Saint Brigid Catholic School

Team Name: Savory Seven

Entrée: Mexican Piñata Dip (6 servings)

Sides: Purple Nurple Smoothie (4 – 8oz servings)

Drink: Skim Milk (1 cup serving)

Jenison/Hudsonville School Food Service

Savory Seven

000183 - Mexican Pinata Dip

Recipe HACCP Process: #2 Same Day Service

Source: Savory Seven
Number of Portions: 6
Size of Portion: 4 oz serving

901844 Refried Beans	16 OZ
900557 CHEESE,"SCHOOL CHOICE NEUFCHATEL CREAM CHEESE...	8 OZ
001179 SOUR CREAM,LIGHT	8 OZ
901866 taco seasoning low sodium	1 (2 tbls)
011215 GARLIC,RAW	2 clove
118462 Shredded Mild Cheddar Cheese	2 CUP
009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG)	1/2 CUP
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 medium whole (2-3/5" dia)
114532 PEPPERS, STRIPS, TRI-COLOR MIX	2 OZ
011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R	2 medium (4-1/8" long)
900104 Tortilla, Whole Wheat Flour	8 (1 Tortilla)

Preheat oven to 350º. Using a pizza cutter cut each tortilla into 8 wedges. Arrange on greased pan and bake for 6 minutes. Spread refried beans onto 8 x 8 baking sheet. Combine sour cream, cream cheese, taco seasoning, and garlic in a bowl and mix well. Sprinkle ½ of the cheese over beans, then spread cream cheese mixture over cheese, then top with remaining shredded cheese. Bake 15-18 minutes. Sprinkle peppers, tomato, and onions over top. Serve with tortilla wedges.

*Nutrients are based upon 1 Portion Size (4 oz serving)

Calories	385	kcal	Cholesterol	49.76	mg	Protein	15.84	g	Calcium	231.06	mg	43.66%	Calories from Total Fat
Total Fat	18.69	g	Sodium	986.37	mg	Vitamin A	*72.21*	RE	Iron	3.20	mg	24.60%	Calories from Sat Fat
Saturated Fat	10.53	g	Carbohydrate	48.01	g	Vitamin A	643.18	IU	Water¹	*87.58*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	8.61	g	Vitamin C	6.74	mg	Ash¹	*1.22*	g	49.83%	Calories from Carbohydrates
												16.45%	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

000185 - Purple Nurple Smoothie

Recipe HACCP Process: #1 No Cook

Source: Savory Seven
Number of Portions: 4
Size of Portion: 8oz

001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ...	1 1/3 CUP	Combine all ingredients in blender. Blend until a smooth consistency is achieved, approximately 2 minutes.
009050 BLUEBERRIES,RAW.....	1 CUP	
009042 BLACKBERRIES,RAW.....	1/4 CUP	
009040 BANANAS,RAW.....	1 large (8" to 8-7/8" long)	
019296 HONEY.....	2 TSP	
901868 ICE CUBES.....	2 CUP	

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

Calories	135	kcal	Cholesterol	4.07	mg	Protein	4.80	g	Calcium	148.44	mg	8.63%	Calories from Total Fat
Total Fat	1.30	g	Sodium	58.31	mg	Vitamin A	18.45	RE	Iron	0.33	mg	4.70%	Calories from Sat Fat
Saturated Fat	0.71	g	Carbohydrate	28.14	g	Vitamin A	96.03	IU	Water¹	249.40	g	*N/A*%	Calories from Trans Fat
Trans Fat¹	*N/A*	g	Dietary Fiber	2.26	g	Vitamin C	9.11	mg	Ash¹	1.36	g	83.27%	Calories from Carbohydrates
												14.19%	Calories from Protein

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SHOPPING LIST FOR MEAL

Produce	Amount	Dairy	Amount
Banana	1 large	Cheddar Cheese, shredded	2 cups
Blackberries	3 berries	Cream Cheese, low fat	8 oz
Blueberries	1 cup	Sour Cream, low fat	1 cup
Garlic	2 cloves	Vanilla Yogurt, low fat	1 ⅓ cups
Green Onions	2 onions		
Olives, pitted	½ cup		
Red, Yellow, Orange Peppers	¼ cup		
Tomato	1		
Grains	**Amount**	**Meat/Poultry**	**Amount**
Whole Grain Tortilla	8	Fat Free Refried Beans	16 oz
Fats/Oils	**Amount**	**Seasonings**	**Amount**
		Honey	1 tsp
		Taco Seasoning, low sodium	2 Tbls

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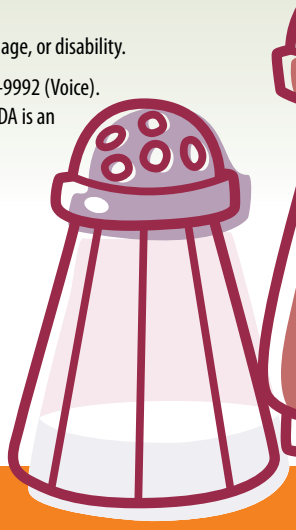
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