

Highline School District

Recipe: 000123 Pancit
 Recipe Source: HSD
 Recipe Group: ENTREES

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name: Philippines Pancit
 Ethnic Meal

Number of Portions: 100
 Size of Portion: 3/4 cup

902606 noodles, yakisoba.....	19 LB	In steam kettle with water, combine noodles, loosen noodles with gloved fingers.
990177 Onions, raw..... 011143 CELERY,RAW HSD..... 990151 Carrots, julienne (raw)..... 900805 Cabbage, green - raw.....	2 1/2 LB, chopped 2 1/2 LB, chopped 2 1/2 LB + 3 3/8 LB 3 LB, shredded + 2 LB	In a separate container combine onions, celery, carrots and cabbage.
050383 OIL, VEGETABLE..... 900853 Water, warm..... 900753 Soy sauce, light..... 900850 Sugar, granulated..... 990172 Garlic Powder..... 901151 BLACK PEPPER, CRACKED....	1 1/4 CUP 4 3/4 CUP 56 OZ 1/2 CUP 9 TBSP 1 TBSP + 2 TSP	In a separate bowl stir together oil, water, soy sauce, sugar, garlic powder and pepper. Put noodles in bottom of hotel pan, add vegetable and sauce. (10# noodles, 5# raw vegetables, 6.5 cups sauce per hotel pan) Cover pans with Aluminum foil and lids, if possible. Bake in oven at 350° for 20 minutes. For 1 cup serving, Garnish with 1/8 cup raw carrots and 1/8 cup raw cabbage.

*Nutrients are based upon 1 Portion Size (3/4 cup)

Calories	241 kcal	Cholesterol	0.00 mg	Protein	7.57 g	Calcium	71.29 mg	19.12%	Calories from Total Fat
Total Fat	5.11 g	Sodium	1016.85 mg	Vitamin A	406.11 RE	Iron	2.48 mg	2.71%	Calories from Saturated Fat
Saturated Fat	0.72 g	Carbohydrates	42.07 g	Vitamin A	3763.39 IU	Water ¹	*76.97* g	*0.07%*	Calories from Trans Fat
Trans Fat ¹	*0.02* g	Dietary Fiber	2.60 g	Vitamin C	11.60 mg	Ash ¹	*0.47* g	69.91%	Calories from Carbohydrates
								12.58%	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

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.

Highline School District

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	2 srv.				? - Egg
F/V/J.....	0.25 cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
					? - Shellfish
					? - Soy
					? - Wheat
Moisture & Fat Change					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902606	noodles, yakisoba			
I	990177	Onions, raw			
I	011143	CELERY,RAW HSD			
I	990151	Carrots, julienne (raw)			
I	900805	Cabbage, green - raw			
I	050383	OIL, VEGETABLE			
I	900853	Water, warm			
I	900753	Soy sauce, light			
I	900850	Sugar, granulated			
I	990172	Garlic Powder			
I	901151	BLACK PEPPER, CRACKED			

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.