DeWitt Jr. High School

Team Name: J.A.M.

Entrée: Rotini Alfredo (8 – 1/2 cup servings)

Sides: Italian Rainbow Salad (8 – 1 cup servings)
Yogurt Parfait (8 servings)

Drink: Skim Milk (1 cup serving)

Jenison/Hudsonville School Food Service

J.A.M.

000180 - Italian Rainbow Salad

Recipe HACCP Process: #1 No Cook

Source: J.A.M.
Number of Portions: 8
Size of Portion: 1 cup

011253 LETTUCE,GRN LEAF,RAW.....	5 OZ	Layer in this order: mixed greens, peas, shredded carrots, cucumber, and red pepper. Serve with balsamic vinaigrette.
011205 CUCUMBER,WITH PEEL,RAW....	1 each (8-1/4")	
011124 CARROTS,RAW.....	3 medium	
011821 PEPPERS,SWEET,RED,RAW.....	1 medium (2-3/4" x 2-1/2")	
900285 PEAS - FROZEN.....	4 .25 CUP	
901865 Balsamic Vinaigrette - Wishbone....	7 (2 tbls)	

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

Calories	82	kcal	Cholesterol	0.00	mg	Protein	1.85	g	Calcium	25.99	mg	50.14%	Calories from Total Fat
Total Fat	4.54	g	Sodium	281.59	mg	Vitamin A	854.83	RE	Iron	0.75	mg	5.17%	Calories from Sat Fat
Saturated Fat	0.47	g	Carbohydrate	10.57	g	Vitamin A	6087.81	IU	Water¹	86.59	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	2.37	g	Vitamin C	26.69	mg	Ash¹	0.54	g	51.87%	Calories from Carbohydrates
												9.05%	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

000179 - Rotini Alfredo

Source: J.A.M.
Number of Portions: 8
Size of Portion: 1/2 cup

Recipe HACCP Process: #3 Complex Food Preparation

050459 ROTINI, WHOLE GRAIN, DRY	10 OZ
050384 OIL, VEGETABLE	2 TBSP
011215 GARLIC,RAW	1 clove
011282 ONIONS,RAW	1 medium (2-1/2" dia)
050393 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	3 TBSP
001145 BUTTER,WITHOUT SALT	3 TBSP
001087 MILK,NONFAT,FLUID,PROT FORT,W/ VIT A (FAT FRE	2 CUP
110278 BROTH, CHICKEN, LOW SODIUM	8 OZ
001032 CHEESE,PARMESAN,GRATED	1/2 CUP
002047 SALT,TABLE	1/2 TSP
002030 PEPPER,BLACK	1/4 TSP
002029 PARSLEY,DRIED	1/4 TSP

Sauté onion and garlic in oil over medium heat. In a small sauce pan melt butter and stir in flour. Add milk, chicken broth, salt, pepper and onion and garlic mix and stir over low heat until thick. Add parmesan cheese to sauce. Cook pasta in boiling water for 14 minutes or until done. Drain pasta and toss with sauce. Sprinkle with parsley.

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

Calories	264	kcal	Cholesterol	18.64	mg	Protein	10.97	g	Calcium	177.76	mg	35.13%	Calories from Total Fat
Total Fat	10.30	g	Sodium	297.01	mg	Vitamin A	88.82	RE	Iron	1.58	mg	15.47%	Calories from Sat Fat
Saturated Fat	4.54	g	Carbohydrate	34.20	g	Vitamin A	312.67	IU	Water¹	*69.69*	g	*0.08%*	Calories from Trans Fat
Trans Fat¹	*0.02*	g	Dietary Fiber	3.84	g	Vitamin C	1.84	mg	Ash¹	*1.48*	g	51.82%	Calories from Carbohydrates
												16.62%	Calories from Protein

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Jenison/Hudsonville School Food Service

000182 - Yogurt Parfait

Recipe HACCP Process: #1 No Cook

Source: J.A.M.
Number of Portions: 8
Size of Portion: cup

001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ...	64 OZ	Put ¼ cup of cherries (frozen) on the bottom of a plastic cup. Top with 8oz of yogurt. Add ¼ cup blueberries (frozen) on top.
009076 CHERRIES,SWT,FRZ,SWTND.....	2 CUP, thawed	
009054 BLUEBERRIES,FRZ,UNSWTND.....	2 CUP, unthawed	

*Nutrients are based upon 1 Portion Size (cup)

Calories	270	kcal	Cholesterol	11.34	mg	Protein	12.09	g	Calcium	398.69	mg	10.55%	Calories from Total Fat
Total Fat	3.17	g	Sodium	150.72	mg	Vitamin A	44.89	RE	Iron	0.46	mg	6.22%	Calories from Sat Fat
Saturated Fat	1.87	g	Carbohydrate	50.49	g	Vitamin A	237.72	IU	Water¹	261.63	g	*N/A*%	Calories from Trans Fat
Trans Fat¹	*N/A*	g	Dietary Fiber	2.41	g	Vitamin C	3.43	mg	Ash¹	2.92	g	74.76%	Calories from Carbohydrates
												17.90%	Calories from Protein

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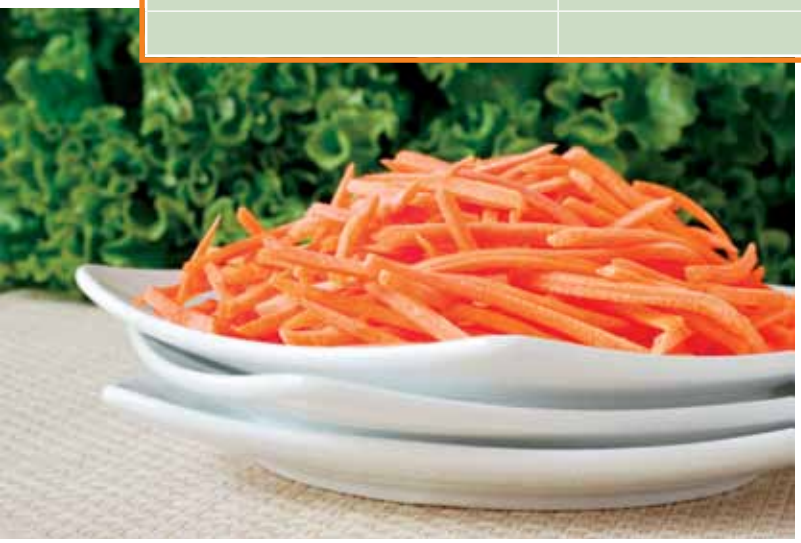
SHOPPING LIST FOR MEAL

Produce	Amount	Dairy	Amount
Blueberries, frozen	2 cups	Low fat Vanilla Yogurt	64 oz
Carrots	3 medium shredded	Milk, skim	2 cups
Cherries, frozen	2 cups	Parmesan Cheese	½ cup
Cucumber	1 medium cubed		
Garlic	1 clove		
Mixed Greens	5 oz bag		
Onion	1 medium		
Peas, frozen	1 cup		
Red Pepper	1 chopped		
Grains	**Amount**	**Meat/Poultry**	**Amount**
Flour, white	3 Tbls		
Rotini, whole grain	10 oz		
Fats/Oils	**Amount**	**Seasonings**	**Amount**
Butter	3 Tbls	Balsamic Vinaigrette	14 Tbls
Vegetable Oil	2 Tbls	Chicken Broth	1 cup
		Parsley, dry	¼ tsp
		Pepper	¼ tsp
		Salt	½ tsp