

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.