

# Quest Food Management

## Recipe Sizing Report

<b>001309 - sand- egg salad wheat : nsjp</b>	<b>Components</b>	<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
HACCP Process: #2 Same Day Service Number of Portions: 3 Size of Portion: 1/2 cup	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
990112 egg lg raw fresh.....	6 egg	
902837 mayo lo cal breakthru gfs 479179.....	4 ozs	
083730 MUSTARD YELLOW PREPARED.....	1 tsp	
110485 DILL WEED.....	1 tsp	
903572 bread- alpha wheat diamond jim 31454....	3 each	

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	418 kcal	Cholesterol	424 mg	Sugars	*3.9* g	Calcium	120.15 mg	53.33% Calories from Total Fat
Total Fat	24.75 g	Sodium	707 mg	Protein	18.51 g	Iron	3.24 mg	7.94% Calories from Saturated Fat
Saturated Fat	3.69 g	Carbohydrates	31.73 g	Vitamin A	500.0 IU	Water <sup>1</sup>	*0.00* g	*8.19%* Calories from Trans Fat
Trans Fat <sup>2</sup>	*3.80* g	Dietary Fiber	2.34 g	Vitamin C	0.0 mg	Ash <sup>1</sup>	*0.02* g	30.38% Calories from Carbohydrates
								17.73% 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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - 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.

Product Information for 711160 EGG HARD CKD PLD 25# GFS

Manufacturer:			
Pack	1/TUB	Net Weight	25
Portion Size	EA	UPC Code 1	93994711168
Portion/Case	225		
Kosher	Yes		
Price	40.98		

Quantity Invoiced Over Last 6 Weeks

1/11/2015	1/18/2015	1/25/2015	2/1/2015	2/8/2015	2/15/2015
0	0	0	0	0	0

Other Information

Other Information	
Item Yield	CASE = 25# EGGS HARD COOKED PEELED
Shelf Life	COOLER = USE BE EXPIRATION DATE
Thawing Instructions	N/A
Basic Preparation	KEEP REFRIGERATED BETWEEN 33°F-40°F. NO COOKING NECESSARY.
Merchandising Idea	REPLACES 462620 ** PRODUCT PROVIDES A HARD COOKED EGG WITHOUT THE WORK. PRODUCT ALSO PROVIDES AN EXTENDED SHELF LIFE ** 25# PACKED IN A PAIL WITH A PRESERVATIVE BRINE FOR EXTENDED SHELF LIFE ** PRODUCT CAN BE USED ANYWHERE A HARD COOKED EGG IS NEEDED ** THIS PRODUCT IS KOSHER FOR PASSOVER (OUP) AND IS PRODUCED UNDER O.U. SUPERVISION.

## Nutritional Information for EGG HARD CKD PLD 25# GFS

<b>Product Number:</b>	711160
<b>Description:</b>	AP Egg, Hard, Ckd, Pld, GFS

Nutritional Information		
Serving Size 1 each (50 g)		
<b>Amount Per Serving</b>		
<b>Calories 80</b>		<b>Calories from Fat 45</b>
% Daily Value		
<b>Total Fat</b>	<b>5 g</b>	<b>8%</b>
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
<b>Cholesterol</b>	<b>185 mg</b>	<b>62%</b>
<b>Sodium</b>	<b>70 mg</b>	<b>3%</b>
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>
<b>Total Carbs</b>	<b>1 g</b>	<b>0%</b>
Dietary Fiber	0 g	0%
Sugars	1 g	n/a
<b>Protein</b>	<b>7 g</b>	<b>14%</b>
Vitamin A -	6%	Vitamin C - 0%
Calcium -	2%	Iron - 4%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 9	Carbohydrates 4    Protein 4

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	20 mg
Vitamin C	0 mg	Iron	.72 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a



**Ingredients:**

**Hard Cooked Eggs, Water, Citric Acid, Sodium Benzoate as a preservative. COMMON ALLERGENS PRESENT: Egg. Nutrition and Ingredient statement updated May 2013. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.**

Product Information for 479179 MAYONNAISE LO CAL 4-1GAL BRKTHR

Manufacturer: VENTURA FOODS - ALBERT LEA, MN			
Pack	4/CASE	Manufacturer #	10938BRT
Portion Size	OZ	Net Weight	32.8
Portion/Case	512	UPC Code 1	41429632304
Kosher	Yes	UPC Code 2	41429632304
Price	24.91		

Quantity Invoiced Over Last 6 Weeks

1/11/2015	1/18/2015	1/25/2015	2/1/2015	2/8/2015	2/15/2015
0	0	0	0	0	0

Other Information

Other Information	
Item Yield	CASE= 4-1 GALLON JUGS LOW CALORIE, CHOLESTEROL FREE MAYONNAISE.
Shelf Life	DRY STORAGE= 5 MONTHS @ 60-80* REFRIGERATE AFTER OPENING.
Thawing Instructions	KEEP REFRIGERATED
Basic Preparation	READY TO USE.
Merchandising Idea	MARKET**THE BREAKTHROUGH LINE OF WHITE SALAD DRESSINGS AND MAYONNAISE FEATURES QUALITY PRODUCTS THAT DELIVER GREAT FLAVOR. HIGHEST EGG & OIL SALAD DRESSING AVAILABLE W/50% LESS SATURATED FAT THAN TYPICAL SALAD DRESSING**ALL SEGMENTS**THIS PRODUCT CAN BE USED AS A SANDWICH SPREAD AND AS A BASE FOR SPECIALTY DRESSINGS AND DIPPING SAUCES.

# Nutritional Information for MAYONNAISE LO CAL 4-1GAL BRKTHR

<b>Product Number:</b>	479179
<b>Description:</b>	AP Mayonnasie, Red. Calorie, Chol Free

Nutritional Information		
Serving Size 1 tbsp (15 g)		
Amount Per Serving		
Calories 50		Calories from Fat 40.5
% Daily Value		
<b>Total Fat</b>	4.5 g	7%
Saturated Fat	0 g	0%
Trans Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	110 mg	5%
<b>Potassium</b>	n/a	n/a
<b>Total Carbs</b>	2 g	1%
Dietary Fiber	0 g	0%
Sugars	1 g	n/a
<b>Protein</b>	0 g	0%
Vitamin A -	0%	Vitamin C - 0%
Calcium -	0%	Iron - 0%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 9	Carbohydrates 4    Protein 4

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	0 mg
Vitamin C	0 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Updated for New Final Rule			
Meat/Meat Alternate	n/a		
Grain/Bread	n/a		
Fruit	n/a		
Vegetable:			
Red/Orange	n/a		
Dark Green	n/a		
Starchy	n/a		
Beans/Peas	n/a		
Other	n/a		
Notes:			
n/a			



**Ingredients:**

**For ingredient or allergen information, please contact: Ventura Foods, phone: (800) 786-2145/web page: [www.venturafoods.com](http://www.venturafoods.com). Please reference manufacturer number: 10938BRT. Nutrition updated February 2013. The nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.**



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*L. Wiginton*  
 Larry Wiginton, QA Manager  
 6/27/2014

Nutritional information summary for the school dietician

## Wheat Diamond Jims 24T

Serving Size: 1 Roll  
 Servings per Pack: 24  
 Serving Weight: 57 Grams  
 2.0 Oz

**Product # 31454**  
 2.00 School Bread Servings  
 (Whole Grain-Rich)

Whole Grain:	18.3 Grams each	52% of total Flour
Enriched Flour:	17.1 Grams each	48% of total Flour
Total Flour:	35.4 Grams each	17.7 grams of total flour per each bread serving

**ALLERGEN Statement: Contains: Wheat.**

Nutrient*	Per Serving	% RDA	
Calories	144.09	7%	<b>INGREDIENTS:</b> Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Yeast, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Dough Conditioners (Calcium Stearoyl Lactylate, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, DATEM, Sodium Stearoyl Lactylate, Ascorbic Acid, L-cysteine, Azodicarbonamide, Calcium Peroxide, Enzymes), Yeast Nutrients (Calcium Sulfate, Monocalcium Phosphate, Ammonium Sulfate), Calcium Propionate and Potassium Sorbate (Preservatives).
Calories from Fat	19.10		
Protein (gm)	5.92		
Carbohydrates (gm)	25.99	9%	
Dietary Fiber (gm)	2.35	9%	
Total Sugars (gm)	3.96		
Total Fat (gm)	2.14	3%	
Saturated Fat (gm)	0.69	3%	
Poly Fats (gm)	0.84		
Mono Fats (gm)	0.84		
Trans Fats (gm)	0.02		
Cholesterol (mg)	0.00	0%	
Sodium (mg)	283.99	12%	
Calcium (mg)	62.67	6%	
Iron (mg)	1.38	8%	
Phosphorus (mg)	83.80	8%	
Potassium (mg)	94.43	3%	
Magnesium (mg)	25.31	6%	
Zinc (mg)	0.59	4%	
Thiamine (mg)	0.27	18%	
Riboflavin (mg)	0.15	9%	
Niacin (mg)	2.43	12%	
Folate (mcg)	32.56	8%	
Vitamin A (IU)	0.00	0%	
Vitamin B6 (mg)	0.06	3%	
Vitamin C (mg)	0.00	0%	
Vitamin D (IU)	0.00	0%	
Vitamin E (mg)	0.27	1%	

\* Nutritional analysis is computed from databases.  
 "Per Serving" information is unrounded and based on product weight.

Definitions:

"1.0 School Bread Serving" = "1oz of bread, at least 16g flour per oz"

"Whole Grain-Rich" means at least 8 grams of the flour is WHOLE GRAIN (per serving), and the remainder of the flour, if any, is Enriched.