

Orfalea Foundation- SFI

000200 - School Food Bean Salad : Lompoc Unif. SD

HACCP Process: #1 No Cook

Number of Portions: 62

Size of Portions: 1/2 cup

111788 KIDNEY BEANS.....	1 #10 can
050555 BEANS, CANNED, BLACK (TURTLE), LOW SODIU.....	1 #10 can
050552 BEANS, CANNED, GARBANZO (CHICKPEAS), LOW..	1 #10 can
000134R School Food Ital. Vinaigrette.....	24 Fluid oz.
114811 CILANTRO.....	1 cup
799908 ONIONS,RED,RAW.....	1 CUP (chopped)
009152 LEMON JUICE,RAW.....	3 Tbsp

First two steps can be done the day before:

1. Make or have on hand School Food Italian Vinaigrette
2. Finely chop/dice onion and the cilantro and set aside
3. Drain the canned beans and RINSE well and drain again
4. Mix all ingredients and cool to 40° until service-alternatively, the canned beans can be refrigerated overnight to optimize cold service

Serving size is 1/2 cup - portion using #8 scoop or serve on salad bar

Note:

Weight of 62 servings = 15.5#

CCP: Hold for cold service at 41° F or lower.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

EQUIPMENT:

- 1-Large Bowl (or lexan for volume)**
- 1-Metal kitchen spoon**
- 1-Colander**
- 1-Liquid measuring cup, quart**
- 1-Dry measuring cups, full set**
- Salad bar inserts or storage container(s) with lid(s)**

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	126 kcal	Cholesterol	0 mg	Protein	2.50 g	Calcium	25.43 mg	56.17%	Calories from Total Fat
Total Fat	7.86 g	Sodium	89 mg	Vitamin A	3.1 RE	Iron	0.71 mg	8.35%	Calories from Sat Fat
Sat Fat	1.17 g	Carbs	11.58 g	Vitamin A	12.6 IU	Water ¹	*5.82* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	D. Fiber	2.25 g	Vitamin C	2.5 mg	Ash ¹	*0.08* g	36.80%	Calories from Carbs
								7.94%	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.