

Falcon School District

Recipe

Apr 12, 2016

Recipe: 001144 TURKEY BURRITO BOWL

Recipe Source:

Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:

Number of Portions: 100

Size of Portion: 1 Bowl

902789 RICE, BROWN, WHOLE GRAIN (UNCLE BEN'S)...

25 CUP

CCP: Before handling RTE (Ready-to-Eat) foods, such as fresh fruits & vegetables, hands must be washed & clean gloves must be worn.
CCP: All commercially processed & packaged or RTE (Ready-to-Eat) foods must be cooked to 135 degrees F. for 15 seconds.
1. Prepare the rice according to instructions.

902860 Turkey Pot Roast (Jennie-O).....

20 LB + 2 OZ

2. Remove thawed turkey from the bag and divide it equally in 2" pans. Break it apart with a fork.

002009 CHILI POWDER.....

1 CUP

3. Add the chili powder, cumin, garlic and oregano. Mix to combine

799902 CUMIN GROUND.....

1/2 CUP

4. Cook the turkey at 350°F for 30 minutes or until it reaches an internal temperature of 135°F as measured by a meat thermometer.

002020 GARLIC POWDER.....

1/4 CUP

CCP: Heat to 135° F or higher.

902861 Beans, Black (BUSH'S).....

3 #10 CAN

5. Remove beans from cans, drain and rinse. Heat or steam the beans until they reach 135°F as measured by a meat thermometer.
CCP: Hold at 135° F or higher.

011252 LETTUCE, ICEBERG, FRESH.....

12 1/2 CUP, shredded

Assemble for service. Scoop 1 cup 'cooked' rice into into a bowl. Add 1/4 c. scoop beans (#16 scoop) and 1/2 c. turkey.

902954 SALSA, 0.5 OZ PACKET (SALSA DEL SOL).....

100 PACKET

Serve w/ 1 packet of salsa

Students will add lettuce themselves.

CCP: Hold for HOT services at 135 degrees F or higher.

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

Calories	383	kcal	Cholesterol	55.00	mg	Protein	24.36	g	Calcium	54.86	mg	19.19%	Calories from Total Fat
Total Fat	8.17	g	Sodium	620.60	mg	Vitamin A	66.35	RE	Iron	3.73	mg	3.63%	Calories from Saturated Fat
Saturated Fat	1.54	g	Carbohydrates	54.70	g	Vitamin A	515.66	IU	Water ¹	8.81	g	*0.00%	Calories from Trans Fat
Trans Fat ¹	*0.00	g	Dietary Fiber	6.90	g	Vitamin C	2.76	mg	Ash ¹	*0.23	g	57.13%	Calories from Carbohydrates
												25.44%	Calories from Protein

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.

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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

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.			? - Milk
Grain.....	srv.			? - Egg
Fruit.....	cup			? - Peanut
Vegetable.....	cup			? - Tree Nut
Milk.....	fl. oz.			? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change.	0%			? - Soy
Fat Change.....	0%			? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Round
I	902860	Turkey Pot Roast (Jennie-O)		
I	902789	RICE, BROWN, WHOLE GRAIN (UNCLE BEN'S)		
I	902861	Beans, Black (BUSH'S)		
I	002009	CHILI POWDER		
I	799902	CUMIN, GROUND		
I	002020	GARLIC POWDER		
I	799905	OREGANO LEAVES, DRIED		
I	011252	LETTUCE, ICEBERG, FRESH		
I	902954	SALSA, 0.5 OZ PACKET (SALSA DEL SOL)		

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