MICHIGAN
Junior Chef
2nd place

Brown City Jr. Sr. High School

Team Name: Brown City Good for You Girls

Entrée: Lasagna (2 x 3 serving)

Sides: Whole Wheat Bread (1 slice per meal)
Salad Cups/w Raspberry Vinaigrette Dressing (1 cup serving)
Yogurt Parfait (6 oz serving)

Drink: Skim Milk (1 cup serving)

Jenison/Hudsonville School Food Service

BROWN CITY

000170 - Lasagna
Source: BROWN CITY
Number of Portions: 18
Size of Portion: 2 " x 3 " slice

Recipe HACCP Process: #2 Same Day Service

901863 Whole Wheat Whole Grain Lasagna Noodle..... 16 OZ 105933 ZUCCHINI SQUASH..... 2 .66 CUP 011282 ONIONS,RAW..... 1 medium (2-1/2" dia) 011215 GARLIC,RAW..... 4 clove 900144 Meatless, Sauce Prego, GFS, #315729..... 8 (1/2 cup) 011124 CARROTS,RAW..... 1 large (7-1/4" to 8-1/2") 001183 CHEESE, MOZZARELLA, LITE-COMMOD..... 24 OZ 011457 SPINACH,RAW..... 8 OZ 001204 CHEESE,PARMESAN,DRY GRATED,RED FAT..... 8 OZ 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED FAT... 2 TBSP	Boil Lasagna noodles until al dente. Drain and rinse with cook water. Meanwhile, sauté chopped zucchini, onion, and carrots in soybean oil. Add spinach and minced garlic. Place vegetables in the blender and frappe them. Place spaghetti sauce in same sauté pan. Add blended vegetables to sauce. Warm sauce through. Place a thin layer of sauce in a 9 X 13 pan. Sprinkle with parmesan cheese. Add a layer of noodles. Top with sauce, parmesan cheese, and a layer of mozzarella cheese. Repeat layers until ingredients are gone. Bake in preheated 375º oven for 40 minutes.

*Nutrients are based upon 1 Portion Size (2 " x 3 " slice)

Calories	288	kcal	Cholesterol	23.94	mg	Protein	18.41	g	Calcium	451.32	mg	31.85%	Calories from Total Fat
Total Fat	10.18	g	Sodium	664.75	mg	Vitamin A	286.82	RE	Iron	2.11	mg	15.14%	Calories from Sat Fat
Saturated Fat	4.84	g	Carbohydrate	29.88	g	Vitamin A	2302.24	IU	Water¹	*48.01*	g	*0.12%*	Calories from Trans Fat
Trans Fat¹	*0.04*	g	Dietary Fiber	4.62	g	Vitamin C	5.50	mg	Ash¹	*2.70*	g	41.54%	Calories from Carbohydrates
												25.59%	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

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Jenison/Hudsonville School Food Service

000172 - Raspberry Vinaigrette

Recipe HACCP Process: #1 No Cook

Source: BROWN CITY
Number of Portions: 12
Size of Portion: serv

009302 RASPBERRIES,RAW.....	16 OZ	Place raspberries in a blender; process until smooth. Add lemon juice and sugar. While processing, gradually add vinegar and oil in a steady stream. Process until thickened.
009152 LEMON JUICE,RAW.....	6 TBSP	
019335 SUGARS,GRANULATED.....	1/4 CUP	
002048 VINEGAR,CIDER.....	2 TBSP	
004053 OIL,OLIVE,SALAD OR COOKING...	2 TBSP	

*Nutrients are based upon 1 Portion Size (serv)

Calories	58	kcal	Cholesterol	0.00	mg	Protein	0.48	g	Calcium	10.22	mg	38.57%	Calories from Total Fat
Total Fat	2.50	g	Sodium	0.67	mg	Vitamin A	5.07	RE	Iron	0.28	mg	4.91%	Calories from Sat Fat
Saturated Fat	0.32	g	Carbohydrate	9.39	g	Vitamin A	14.00	IU	Water¹	41.67	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	2.49	g	Vitamin C	13.41	mg	Ash¹	0.20	g	64.53%	Calories from Carbohydrates
												3.31%	Calories from Protein

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Jenison/Hudsonville School Food Service

000171 - Salad Cups/Brown City

Recipe HACCP Process: #1 No Cook

Source: BROWN CITY
Number of Portions: 1
Size of Portion: 1 cup

011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW...	1 CUP,chop(1/2"pcs,lose pkd	Place 1 cup salad mix and place in bowls. Shred carrot over salad. Top with salad dressing.
011124 CARROTS,RAW.....	1 TBSP, chopped	

*Nutrients are based upon 1 Portion Size (1 cup)

Calories	11	kcal	Cholesterol	0.00	mg	Protein	0.59	g	Calcium	12.90	mg	7.91%	Calories from Total Fat
Total Fat	0.10	g	Sodium	11.22	mg	Vitamin A	243.85	RE	Iron	0.26	mg	1.08%	Calories from Sat Fat
Saturated Fat	0.01	g	Carbohydrate	2.46	g	Vitamin A	1631.02	IU	Water¹	61.58	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	0.91	g	Vitamin C	2.07	mg	Ash¹	0.28	g	87.36%	Calories from Carbohydrates
												20.87%	Calories from Protein

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Jenison/Hudsonville School Food Service

000186 - WHOLE WHEAT BREAD - ARNOLD

Recipe HACCP Process: #1 No Cook

Source: BROWN CITY
Number of Portions: 1
Size of Portion: 1 SLICE

901867 WHOLE WHEAT BREAD... 1 (1 SLICE`)	

*Nutrients are based upon 1 Portion Size (1 SLICE)

Calories	100	kcal	Cholesterol	0.00	mg	Protein	5.00	g	Calcium	40.00	mg	9.00%	Calories from Total Fat
Total Fat	1.00	g	Sodium	170.00	mg	Vitamin A	0.00	RE	Iron	1.08	mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00	g	Carbohydrate	22.00	g	Vitamin A	0.00	IU	Water[1]	0.00	g	0.00%	Calories from Trans Fat
Trans Fat[1]	0.00	g	Dietary Fiber	5.00	g	Vitamin C	0.00	mg	Ash[1]	0.00	g	88.00%	Calories from Carbohydrates
												20.00%	Calories from Protein

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Jenison/Hudsonville School Food Service

000174 - Yogurt Parfait

Recipe HACCP Process: #1 No Cook

Source: Brown City
Number of Portions: 12
Size of Portion: 6 oz serv

009050 BLUEBERRIES,RAW.....	12 OZ	Place 2 oz of yogurt in a cup. Add 1oz of the fruit. Top with 2 oz yogurt. Place 1 oz of fruit on top.
009316 STRAWBERRIES,RAW.....	12 OZ	
001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ...	48 OZ	

*Nutrients are based upon 1 Portion Size (6 oz serv)

Calories	122	kcal	Cholesterol	5.67	mg	Protein	5.99	g	Calcium	200.15	mg	11.81%	Calories from Total Fat
Total Fat	1.60	g	Sodium	75.41	mg	Vitamin A	18.43	RE	Iron	0.27	mg	6.85%	Calories from Sat Fat
Saturated Fat	0.93	g	Carbohydrate	21.93	g	Vitamin A	67.47	IU	Water¹	139.24	g	*N/A*%	Calories from Trans Fat
Trans Fat¹	*N/A*	g	Dietary Fiber	1.25	g	Vitamin C	20.33	mg	Ash¹	1.34	g	72.14%	Calories from Carbohydrates
												19.70%	Calories from Protein

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SHOPPING LIST FOR MEAL

Produce	Amount	Dairy	Amount
Fresh Carrot	2 large	Low fat Vanilla Yogurt	48 oz
Fresh Onion	1 medium	Mozzarella Cheese	24 oz
Fresh Spinach	8 oz	Parmesan Cheese, low fat	8 oz
Fresh Zucchini	1 large	Skim Milk	Desired amount
Frozen Blueberries	12 oz		
Frozen Strawberries	12 oz		
Garlic	4 cloves		
Raspberries	16 oz		
Salad Mix	16 oz bag		
Grains	**Amount**	**Meat/Poultry**	**Amount**
Whole Wheat Bread	1 slice per serving		
Whole Wheat Lasagna Noodle	16 oz		
Fats/Oils	**Amount**	**Seasonings**	**Amount**
Olive Oil	2 Tbls	Cider Vinegar	2 Tbls
Soybean Oil	2 Tbls	Lemon Juice	6 Tbls
		Spaghetti Sauce, Meatless	4 cups
		Sugar	¼ cup