.70	mg	15.88%	Calories from Sat Fat
Saturated Fat	6.00	g	Carbohydrate	35.00	g	Vitamin A	400.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	5.00	g	Vitamin C	9.00	mg	Ash <sup>1</sup>	*N/A*	g	41.18%	Calories from Carbohydrates
												28.23%	Calories from Protein

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# Ohio Valley Educational Cooperative

**007836 - POP TARTS, ASST, 1 CT - SP**

**Recipe HACCP Process: #1 No Cook**

Source: SPENCER  
 Number of Portions: 30  
 Size of Portion: 1 CT PKG

Meat/Alt: 0 oz  
 Grains: 1 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

Alternate Menu Name: POP TART

904007 BID/POP TARTS, FROST BRN SGR CINNAMON, SINGLE...	10 EACH (1.75 OZ)
904353 BID/POP TARTS, FROSTED FUDGE, SINGLE.....	10 EACH (1.76 OZ)
904008 BID/POP TARTS, FROSTED STRAWBERRY, SINGLE.....	10 EACH (1.75 OZ)

\*Nutrients are based upon 1 Portion Size (1 CT PKG)

Calories	180 kcal	Cholesterol	0.00 mg	Sugars	15.33 g	Calcium	100.00 mg	13.33%	Calories from Total Fat
Total Fat	2.67 g	Sodium	186.67 mg	Protein	2.33 g	Iron	1.80 mg	5.00%	Calories from Sat Fat
Saturated Fat	1.00 g	Carbohydrate	37.67 g	Vitamin A	500.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	83.70%	Calories from Carbohydrates
								5.19%	Calories from Protein

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# Ohio Valley Educational Cooperative

**006419 - POP TARTS, ASST, 2 CT - SP**

**Recipe HACCP Process: #1 No Cook**

Source: SPENCER  
 Number of Portions: 30  
 Size of Portion: 2 CT PKG

Meat/Alt: 0 oz  
 Grains: 2.25 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

Alternate Menu Name: POP TART

901171 BID/POP TARTS, FROST BRN SGR CINNAMON, 2 CT...	10 PKG (2 CT) 3.5 OZ
901172 BID/POP TARTS, FROSTED STRAWBERRY, 2 CT.....	10 PKG (2 CT) 3.5 OZ
904354 BID/POP TARTS, FROSTED FUDGE, 2 CT.....	10 PKG (2 CT) 3.53 OZ

\*Nutrients are based upon 1 Portion Size (2 CT PKG)

Calories	363 kcal	Cholesterol	0.00 mg	Sugars	31.33 g	Calcium	200.00 mg	12.80%	Calories from Total Fat
Total Fat	5.17 g	Sodium	376.67 mg	Protein	4.67 g	Iron	3.60 mg	4.95%	Calories from Sat Fat
Saturated Fat	2.00 g	Carbohydrate	75.33 g	Vitamin A	1000.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	6.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	82.94%	Calories from Carbohydrates
								5.14%	Calories from Protein

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# Ohio Valley Educational Cooperative

**006346 - ROLLS - SP**

Source: SPENCER  
 Number of Portions: 50  
 Size of Portion: EACH

Alternate Menu Name: ROLL

Meat/Alt: 0 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

**Recipe HACCP Process: #2 Same Day Service**

904096 BID/ROLL, DINNER,WHITE WHEAT-READI BAKE 01509... 50 EACH (2.2 OZ)	Place rolls on sheet pan the day before they will be prepared. Place in walk in cooler. The next day place in hot holding cabinet for 1 hour to let rolls rise. Bake for 15-17 minutes at 330° in convection oven. <b>CCP:</b> Heat to 140° F or higher
	Put in hot box until serving. Serve with tongs. <b>CCP:</b> Hold at 135° F or higher.  <b>CCP:</b> Hold for hot service at 135° F or higher

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

Calories	150 kcal	Cholesterol	0.00 mg	Sugars	5.00 g	Calcium	40.00 mg	12.00%	Calories from Total Fat
Total Fat	2.00 g	Sodium	270.00 mg	Protein	5.00 g	Iron	1.80 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	30.00 g	Vitamin A	25.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	6.00 mg	Ash <sup>1</sup>	*N/A* g	80.00%	Calories from Carbohydrates
								13.33%	Calories from Protein

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# Ohio Valley Educational Cooperative

**001531 - SLOPPY JOES ON BUN - SP**

**Recipe HACCP Process: #2 Same Day Service**

Source: SPENCER  
 Number of Portions: 78  
 Size of Portion: EACH

Meat/Alt: 3 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

Alternate Menu Name: SLOPPY JOE ON BUN

169001 BEEF GROUND, 80/20 Raw-to Cook & Drain.....	20 LB,raw weight	Brown meat and drain. Add remaining ingredients and simmer 20 minutes. Portion 3.25 ounces onto buns.
904298 BID/ONIONS, DRIED - PACKER/OLAM.....	5 OZ	
904403 BID/CATSUP, POUCH, LOW SODIUM (#10) - HEINZ...	3 QT + 1 1/2 CUP	
903484 SUGARS,BROWN,LIGHT.....	12 OZ	
002053 VINEGAR,DISTILLED.....	3 3/4 CUP	
904241 BID/BUN, BURGER, WG WHITE- BIMBO 3447.....	78 EACH (61 GRAM)	

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

Calories	431 kcal	Cholesterol	68.11 mg	Sugars	*15.17* g	Calcium	218.37 mg	29.03%	Calories from Total Fat
Total Fat	13.90 g	Sodium	401.31 mg	Protein	26.19 g	Iron	3.54 mg	9.76%	Calories from Sat Fat
Saturated Fat	4.67 g	Carbohydrate	50.62 g	Vitamin A	297.83 IU	Water <sup>1</sup>	*46.72* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.31 g	Vitamin C	3.76 mg	Ash <sup>1</sup>	*0.97* g	46.97%	Calories from Carbohydrates
								24.31%	Calories from Protein

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# Ohio Valley Educational Cooperative

**006448 - SQUASH,ZUCCHINI/YELLOW, BKD-SP**

**Recipe HACCP Process: #2 Same Day Service**

Source: SPENCER  
 Number of Portions: 83  
 Size of Portion: 1/2 CUP

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0.5 Cup  
 Milk: 0 Cup

Alternate Menu Name:      BAKED ZUCCHINI & SQUASH

011478 SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,WO...	9 LB	Place sliced vegetables in large mixing container. Pour oil over, stir until coated.
011642 SQUASH,SMMR,ALL VAR,CKD,BLD,DRND,WO/SALT.....	9 LB	
004053 OIL,OLIVE,SALAD OR COOKING.....	1 1/2 CUP	
904743 BID/SEASONING, SALT FREE, MRS DASH.....	4 TBSP	Mix salt free seasoning and garlic powder. Toss onto coated vegetables. Place 4 quarts of vegetables on 5 (18x26x2) bakers pans. Spread evenly. Bake at 350° for 12-15 minutes, until just tender.
002020 GARLIC POWDER.....	1 TBSP	
904755 BID/CHEESE, PARMESAN - PRIMO GUSTO.....	2 CUP	Sprinkle Parmesan cheese over pans. Serve.

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	60 kcal	Cholesterol	1.93 mg	Sugars	2.12 g	Calcium	45.39 mg	75.32%	Calories from Total Fat
Total Fat	5.01 g	Sodium	29.10 mg	Protein	1.80 g	Iron	0.39 mg	14.88%	Calories from Sat Fat
Saturated Fat	0.99 g	Carbohydrate	3.52 g	Vitamin A	692.22 IU	Water <sup>1</sup>	*92.93* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.19 g	Vitamin C	9.05 mg	Ash <sup>1</sup>	*0.67* g	23.57%	Calories from Carbohydrates
								12.03%	Calories from Protein

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