



RECIPE NAME: Broccoli, Ham, & Cheese Pita

File No:

Grade Group: K-8, 9-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: 1 pita	
Serving Utensil: Gloved hand	
Servings per Pan:	

Recipe Adapted From:

Garrett County
Public Schools



Ingredients	Weight	Measure	Procedure
Broccoli, Frozen, Florets Ham, Water Added, Sliced (USDA 100187) Cheese, American, Yellow, Sliced (WI Pro C712) Pita Bread, Whole-Wheat (at least 56 grams)	11 ½ lb	50 cups 100 slices 100 each	<ol style="list-style-type: none"> 1. Fill each pita with ½ cup of broccoli, 1.83 oz of ham slices, and one slice (½ oz) of cheese. 2. Place stuffed pita pocket on pans lined with sheets of parchment paper. 3. Cover sheet pans with foil. 4. Heat in oven until browned and cheese has melted- Conventional oven: 350°F for 10-15 minutes. Convection oven: 350° F for 7-9 minutes. <p>CCP: Hot Hold at 135°F or higher for service.</p>
Total Yield: 100 pitas		Number of Pans:	
Weight:	Measure (volume):	Pan Size:	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	Grade Group: K-8, 9-12					Equipment (if not specified in procedures above): DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other
Meat/Meat Alternate	2.0 oz eq.					
Vegetable Subgroups	DG	B/P	R/O	S	O	
	½ c.					
Fruits						
Grains	2.0 oz eq.					
Calories:	284					
Saturated Fat (g):	2.56 g					
Sodium (mg):	921.10 mg					