

Orfalea Foundation- SFI

000131 - School Food Asian Pork Bowl :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 24

Size of Portions: 4 oz servings

010187 PORK,FRSH,COMP (LEG,LOIN,SHLDR,&SPARERIB..	3 lbs
000102R School Food Asian BBQ Sauce.....	1 1/2 quarts
902385 ONIONS,RAW, thin slice.....	1 QT (sliced)
902383 CELERY,RAW, thin slice.....	3 cups
902384 CARROTS,RAW, thin slice.....	1 QT (strips/slices)
011333 PEPPERS,SWT,GRN,RAW.....	3 CUPS (sliced)
011109 CABBAGE,RAW.....	1 QT (shredded)

Pre-heat convection oven to 350°F (400° for conventional oven). Can be heated in steamer as well.

1. In a full size 4 inch hotel pan, mix together the cut pork, vegetables, and sauce.
2. Cover with lid or tin foil and reheat in the oven or steamer until mixture has reached an internal temperature of 165°F for fifteen seconds. Serve immediately or hold according to HACCP SOP.
CCP: Hold at 135° F or higher.

Note: 2 oz. of protein and 3/4 cups of vegetable (other); meets requirement for grades 9-12 and potentially grades 6-8 depending on placement of this item during the week

EQUIPMENT:

- 1-4- inch hotel pan**
- 1-Lid for hotel pan or foil**
- 1-Scale**
- 1-Liquid measuring cup, quart**
- 1-Metal kitchen spoon**

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

Calories	266 kcal	Cholesterol	38 mg	Protein	12.02 g	Calcium	*43.09* mg	30.48%	Calories from Total Fat
Total Fat	9.00 g	Sodium	1037 mg	Vitamin A	*583.9* RE	Iron	*0.94* mg	*10.46%*	Calories from Sat Fat
Sat Fat	*3.09* g	Carbs	29.47 g	Vitamin A	*3544.1* IU	Water ¹	*127.75* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	D. Fiber	*1.80* g	Vitamin C	*17.7* mg	Ash ¹	*2.18* g	44.34%	Calories from Carbs
								18.08%	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.