MICHIGAN
Junior Chef
1st place

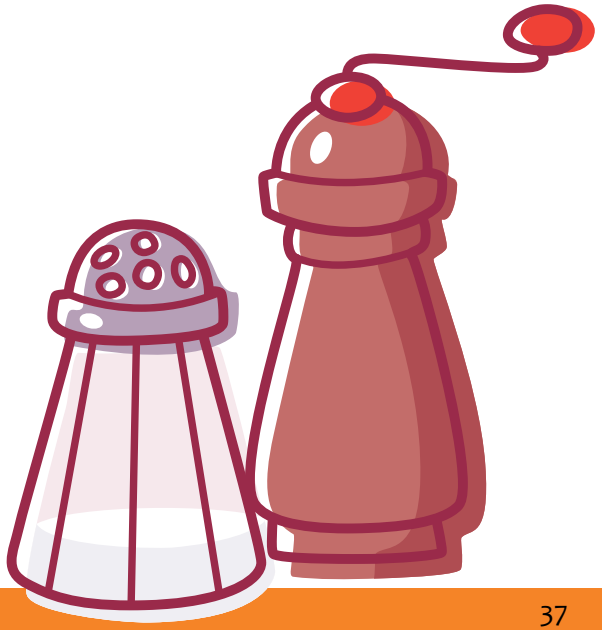
Saint Brigid Catholic School

Team Name: Eight is Enough

Entrée: Mexican Pizza (12 – 1 cup servings)

Sides: Hawaiian Smoothie (11 – ½ cup servings)

Drink: Skim Milk (1 cup serving)



Jenison/Hudsonville School Food Service

EIGHT IS ENOUGH

000188 - Hawaiian Smoothy

Recipe HACCP Process: #1 No Cook

Source: EIGHT IS ENOUGH
Number of Portions: 4
Size of Portion: 8 oz

001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ... 2 CUP 009266 PINEAPPLE,RAW,ALL VAR..... 1 1/2 CUP, chunks 009316 STRAWBERRIES,RAW..... 1 1/2 CUP, halves 011206 CUCUMBER,PEELED,RAW..... 1/4 CUP, chopped 019296 HONEY..... 2 TBSP 002010 CINNAMON,GROUND..... 1/2 TBSP 901868 ICE CUBES..... 1/2 CUP	Remove seeds from cucumbers. Combine all ingredients in blender. Blend until all ingredients are mixed and texture is smooth, approximately 2 minutes.

*Nutrients are based upon 1 Portion Size (8 oz)

Calories	189	kcal	Cholesterol	6.13	mg	Protein	6.88	g	Calcium	238.81	mg	8.58%	Calories from Total Fat
Total Fat	1.80	g	Sodium	83.63	mg	Vitamin A	19.71	RE	Iron	0.65	mg	4.79%	Calories from Sat Fat
Saturated Fat	1.01	g	Carbohydrate	39.10	g	Vitamin A	104.26	IU	Water¹	241.75	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	2.60	g	Vitamin C	64.43	mg	Ash¹	1.73	g	82.78%	Calories from Carbohydrates
												14.56%	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

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

Jenison/Hudsonville School Food Service

000187 - Mexican Pizza

Recipe HACCP Process: #3 Complex Food Preparation

Source: EIGHT IS ENOUGH
Number of Portions: 8
Size of Portion: 1 pizza

016103 REFRIED BEANS,CANNED (INCL USDA COMMODITY).....	16 OZ
900557 CHEESE,"SCHOOL CHOICE NEUFCHATEL CREAM CHEESE...	8 OZ
011215 GARLIC,RAW.....	2 clove
901866 taco seasoning low sodium.....	3 (2 tsp)
011457 SPINACH,RAW.....	1 CUP
011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW.....	2 CUP, shredded
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.....	2 CUP, cherry toms
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.....	1 medium whole (2-3/5" dia)
114811 CILANTRO.....	3/4 CUP
118462 Shredded Mild Cheddar Cheese.....	3 CUP
900104 Tortilla, Whole Wheat Flour.....	8 (1 Tortilla)
009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG).....	1/4 CUP
900010 sour cream.....	4 serving 2/tbls
900156 SALSA.....	1/2 CUP

Place 8 tortillas on a lightly greased sheet pan. Toast in a 350º oven for 9 minutes. Combine beans, cream cheese, taco seasoning, and garlic in a bowl. Spread mixture on toasted tortillas. Top each with shredded cheese. Return to oven for 3-4 minutes or until cheese is melted. Top with spinach, lettuce, tomato, olive, and cilantro. Serve with a 2oz side of salsa and sour cream.

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

Calories	311	kcal	Cholesterol	42.59	mg	Protein	13.21	g	Calcium	230.65	mg	42.55%	Calories from Total Fat
Total Fat	14.71	g	Sodium	822.68	mg	Vitamin A	*104.29*	RE	Iron	2.65	mg	24.88%	Calories from Sat Fat
Saturated Fat	8.60	g	Carbohydrate	38.91	g	Vitamin A	*1217.56*	IU	Water¹	*135.84*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	7.97	g	Vitamin C	11.91	mg	Ash¹	*2.05*	g	50.02%	Calories from Carbohydrates
												16.99%	Calories from Protein

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SHOPPING LIST FOR MEAL

Produce	Amount	Dairy	Amount
Cherry Tomatoes	2 cups	Cheddar Cheese, light	3 cups shredded
Cilantro	¾ cup diced	Cream Cheese, low fat	8 oz
Cucumber	¼ cup	Sour Cream	½ cup
Garlic	2 cloves	Vanilla Yogurt, low fat	2 cups
Lettuce, iceberg	2 cups	Skim Milk	Desired amount
Olives	¼ cup		
Pineapple, fresh	1 ½ cups		
Salsa	½ cup		
Spinach, fresh	1 cup shredded		
Strawberries, fresh	1 ½ cups		
Tomato	1 medium		
Fats/Oils	**Amount**	**Seasonings**	**Amount**
		Cinnamon	dash
		Honey	2 Tbls
		Taco Seasoning, low sodium	2 Tbls
Grains	**Amount**	**Meat/Poultry**	**Amount**
Tortilla, whole wheat	8 tortillas	Refried Beans	16 oz