

WI Dept of Public Instruction

Recipe: 003805 WHEAT BERRY SALAD

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: BREAD/ROLLS/STARCH

Alternate Recipe Name:
Number of Portions: 24
Size of Portion: 1/2 CUP

903647 WHEAT BERRIES DRY..... 014429 WATER,MUNICIPAL..... 900072 CRANBERRIES, WHOLE, SLICED DRIED-COMMODITY..... 011143 CELERY,RAW..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R.... 004053 OIL,OLIVE,SALAD OR COOKING..... 009153 LEMON JUC,CND OR BTLD..... 019335 SUGARS,GRANULATED..... 002046 MUSTARD,PREPARED,YELLOW.....	2 LB 4 QT 1 1/2 CUP 1 1/2 CUP, chopped 1 1/2 CUP, chopped 1 CUP 1/3 CUP 1/2 CUP 4 TSP	*NUTRIENT ANALYSIS MAY VARY DEPENDING ON ACTUAL PRODUCTS USED
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*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	250 kcal	Cholesterol	0.00 mg	Protein	5.25 g	Calcium	14.44 mg	34.10%	Calories from Total Fat
Total Fat	9.49 g	Sodium	21.53 mg	Vitamin A	3.45 RE	Iron	6.88 mg	4.50%	Calories from Saturated Fat
Saturated Fat	1.25 g	Carbohydrates	37.99 g	Vitamin A	91.78 IU	Water ¹	*173.05* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.60 g	Vitamin C	2.22 mg	Ash ¹	*0.30* g	60.70%	Calories from Carbohydrates
								8.39%	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

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz.				? - Milk
Grain/Bread..... srv.				? - Egg
F/V/J..... cup				? - Peanut
Milk..... fl. oz.				? - Tree Nut
				? - Fish
				? - Shellfish
				? - Soy
				? - Wheat
<u>Moisture & Fat Change</u>				
Moisture Change. 0%				
Fat Change..... 0%				
Type of Fat.....				

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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Recipe

Dec 2, 2011

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903647	WHEAT BERRIES DRY			
I	014429	WATER,MUNICIPAL			
I	900072	CRANBERRIES, WHOLE, SLICED DRIED-COM			
I	011143	CELERY,RAW			
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			
I	004053	OIL,OLIVE,SALAD OR COOKING			
I	009153	LEMON JUC,CND OR BTLD			
I	019335	SUGARS,GRANULATED			
I	002046	MUSTARD,PREPARED,YELLOW			

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