

**Recipe: 000390 Grilled Chicken Quesdilla**

Recipe Source: Jr Chef  
 Recipe Group: ENTREES

Alternate Recipe Name: Avocado Cucumber Salsa  
 Chippolte Lime Ranc  
 2nd Alternate Recipe Name: Jessamine County  
 Number of Portions: 48  
 Size of Portion: Serving

**Recipe HACCP Process: #2 Same Day Service**

|  |  |   |
|--|--|---|
| 075013 CHICKEN BREAST.....<br>002047 SALT, TABLE.....<br>002030 PEPPER, BLACK.....<br>799902 CUMIN, GROUND.....<br>903238 Chipotle Powder.....<br>002028 PAPRIKA.....<br>004582 VEGETABLE OIL, CANOLA.....<br>900814 HONEY, RAW.....<br>001178 SOUR CREAM, REDUCED FAT.....<br>075003 MAYONNAISE, LoFat, No Cholesterol.....<br>051565 Tortillas, Whole Grain or Whole Grain-Rich, F...<br>001209 CHEESE, MEXICAN, BLEND, RED FAT..... | 24 Each (4 oz avg)<br>3 TSP<br>1 1/2 TSP, ground<br>3 TSP<br>3 TSP<br>3 TSP<br>1 1/2 CUP<br>1 1/2 CUP<br>1 1/2 CUP<br>1 1/2 CUP<br>48 tortilla<br>3 LB           | Whisk together salt, pepper, cumin, chipotle powder, paprike, oil, lime juice, and honey in bowl. Pour over chicken and allow to marinate 10-20 minutes in the frig.<br>Preheat grill pan. Grill each chicken breast until reaches internal temp of 155 degrees. Remove and allow to rest. SLice into thin strips.  |
| 009037 AVOCADOS, RAW, ALL COMM VAR.....<br>011206 CUCUMBER, PEELED, RAW.....<br>799943 Tomatoes, locally grown.....<br>011282 Onions, red raw finely diced.....<br>799968 CILANTRO.....<br>799981 Lime Zest.....<br>009160 LIME JUICE, RAW.....<br>002048 Vinegar, white wine.....<br>799946 PEPPERS, JALAPENO, RAW.....<br>799986 SALT, KOSHER.....<br>002030 PEPPER, BLACK.....  | 6 avocado<br>12 medium<br>12 plum tomato<br>3/4 CUP, chopped<br>3/4 CUP<br>3 Tablespoon<br>6 TBSP<br>6 TBSP<br>3 Pepper minced<br>1 1/2 TSP<br>1 1/2 TSP, ground | Salsa: In a bowl mix together avacado, cucmbers, tomatoes, red onion, cilantro, lime zest, white wine vinegar, lime juice, jalapeno, salt and pepper. Set aside.  |
|  |  | Quesadillas: Sandwich 2oz chicken and 1/4 cup cheese between two 6 inch tortillas. Brush the top and bottom with oil.<br>Heat a large nonstick skillet over high heat until very hot. Cook the quesadillas, in batches, until the cheese melts and the tortillas are crispy and golden, 1 1/2 - 2 minutes per side.<br>Cut into wedges and serve around Mexican rice and beans and top with Salsa.<br><br>CCP: Hold at 135 degrees. |

\*Nutrients are based upon 1 Portion Size (Serving)

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|                        |          |               |            |           |             |                    |             |         |                             |
|------------------------|----------|---------------|------------|-----------|-------------|--------------------|-------------|---------|-----------------------------|
| Calories               | 450 kcal | Cholesterol   | *52.18* mg | Sugars    | *2.20* g    | Calcium            | *404.25* mg | 48.39%  | Calories from Total Fat     |
| Total Fat              | 24.20 g  | Sodium        | 727.87 mg  | Protein   | 23.99 g     | Iron               | *1.05* mg   | 14.75%  | Calories from Saturated Fat |
| Saturated Fat          | 7.37 g   | Carbohydrates | 36.74 g    | Vitamin A | *488.92* IU | Water <sup>1</sup> | *108.76* g  | *0.06%* | Calories from Trans Fat     |
| Trans Fat <sup>2</sup> | *0.03* g | Dietary Fiber | *4.44* g   | Vitamin C | *8.43* mg   | Ash <sup>1</sup>   | *2.38* g    | 32.65%  | Calories from Carbohydrates |
|                        |          |               |            |           |             |                    |             | 21.32%  | 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.

| Miscellaneous                    |           | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
|----------------------------------|-----------|------------|-------------------|------------------|------------------------|
| Meat/Alt.....                    | 3.000 oz  |            |                   |                  | ? - Allergen 1         |
| Grain.....                       | 2.000 oz  |            |                   |                  | ? - Allergen 2         |
| Fruit.....                       | cup       |            |                   |                  | ? - Allergen 3         |
| Vegetable.....                   | 0.500 cup |            |                   |                  | ? - Allergen 4         |
| Milk.....                        | cup       |            |                   |                  | ? - Allergen 5         |
| <b>Moisture &amp; Fat Change</b> |           |            |                   |                  | ? - Allergen 6         |
| Moisture Change.                 | 0%        |            |                   |                  | ? - Allergen 7         |
| Fat Change.....                  | 0%        |            |                   |                  | ? - Allergen 8         |
| Type of Fat.....                 |           |            |                   |                  |                        |

#### Production Specification

| I/R | Ing #  | Ingredient or Sub-Recipe          | Measure | Measure | Round |
|-----|--------|-----------------------------------|---------|---------|-------|
| I   | 075013 | CHICKEN BREAST                    |         |         |       |
| I   | 002047 | SALT, TABLE                       |         |         |       |
| I   | 002030 | PEPPER, BLACK                     |         |         |       |
| I   | 799902 | CUMIN, GROUND                     |         |         |       |
| I   | 903238 | Chipotle Powder                   |         |         |       |
| I   | 002028 | PAPRIKA                           |         |         |       |
| I   | 004582 | VEGETABLE OIL, CANOLA             |         |         |       |
| I   | 900814 | HONEY, RAW                        |         |         |       |
| I   | 009037 | AVOCADOS, RAW, ALL COMM VAR       |         |         |       |
| I   | 011206 | CUCUMBER, PEELED, RAW             |         |         |       |
| I   | 799943 | Tomatoes, locally grown           |         |         |       |
| I   | 011282 | Onions, red raw finely diced      |         |         |       |
| I   | 799968 | CILANTRO                          |         |         |       |
| I   | 799981 | Lime Zest                         |         |         |       |
| I   | 009160 | LIME JUICE, RAW                   |         |         |       |
| I   | 002048 | Vinegar, white wine               |         |         |       |
| I   | 799946 | PEPPERS, JALAPENO, RAW            |         |         |       |
| I   | 799986 | SALT, KOSHER                      |         |         |       |
| I   | 002030 | PEPPER, BLACK                     |         |         |       |
| I   | 001178 | SOUR CREAM, REDUCED FAT           |         |         |       |
| I   | 075003 | MAYONNAISE, LoFat, No Cholesterol |         |         |       |

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|   |        |   |  |  |  |
|---|--------|---|--|--|--|
| I | 051565 | Tortillas, Whole Grain or Whole Grain-Rich, F |  |  |  |
| I | 001209 | CHEESE, MEXICAN, BLEND, RED FAT               |  |  |  |

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# Kentucky Department of Education

**Recipe: 000391 Chipotle Ranch**

**Recipe HACCP Process: #1 No Cook**

Recipe Source: Jr Chef  
 Recipe Group: MISCELLANEOUS

Alternate Recipe Name: Jessamine County

Number of Portions: 48  
 Size of Portion: Portions

|  |  |  |
|--|--|--|
| 001178 SOUR CREAM,REDUCED FAT.....<br>075003 MAYONNAISE,LoFat,No Cholesterol.....<br>001287 YOGURT,GREEK,PLN,LOWFAT.....<br>799968 CILANTRO.....<br>903229 Parsley.....<br>009160 LIME JUICE,RAW.....<br>002020 GARLIC POWDER.....<br>002026 ONION POWDER.....<br>002028 PAPRIKA.....<br>002030 PEPPER,BLACK.....<br>903221 Ranch Seasoning Packet.....<br>001088 MILK,BTTRMLK,FLUID,CULTURED,LOWFAT.... | 1 1/2 CUP<br>1 1/2 CUP<br>1 1/2 CUP<br>3/4 CUP<br>3/4 CUP<br>3 lime yields<br>3 TSP<br>3 TSP<br>3 TSP<br>1 1/2 TSP, ground<br>1 CUP<br>4 CUP | Add all ingredients to food processor except buttermilk. Process on high for about 30 seconds. Stream in buttermilk.<br>Chill for an hour (or longer) prior to serving.<br>CCP: Hold at 41 degrees for below.<br>Serve with Grilled Chicken Quesadillas. |
|--|--|--|

\*Nutrients are based upon 1 Portion Size (Portions)

|                        |          |               |           |           |             |                    |            |         |                             |
|------------------------|----------|---------------|-----------|-----------|-------------|--------------------|------------|---------|-----------------------------|
| Calories               | 54 kcal  | Cholesterol   | *3.60* mg | Sugars    | *1.32* g    | Calcium            | *49.31* mg | 53.09%  | Calories from Total Fat     |
| Total Fat              | 3.18 g   | Sodium        | 245.72 mg | Protein   | 1.87 g      | Iron               | *0.07* mg  | 16.23%  | Calories from Saturated Fat |
| Saturated Fat          | 0.97 g   | Carbohydrates | 4.28 g    | Vitamin A | *129.57* IU | Water <sup>1</sup> | *30.95* g  | *0.07%* | Calories from Trans Fat     |
| Trans Fat <sup>2</sup> | *0.00* g | Dietary Fiber | *0.12* g  | Vitamin C | *1.18* mg   | Ash <sup>1</sup>   | *0.31* g   | 31.75%  | Calories from Carbohydrates |
|                        |          |               |           |           |             |                    |            | 13.84%  | Calories from Protein       |

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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| <b>Miscellaneous</b>             |     |  | <b>Attributes</b> | <b>Allergens Present</b> | <b>Allergens Absent</b> | <b>Allergens Unidentified</b> |
|----------------------------------|-----|--|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt.....                    | oz  |  |                   |                          |                         | ? - Allergen 1                |
| Grain.....                       | oz  |  |                   |                          |                         | ? - Allergen 2                |
| Fruit.....                       | cup |  |                   |                          |                         | ? - Allergen 3                |
| Vegetable.....                   | cup |  |                   |                          |                         | ? - Allergen 4                |
| Milk.....                        | cup |  |                   |                          |                         | ? - Allergen 5                |
| <b>Moisture &amp; Fat Change</b> |     |  |                   |                          |                         | ? - Allergen 6                |
| Moisture Change.                 | 0%  |  |                   |                          |                         | ? - Allergen 7                |
| Fat Change.....                  | 0%  |  |                   |                          |                         | ? - Allergen 8                |
| Type of Fat.....                 |     |  |                   |                          |                         |                               |

**Production Specification**

| I/R | Ing #  | Ingredient or Sub-Recipe           | Measure | Measure | Round |
|-----|--------|------------------------------------|---------|---------|-------|
| I   | 001178 | SOUR CREAM,REDUCED FAT             |         |         |       |
| I   | 075003 | MAYONNAISE,LoFat,No Cholesterol    |         |         |       |
| I   | 001287 | YOGURT,GREEK,PLN,LOWFAT            |         |         |       |
| I   | 799968 | CILANTRO                           |         |         |       |
| I   | 903229 | Parsley                            |         |         |       |
| I   | 009160 | LIME JUICE,RAW                     |         |         |       |
| I   | 002020 | GARLIC POWDER                      |         |         |       |
| I   | 002026 | ONION POWDER                       |         |         |       |
| I   | 002028 | PAPRIKA                            |         |         |       |
| I   | 002030 | PEPPER,BLACK                       |         |         |       |
| I   | 903221 | Ranch Seasoning Packet             |         |         |       |
| I   | 001088 | MILK,BTTRMLK,FLUID,CULTURED,LOWFAT |         |         |       |

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**Recipe: 000392 Mexican Rica & Beans**

Recipe Source: Jr Chef  
 Recipe Group: BREAD/ROLLS/STARCH

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name: Jessamine County

Number of Portions: 48  
 Size of Portion: Portions

|  |                            |   |
|--|----------------------------|---|
| 902959 Extra Virgin Olive Oil.....             | 3/4 CUP                    | Place oil in skillet over medium heat.<br>Add onions and red pepper and saute for 3 minutes.<br>Stir in garlic and continue to cook for 1 minute, careful not to burn the garlic.<br>Add in vegetabel broth, tomatoes with chilies, black beans, corn,cumin, salt, pepper and lime juice. Bring to boil.<br>Stir in rice, turn off heat and cover.<br>Let sit for 15 minutes.<br>Add in parsley and cilantro and fluff with fork.<br>Serve with grilled chicken quesadillas.<br><br>CCP: Hold at 135 degrees. |
| 011294 Onions, chopped.....                    | 3 medium                   |   |
| 011821 Peppers, red sweet chopped.....         | 3 medium (2-3/4" x 2-1/2") |   |
| 799939 GARLIC,RAW.....                         | 10 Clove, minced           |   |
| 020036 RICE,BROWN,LONG-GRAIN,RAW...            | 12 CUP                     |   |
| 903239 Vegetable Broth.....                    | 12 CUP                     |   |
| 903240 Tomatoes, diced with green chilies..... | 6 (10 oz Can)              |   |
| 051529 Black Beans, drained and rinsed.....    | 11 CUP                     |   |
| 011167 CORN,SWEET,YELLOW,RAW.....              | 6 CUP                      |   |
| 900683 CUMIN,GROUND.....                       | 2 TBSP                     |   |
| 002047 SALT, TABLE.....                        | 2 TSP                      |   |
| 002030 PEPPER,BLACK.....                       | 1 1/2 TSP, ground          |   |
| 009160 LIME JUICE,RAW.....                     | 6 TBSP                     |   |
| 799968 CILANTRO.....                           | 12 TBSP, MINCED            |   |
| 903229 Parsley.....                            | 12 TBSP                    |   |

**\*Nutrients are based upon 1 Portion Size (Portions)**

|                        |          |               |           |           |             |                    |            |         |                             |
|------------------------|----------|---------------|-----------|-----------|-------------|--------------------|------------|---------|-----------------------------|
| Calories               | 287 kcal | Cholesterol   | *0.00* mg | Sugars    | *2.73* g    | Calcium            | *38.34* mg | 16.68%  | Calories from Total Fat     |
| Total Fat              | 5.32 g   | Sodium        | 416.51 mg | Protein   | 8.15 g      | Iron               | *2.17* mg  | *2.63%* | Calories from Saturated Fat |
| Saturated Fat          | *0.84* g | Carbohydrates | 52.36 g   | Vitamin A | *270.99* IU | Water <sup>1</sup> | *45.32* g  | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>2</sup> | *0.00* g | Dietary Fiber | *6.08* g  | Vitamin C | *12.41* mg  | Ash <sup>1</sup>   | *1.05* g   | 73.01%  | Calories from Carbohydrates |
|                        |          |               |           |           |             |                    |            | 11.36%  | Calories from Protein       |

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|                                  |  |                   |                          |                         |                               |
|----------------------------------|--|-------------------|--------------------------|-------------------------|-------------------------------|
| <b>Miscellaneous</b>             |  | <b>Attributes</b> | <b>Allergens Present</b> | <b>Allergens Absent</b> | <b>Allergens Unidentified</b> |
| Meat/Alt..... oz                 |  |                   |                          |                         | ? - Allergen 1                |
| Grain..... 1.000 oz              |  |                   |                          |                         | ? - Allergen 2                |
| Fruit..... cup                   |  |                   |                          |                         | ? - Allergen 3                |
| Vegetable..... 0.500 cup         |  |                   |                          |                         | ? - Allergen 4                |
| Milk..... cup                    |  |                   |                          |                         | ? - Allergen 5                |
| <b>Moisture &amp; Fat Change</b> |  |                   |                          |                         | ? - Allergen 6                |
| Moisture Change. 0%              |  |                   |                          |                         | ? - Allergen 7                |
| Fat Change..... 0%               |  |                   |                          |                         | ? - Allergen 8                |
| Type of Fat.....                 |  |                   |                          |                         |                               |

**Production Specification**

| I/R | Ing #  | Ingredient or Sub-Recipe           | Measure | Measure | Round |
|-----|--------|------------------------------------|---------|---------|-------|
| I   | 902959 | Extra Virgin Olive Oil             |         |         |       |
| I   | 011294 | Onions, chopped                    |         |         |       |
| I   | 011821 | Peppers, red sweet chopped         |         |         |       |
| I   | 799939 | GARLIC,RAW                         |         |         |       |
| I   | 020036 | RICE,BROWN,LONG-GRAIN,RAW          |         |         |       |
| I   | 903239 | Vegetable Broth                    |         |         |       |
| I   | 903240 | Tomatoes, diced with green chilies |         |         |       |
| I   | 051529 | Black Beans, drained and rinsed    |         |         |       |
| I   | 011167 | CORN,SWEET,YELLOW,RAW              |         |         |       |
| I   | 900683 | CUMIN,GROUND                       |         |         |       |
| I   | 002047 | SALT, TABLE                        |         |         |       |
| I   | 002030 | PEPPER, BLACK                      |         |         |       |
| I   | 009160 | LIME JUICE, RAW                    |         |         |       |
| I   | 799968 | CILANTRO                           |         |         |       |
| I   | 903229 | Parsley                            |         |         |       |

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