

Humboldt Unified School District

Recipe: 001674 Pizza, Mushroom & Bell Pepper

Recipe HACCP Process: #2 Same Day Service

Recipe Source: HUSD 4.09

Recipe Group: PIZZA

Alternate Recipe Name:

Number of Portions: 8

Size of Portion: SLICES

<p>903458 PIZZA CRUST 14" PAR BAKED RICH'S WHITE WHEAT..... 902742 COATING VEGALENE GARLIC FLAVOR PAN COATING.... 900791 Cheese, Mozzarella, lowfat..... 902722 SPAGHETTI SAUCE RED GOLD..... 011260 MUSHROOMS,FRESH..... 011333 PEPPERS,SWT,GREEN,RAW.....</p>	<p>1 ONE CRUST 3 (1/3 SECOND SPRAY) 16 OZ 1 CUP 1 CUP, pieces 1/2 CUP, chopped</p>	<p>1. REMOVE DESIRED AMOUNT OF UNITS FROM CASE AND THEN RESEAL. 2. PLACE CRUSTS ON PAN. 3. Top with.... 1 cup sauce 16 oz cheese 1 cup chopped mushrooms 1/2 cup chopped or sliced bell pepper 4. BAKING GUIDELINES: CONVECTION OVEN - 350 F FOR 8-10 MINUTES OR UNTIL ALL THE CHEESE IS COMPLETELY MELTED 5. Cut each Pizza into 8 slices</p>
		<p>Top with.... 1 cup sauce 16 oz cheese</p> <p>Cut each Pizza into 8 slices</p>
		<p>PIZZA CRUST 1 Pizza is 510.3 501.3/8 slices = 63.78 GROUP B 1 OZ = 28 GRAMS 1 SLICE = 63.78 G 63.78/28=2.27 = 2.25 GRAINS PER SLICE</p> <p>16 OZ CHEESE 16 OZ / 8 SLICES = 2 OZ PER SLICE 2 OZ = 2 MEAT/MEAT ALTERNATE</p>

*Nutrients are based upon 1 Portion Size (SLICES)

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	350 kcal	Cholesterol	50.63 mg	Sugars	*3.16* g	Calcium	*411.19* mg	44.97%	Calories from Total Fat
Total Fat	17.51 g	Sodium	680.26 mg	Protein	18.06 g	Iron	*1.80* mg	26.03%	Calories from Saturated Fat
Saturated Fat	10.13 g	Carbohydrates	32.58 g	Vitamin A	*1699.58* IU	Water ¹	*110.91* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.77 g	Vitamin C	*22.67* mg	Ash ¹	*7.65* g	37.19%	Calories from Carbohydrates
								20.62%	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.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.000 oz				? - Milk
Grain..... 2.250 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.125 cup				? - Tree Nut
Milk..... cup				? - Fish
<u>Moisture & Fat Change</u>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903458	PIZZA CRUST 14" PAR BAKED RICH'S WHITE			
I	902742	COATING VEGALENE GARLIC FLAVOR PAN C			
I	900791	Cheese, Mozzarella, lowfat			
I	902722	SPAGHETTI SAUCE RED GOLD			
I	011260	MUSHROOMS,FRESH			
I	011333	PEPPERS,SWT,GREEN,RAW			

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