

Provo School District

Recipe Sizing Report

001142 - STEAK AND EVERYTHING : local	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 100 Size of Portion: each Alternate Recipe Name: "Steak and Everything"				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903287 ROAST BEEF.....	12 lbs + 8 ozs	1. Slice beef into thin slices and then put through chopper so you have stirips. Heat meat to an internal temperature of 165°F. 2. Saute peppers, onions, and mushrooms in olive oil just enough to soften. You can mix veggies with meat or leave separate. 3. Assemble on 6 inch hoagie bun, meat, veggies, and cheese. CCP: Heat to 165° F or higher for at least 15 seconds CCP: ~CI Clean produce thoroughly (scrub if needed) under running water before preparation CCP: ~CI Raw produce separation hazard- avoid cross-contamination: separate, clean and sanitize, wash hands CCP: ~CCP Hot holding product temperature at or above 135°F
011282 ONIONS,RAW.....	8 lbs + 6 ozs	
011333 PEPPERS,SWEET,GREEN,RAW.....	16 2/3 medium peppers	
011260 MUSHROOMS,RAW.....	2 qts + 1/4 CUP (pieces)	
902316 OLIVE OIL.....	1 cup + 1/2 Tbsp	
990069 Cheese,shredded mozzarella.....	3 lbs + 2 ozs	
001538R BREAD, 6"SUB ROLL 100% WW...	100 ROLL	

*Nutrients are based upon 1 Portion Size (each)

Calories	337 kcal	Cholesterol	33 mg	Protein	18.45 g	Calcium	157.84 mg	27.80%	Calories from Total Fat
Total Fat	10.42 g	Sodium	936 mg	Vitamin A	17.8 RE	Iron	5.92 mg	5.63%	Calories from Saturated Fat
Saturated Fat	2.11 g	Carbohydrates	41.79 g	Vitamin A	96.4 IU	Water ¹	*50.66* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.69 g	Vitamin C	12.8 mg	Ash ¹	*0.23* g	49.55%	Calories from Carbohydrates
								21.87%	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