

Cooking for Kids

Recipe Sizing Report

000152 - Philly Cheese Sandwich :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 EACH	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 011821 PEPPERS,SWT,RED,RAW..... 002030 PEPPER,BLACK..... 002020 GARLIC POWDER.....	12 lbs + 8 ozs 16 lbs + 11 ozs 1 Tbsp + 1 1/8 TSP (ground) 1 Tbsp + 1 1/8 tsp	1. Julienne onions and peppers. Sauté onions and peppers with seasonings. Cook until onions are somewhat caramelized and peppers are tender.
120930 Beef Shreds.....	16 lbs + 11 ozs	
902948 Italian Cheese Sauce Commodity Processed... 902963 Bread, Whole Grain Hoagie 2 oz.....	6 lbs + 13 ozs 100 Each	2. Add beef and heat to 165° F. 3. Heat cheese sauce to an internal temperature of 165° F and place in hotel pan. To serve, place 3.5 oz of beef and vegetables onto hoagie. Top with 1 oz of cheese sauce.

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

Calories	335 kcal	Cholesterol	*59* mg	Sugars	7.9 g	Calcium	167.19 mg	36.59%	Calories from Total Fat
Total Fat	13.62 g	Sodium	584 mg	Protein	24.74 g	Iron	3.29 mg	*13.82%*	Calories from Saturated Fat
Saturated Fat	*5.14* g	Carbohydrates	30.06 g	Vitamin A	*2504.8* IU	Water ¹	*120.25* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.59 g	Vitamin C	*100.7* mg	Ash ¹	*0.56* g	35.89%	Calories from Carbohydrates
								29.54%	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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.