

# Orfalea Foundation- SFI

## 000016 - School Food Roasted Squash :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 28

Size of Portions: 1/2 cup

|   |         |
|---|---------|
| 902145 SQUASH,WNTR,BUTTRNUT,RAW.....          | 5 lbs   |
| 016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU)... | 3/4 cup |
| 014429 WATER, TAP, MUNICIPAL.....             | 3/4 cup |
| 004058 OIL,SESAME,SALAD OR COOKING.....       | 2 Tbsp  |
| 902401 PEPPER, crushed red.....               | 3/4 tsp |

Pre-heat convection oven to 350° F. (400° F. for conventional oven.)

1. Peel squash and cut into 3/4 inch dice
3. Whisk together soy sauce, water, sesame oil and red pepper flakes
4. Toss squash in soy mixture and spread out in a single layer in the hotel pans. Do not overcrowd the pans
5. Roast squash in pre-heated oven until tender and marinade reduces to a glaze-like consistency. Start checking for doneness after about 30 minutes.

Serve immediately or hold according to HAACP SOP  
If serving as a cold item, chill according to HAACP SOP

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

CCP: Hold at 135° F or higher.

### EQUIPMENT:

- 1-Cut gloves
- 1-Cutting board and non-slip slip mat
- 1-Chef's knives
- 1-Liquid measuring cup-pint
- 2-Full sized 2-inch hotel pans
- 1-Whisk
- 1-Measuring spoons, full set
- 1-Large bowl
- 1-Liquid measuring cup, cup

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

**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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|                        |         |             |        |           |           |                    |          |        |                         |
|------------------------|---------|-------------|--------|-----------|-----------|--------------------|----------|--------|-------------------------|
| Calories               | 40 kcal | Cholesterol | 0 mg   | Protein   | 1.13 g    | Calcium            | 24.10 mg | 24.60% | Calories from Total Fat |
| Total Fat              | 1.09 g  | Sodium      | 231 mg | Vitamin A | 330.8 RE  | Iron               | 0.61 mg  | 3.66%  | Calories from Sat Fat   |
| Sat Fat                | 0.16 g  | Carbs       | 7.57 g | Vitamin A | 1126.9 IU | Water <sup>1</sup> | 83.91 g  | *N/A%* | Calories from Trans Fat |
| Trans Fat <sup>1</sup> | *N/A* g | D. Fiber    | 1.28 g | Vitamin C | 10.0 mg   | Ash <sup>1</sup>   | 1.51 g   | 75.85% | Calories from Carbs     |
|                        |         |             |        |           |           |                    |          | 11.31% | 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

<sup>1</sup> - denotes optional nutrient values

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