

Roseville Schools

Recipe: 001680 Korean Bulgogi Rice Bowl

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 48
Size of Portion: 2 oz.

Recipe HACCP Process: #3 Complex Food Preparation

902883 Beef Stew Meat Prem 3/4" (IFD#38415)..... 902752 Beef base (63895)..... 014429 WATER,MUNICIPAL..... 011282 ONIONS,RAW..... 903346 Sauce, Korean Pepper (68468)..... 902901 Rice Brown Long Grain(IFD#70975)..... 902965 Cabbage Shredded W/Carrot(IFD#12291)..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R.... 012029 SESAME SD KRNLs,TSTD,WO/SALT (DECORT)..... 799938 CARROTS,RAW..... 011260 MUSHROOMS,RAW.....	10 LB 3 teaspoon 4 CUP 5 CUP, chopped 6 CUP 29 Cup Dry 5 LB 2 CUP, chopped 1 TBSP 7 CUP, shredded 5 CUP, pieces	2 days before service- Pull beef and de-case on bottom shelf of cooler to thaw. Day of service: <ul style="list-style-type: none"> • Beef: Braise beef in beef stock in a tightly lidded pan in a 350° oven until reaches at least 145° F • Chop onions and oven sautee in oil until translucent • Drain Beef; Place in a 4" deep full size steamer pan or 6" 1/2 steamer pan. • Gently mix in cooked onions to pan of beef being careful not to break up beef • Pour sauce over beef and onions, top with sesame seeds and place in warmer or steam table. To Serve: <ul style="list-style-type: none"> • Offer 1 cup brown rice (2 oz B/G) with 1/2 cup (4 oz spoon) beef & sauce mixture (2 oz M/MA) • Allow students to self-top with veggies Cold Service for Toppings <ul style="list-style-type: none"> • Wash and dice scallions • Offer shredded cabbage blend and shredded carrots
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*Nutrients are based upon 1 Portion Size (2 oz.)

Calories	726 kcal	Cholesterol	*62.72* mg	Sugars	*14.89* g	Calcium	*49.52* mg	*24.39%*	Calories from Total Fat	
Total Fat	*19.68* g	Sodium	492.87 mg	Protein	*28.43* g	Iron	3.09 mg	*8.33%*	Calories from Saturated Fat	
Saturated Fat	*6.72* g	Carbohydrates	*109.36* g	Vitamin A	*3155.63* IU	Water ¹	*59.24* g	*0.00%*	Calories from Trans Fat	
Trans Fat ²	*0.00* g	Dietary Fiber	*6.88* g	Vitamin C	*19.79* mg	Ash ¹	*0.34* g	*60.25%*	Calories from Carbohydrates	
									15.66%	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
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.000 oz			Y - Soy	N - Milk	
Grain..... 2.000 oz			Y - Wheat	N - Egg	
Fruit..... cup				N - Peanut	
Vegetable..... 1.000 cup				N - Tree Nut	
Milk..... cup				N - Fish	
Moisture & Fat Change				N - Shellfish	
Moisture Change. 0%					
Fat Change..... 0%					
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902883	Beef Stew Meat Prem 3/4" (IFD#38415)			
I	902752	Beef base (63895)			
I	014429	WATER,MUNICIPAL			
I	011282	ONIONS,RAW			
I	903346	Sauce, Korean Pepper (68468)			
I	902901	Rice Brown Long Grain(IFD#70975)			
I	902965	Cabbage Shredded W/Carrot(IFD#12291)			
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			
I	012029	SESAME SD KRNLs,TSTD,WO/SALT (DECORT			
I	799938	CARROTS,RAW			
I	011260	MUSHROOMS,RAW			

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