

Memorial Middle School Café Protein Kit

Recipe:	R-3802	HACCP Process:	No Cook		
# of Servings:	96.00	Serving Size:	1 Package	Source:	Mentor School District, OH
Grams Per Serving:	267.18	Ounces per Serving	9.42	Meal Components:	Each MMS Café protein kit provides 2.5 oz. eq. meat/meat alternative, 2 oz. eq. wgr, ½ cup dark green vegetable and ½ cup fruit.

Ingredients	Measurements	Directions
Egg, Hard Cooked, Peeled, Refrigerated	96 MEDIUM or 8 Dozen	<p>1. Ingredients:</p> <p>2. 1 Day Prior to Day of Service: Directions: Prepare the workstation by cleaning and sanitizing all areas. Pull fresh whole grapes from cooler and place at produce washing station. Rinse thoroughly but softly to not bruise the fruit. Place fruit in full pans with perforated pans inside and allow the fruit to drain.</p> <p>CCP: Prepare foods at room temperature in two hours or less. CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</p> <p>3. Prep: Wash hands thoroughly and put on gloves. Pull grapes or cut into bunches, about 14 grapes per half cup. Place fruit in food storage container, cover and date it and place in cooler on higher shelf.</p> <p>CCP: Never handle ready to eat foods with bare hands CCP: Hold below 41°F</p> <p>4. Day of Service: Clean and sanitize work station. Pull entree containers and lids and place at workstation. Pull eggs from cooler, open and place on parchment lined sheet pan. Wash hands thoroughly and put on gloves. Slice eggs in half using a paring knife. Open, fluff yolk with fork and sprinkle with paprika</p> <p>CCP: Prepare foods at room temperature in two hours or less. CCP: Never handle ready to eat foods with bare hands</p> <p>5. Pre-prep: Pull rolls from freezer and place at workstation. Pull grapes, broccoli, cheese sticks, buttery spread and dressing from cooler and place at workstation. Prep: Wash hands thoroughly and put on gloves. In bottom of entree container place the broccoli and grapes side by side. Top with sliced egg and cheese stick. Add buttery spread and dressing package. Add one roll or serve a choice on the side. Cover, date stamp and hold for service.</p> <p>CCP: Never handle ready to eat foods with bare hands CCP: Prepare foods at room temperature in two hours or less.</p>
Fresh Grapes	18 LB	
Fresh Broccoli Florets, RTU	7 LB	
String Cheese, Mozzarella, Part Skim, 1 oz. stick	6 LB	
Roll, Whole Grain, Split, 2 oz,	96 EACH, 1.75 OZ	
Buttery Spread	96 PIECES	
Dressing, Ranch, 12gr,	96 EACH, 12 GR	
Paprika	1 TBSP	

6. **Hold:** Hold in cooler for service.

CCP: Hold below 41°F

7. **Service:** Serve one MMS Café Protein Kit
Each MMS Café protein kit provides 2.5 oz. eq. meat/meat alternative, 2 oz. eq. wgr, ½ cup dark green vegetable and ½ cup fruit.
Each MMS Café Protein Kit weighs 267.08 grams or 9.42 oz.

CCP: Hold below 41°F

Notes:

Production Notes: Fresh fruit provides great taste, nutrition and color so feel free to substitute ½ cup of other fresh fruits. For the Hard-Boiled Eggs, please request a product formulation statement if buying a prepared HBE. If using fresh shell on eggs, consider letting the kids peel them. Both fresh HBE's and processed HBE's have a one-week shelf life from the time they are opened or cooked. All meal component calculations are based on the FBG or Manufacturer PFS.

Serving Notes: Each MMS Café protein kit provides 2.5 oz. eq. meat/meat alternative, 2 oz. eq. wgr, ½ cup dark green vegetable and ½ cup fruit.
Each MMS Café Protein Kit weighs 267.08 grams or 9.42 oz.
Great for Meals in the Classroom, emergency feeding programs, summer feeding and suppers too.

Nutrients Per Serving: (per 1 Package)

Calories	509.720	Trans Fat (gm)	0.000*	Iron (mg)	2.463*
Protein (gm)	19.217	Chol (mg)	198.100	Calc (mg)	50.172*
Carb (gm)	46.285	Vit A (IU)	1063.353*	Sodium (mg)	595.907
Tot Fat (gm)	24.780	Vit C (mg)	35.304*	Fiber (gm)	2.625
Sat Fat (gm)	9.141			Sugars (gm)	19.674*

Note: * means nutrient data is missing or not available.

Meal Components: (per 1 Package)

Fruit (Cups) 0.500		----- Vegetables (Cups) -----				
	Dark Green 0.500	Red/Orange	Beans/Peas	Starchy	Other	
Whole Grain- Rich (Oz. Eq.) 2.000	Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.) 2.500	Fluid Milk (Cups)			

Allergens:

Milk, Eggs, Wheat

CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.