

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

I, _____ (name of the responsible individual), certify that _____ (name of the covered establishment) has taken reasonable steps to ensure that the recipe for _____ (name(s) of standard menu item) that was used to determine the calorie declaration and other nutrient values was followed to prepare _____ (name(s) of standard menu item). The ingredients were properly measured, the specified cook times and temperatures were followed, and the specified portion sizes were served to the customer.

Signature _____, Position _____, Date _____

Instructions

Avocado Cauliflower Rice Bowl

Key Name: 0106922

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)		
Cauliflower Rice	Cauliflower raw	USDA Database	11135	2	Cup	201.596	1	201.596	50	5	0.56	0.262		0	60	10.02	4.0		3.87		
Salt Table	Salt table	USDA Database	02047	1	Teaspoon	6.000	1	6.000	0	0	0.00	0.000		0	2,325	0.00	0.0		0.00		
Spice Pepper Black Ground	Spices pepper black	USDA Database	02030	1	Teaspoon	2.300	1	2.300	6	1	0.07	0.032		0	0	1.47	0.6		0.24		
Chicken breast sknls bnls meat only raw	4/10 LB/CHICKEN CVP BRST JMBO GOURM TR	Manufacturer	3717319	4	Ounce	113.398	1	113.398	132	32	3.54	0.506		71	71	0.00	0.0		23.29		
Pico De Gallo	1/5 LB/SALSA PICO DE GALLO FRSH	Manufacturer	7225568	4	Ounce	113.398	1	113.398	23	0	0.00	0.000		0	170	5.67	1.1		1.13		
Cheese Cheddar, Shredded	Cheese cheddar (Includes foods for USDA's Food Distribution Program)	USDA Database	01009	1	Ounce	28.350	1	28.350	114	85	9.44	5.349		28	185	0.96	0.0		6.48		
Total Recipe Weight:	Stated Recipe Yield:					465.042 grams		465.042	325	123	13.61	6.149		99	2,811	18.12	5.7		35.01		
Nutrients per Serving Size (Unrounded):									Serving = 465.042 grams (Stated)		325	123	13.61	6.149		99	2,811	18.12	5.7		35.01
Nutrients per Serving Size (Rounded):									Serving = 465.042 grams (Stated)		320	120	14	6		100	2810	18	6		35

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Instructions

Avocado Cheesecake

Key Name: 0106924

Yield 12 Pies
Serving Size Pies
of Servings 12

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Avocado Spread	Avocado Halves	Manufacturer Data	0128280	3	Quart	1800.000	1	1800.000	3,600	3,240	360.00	59.999		0	0	120.00	120.0		60.00	
Milk condensed sweetened canned	24/14 OZ/MILK CONDENSED SWEETENED	Manufacturer	9312596	12	14 oz can	4762.716	1	4762.716	6,192	1,286	142.88	71.441		476	1,667	1,047.80	0.0		142.88	
Lemon Juice Raw	Lemon Juice	Manufacturer Data	7653091	4	Tablespoon	56.699	1	56.699	0	0	0.00	0.000		0	0	0.00	0.0		0.00	
Cheese, cream	10/3 LB/CHEESE CREAM LOAF	Manufacturer	1012566	2	Pound	907.184	1	907.184	2,916	2,624	291.60	194.397		972	3,078	64.80	0.0		64.80	
Sugars, granulated	1/25 LB/SUGAR GRANULATED XFINE CANE	Manufacturer	5087572	2	Cup	400.000	1	400.000	1,500	0	0.00	0.000		0	0	400.00	0.0		0.00	
Pie crust standard frozen enriched baked	Pie crust standard-type frozen ready-to-bake enriched baked	USDA Database	18335	12	Each	1536.000	1	1536.000	7,803	3,952	439.14	142.495		0	7,173	863.85	50.7		99.84	
Total Recipe Weight:	Stated Recipe Yield:	9,462.599 grams				9,462.599		9462.599	22,011	11,102	1,233.62	468.332		1,448	11,918	2,496.45	170.7		367.52	
Nutrients per Serving Size (Unrounded):									Pies = 788.550 grams (Stated)	1,834	925	102.80	39.028		121	993	208.04	14.2		30.63
Nutrients per Serving Size (Rounded):									Pies = 788.550 grams (Stated)	1830	920	103	39		120	990	208	14		31

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Instructions

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Instructions

Avocado Chicken Flatbread

Key Name: 0106923

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Flatbread Original	FLATOUT Original Flatbread	User Added	-172794	4	Ounce	113.398	1	113.398	260	36	4.00	0.000		0	620	48.00	6.0		14.00	
Butter, without salt	18#/CS 1# NS BUTTER QTRS	Manufacturer Data	7616139	0.5	Ounce	14.175	1	14.175	101	100	11.14	7.087		30	0	0.00	0.0		0.00	
Sys Cls Sauce Tomato	6/10#/SAUCE TOMATO	Manufacturer	4001921	3	Tablespoon	45.750	1	45.750	11	0	0.00	0.000		0	282	3.05	0.8		0.76	
Spice Basil Dried Leaves Whl	6/5 OZ/SPICE BASIL LEAVES	Manufacturer	5228341	1	Teaspoon	0.700	1	0.700												
Chopped Bell Pepper	4/5 LB/PEPPER GREEN DICED 3/8"	Manufacturer	6519649	1	Cup	149.000	1	149.000	30	0	0.00	0.000		0	4	7.45	3.0		1.49	
Spice Thyme Dried	6/11 OZ/SPICE THYME GROUND	Manufacturer	5229778	1	Teaspoon	1.000	1	1.000												
Shredded Chicken	2/5 LB/CHICKEN MEAT PULLED 80D/20W	Manufacturer	8352894	6	Ounce	170.097	1	170.097	418	107	11.94	2.984		269	269	0.00	0.0		71.62	
Mozzarella low moisture part-skim shred	Cheese mozzarella low moisture part-skim shredded	USDA Database	01271	0.5	Cup	43.000	1	43.000	131	76	8.48	4.933		28	293	3.47	0.0		10.16	
Cheese, parmesan, grated	Cheese parmesan grated	USDA Database	01032	0.5	Cup	40.000	1	40.000	168	100	11.14	6.148		34	722	5.56	0.0		11.37	
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.5	Cup	112.689	1	112.689	20	2	0.23	0.032		0	6	4.38	1.4		0.99	
Total Recipe Weight:	Stated Recipe Yield:	689.809 grams				689.809	689.809		<u>1,139</u>	<u>421</u>	<u>46.93</u>	<u>21.184</u>			<u>361</u>	<u>2,196</u>	<u>71.91</u>	<u>11.2</u>		<u>110.39</u>
Nutrients per Serving Size (Unrounded):																				
Serving = 689.809 grams (Stated)								<u>1,139</u>	<u>421</u>	<u>46.93</u>	<u>21.184</u>			<u>361</u>	<u>2,196</u>	<u>71.91</u>	<u>11.2</u>		<u>110.39</u>	
Nutrients per Serving Size (Rounded):																				
Serving = 689.809 grams (Stated)								<u>1140</u>	<u>420</u>	<u>47</u>	<u>21</u>			<u>360</u>	<u>2200</u>	<u>72</u>	<u>11</u>		<u>110</u>	

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Instructions

Avocado Chicken Marsala

Key Name: 0106906

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken breast sknls bnls meat only raw	4/10 LB/CHICKEN CVP BRST JMBO GOURM TR	Manufacturer	3717319	6	Ounce	170.097	1	170.097	197	48	5.32	0.759		106	106	0.00	0.0		34.93
Avocado Marsala Sauce	Avocado Marsala Sauce	Recipe	-Recipe-	1	Servings	132.979	1	132.979	54	36	4.03	2.606		14	191	1.44	0.1		0.38
Sys Imp Potato Mashed Red Skin	6/4 LB/POTATO MASHED RED SKIN	Manufacturer	5020328	1	Cup	186.000	1	186.000	186	54	5.98	2.657		7	678	29.23	2.7		3.99
Broccoli raw	Broccoli raw	USDA Database	11090	5	Cup	455.000	1	455.000	155	15	1.68	0.519		0	150	30.21	11.8		12.83
Total Recipe Weight:	Stated Recipe Yield:	944.076 grams				944.076		944.076	592	153	17.01	6.541		127	1,125	60.88	14.6		52.13
Nutrients per Serving Size (Unrounded):									Serving = 944.076 grams (Stated)	592	153	17.01	6.541	127	1,125	60.88	14.6		52.13
Nutrients per Serving Size (Rounded):									Serving = 944.076 grams (Stated)	590	150	17	6	125	1120	61	15		52

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Instructions

Avocado Chicken Philly

Key Name: 0106760

				Yield	Serving Size	# of Servings		Nutrient Details														
				1 Serving	Serving	1																
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)			
Peppers, sweet, green, raw	4/5 LB/PEPPER GREEN DICED 3/8"	Manufacturer	6519649	4	Ounce	113.398	1	113.398	23	0	0.00	0.000		0	3	5.67	2.3		1.13			
Mushrooms White Raw	Mushrooms white raw	USDA Database	11260	2	Ounce	56.699	1	56.699	12	2	0.19	0.028		0	3	1.85	0.6		1.75			
Onions raw	Onions raw	USDA Database	11282	2	Ounce	56.699	1	56.699	23	1	0.06	0.024		0	2	5.30	1.0		0.62			
Gr Lake Cheese Provolone Sli .5 Oz	PROV SLC 4/2.5 LB RPDPK (.50) GLC 172456	Manufacturer Data	7018149	2	Ounce	56.699	1	56.699	202	146	16.20	8.100		40	486	2.02	0.0		14.17			
Avocados, raw, all commercial varieties	Avocado Halves	Manufacturer Data	0128280	2	Ounce	56.699	1	56.699	113	102	11.34	1.890		0	0	3.78	3.8		1.89			
La Brea Bread Baguette Frch Parbkd	BREAD FRENCH BAGUETTE 20.5" PARBAKED FROZEN BULK BAG 1/30/11.8 OZ	Manufacturer Data	3979531	4.5	Ounce	127.573	1	127.573	380	20	2.24	0.000		0	895	73.86	2.2		13.43			
HORMEL CHICKEN THIGH BNLS FIRE BRAISD	HORMEL FIRE BRAISED Boneless Chicken Thigh	Manufacturer Data	1761698	5	Ounce	141.748	1	141.748	219	91	10.12	2.531		143	456	0.00			30.37			
Total Recipe Weight:	Stated Recipe Yield:	609.514 grams				609.514		609.514	972	362	40.15	12.573		183	1,845	92.48	<u>9.9</u>		63.36			
Nutrients per Serving Size (Unrounded):									Serving =	609.514 grams (Stated)												
										972	362	40.15	12.573		183	1,845	92.48	<u>9.9</u>	63.36			
Nutrients per Serving Size (Rounded):									Serving =	609.514 grams (Stated)												
										970	360	40	13		185	1840	92	<u>10</u>	63			

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Instructions

Avocado Chicken Salad Croissant

Key Name: 0106916

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Avocado Spread	Avocado Halves	Manufacturer Data	0128280	2	Ounce	56.699	1	56.699	113	102	11.34	1.890		0	0	3.78	3.8		1.89	
Chicken Salad	Stclair Salad Chicken Deli-style	User Added	-217393	4	Ounce	113.398	1	113.398	209	90	9.95	1.492		55	438	9.95	1.0		18.90	
Walnut Pieces	3/2 LB/WALNUT HALF & PIECES	Manufacturer	4645388	0.5	Ounce	14.175	1	14.175	96	82	9.11	0.759		0	0	2.02	1.0		2.02	
Grapes red or green seedless raw	1/4 LB/GRAPE RED SDLS FRESH	Manufacturer	2463164	0.125	Cup	18.875	1	18.875	13	0	0.00	0.000		0	0	3.28	0.2		0.21	
Bkrsimp Croissant Butter Curved Sli 3 Oz	48/3 OZ/CROISSANT BUTTER CURVED SLI	Manufacturer	5221809	1	Croissant	85.000	1	85.000	310	126	14.00	8.000		35	360	40.00	1.0		7.00	
Total Recipe Weight:	Stated Recipe Yield:	288.147 grams				288.147		288.147	741	400	44.40	12.141		90	798	59.03	7.0		30.02	
Nutrients per Serving Size (Unrounded):									Serving = 288.147 grams (Stated)	741	400	44.40	12.141		90	798	59.03	7.0		30.02
Nutrients per Serving Size (Rounded):									Serving = 288.147 grams (Stated)	740	400	44	12		90	800	59	7		30

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Instructions

Avocado Deviled Eggs

Key Name: 0106914

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)			
Egg, whole, cooked, hard-boiled	4/5 LB/EGG HARD COOKED GOURM CHPD	Manufacturer	6919708	3	large	150.000	1	150.000	240	135	15.00	4.500		555	180	3.00	0.0		18.00			
Casasol Guacamole Frsh Orig Hgh Prssr Pa	Casa Solana - Guac Original 4/2#-Bag	Manufacturer Data	9420530	6	Ounce	170.097	1	170.097	340	306	34.02	5.670		0	567	11.34	11.3		5.67			
Sys CIs Bacon But Real Ckd 3/8 GF	2/5 LB/BACON BIT REAL CKD 3/8" GF	Manufacturer	5757051	0.5	Ounce	14.175	1	14.175	71	55	6.07	2.025		10	172	0.00	0.0		4.05			
Total Recipe Weight:	Stated Recipe Yield:	334.272 grams				334.272		334.272	651	496	55.09	12.195		565	919	14.34	11.3		27.72			
Nutrients per Serving Size (Unrounded):									Serving =	334.272 grams (Stated)				651	496	55.09	12.195	565	919	14.34	11.3	27.72
Nutrients per Serving Size (Rounded):									Serving =	334.272 grams (Stated)				650	500	55	12	565	920	14	11	28

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Instructions

Avocado Falafel

Key Name: 0106917

			Yield	Serving Size	# of Servings	Nutrient Details														
			1 Serving	Serving	1															
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Greedel Bread Pita Pocket	6" POCKET PITA BREAD	Manufacturer Data	2297158	1	Pita Pocket	74.000	1	74.000	142	11	1.18	0.000		0	276	27.55	0.8		5.51	
Falafel	BALL FALAFEL FRTRR 1 OZ IQF	User Added	-372494	2	Puck	170.000	1	170.000	260	36	4.00	0.000		0	840	46.00	12.0		14.00	
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.5	Each	8.500	1	8.500	2	0	0.02	0.002		0	0	0.33	0.1		0.07	
Cucumber, with peel, raw	Cucumber with peel raw	USDA Database	11205	0.25	cup slices	26.000	1	26.000	4	0	0.03	0.010		0	1	0.94	0.1		0.17	
Avocados, raw, all commercial varieties	Avocado Halves	Manufacturer Data	0128280	0.5	Each	100.500	1	100.500	201	181	20.10	3.350		0	0	6.70	6.7		3.35	
Lettuce Spring Mix	1/3 LB/LETTUCE SPRING MIX CONV PLLW	Manufacturer	3629433	0.5	Cup	14.175	1	14.175	3	0	0.00	0.000		0	3	0.67	0.3		0.33	
Pineapple Salsa	Sauce salsa ready-to-serve	USDA Database	06164	2	Ounce	56.699	1	56.699	16	1	0.10	0.012		0	403	3.76	1.1		0.86	
Total Recipe Weight:	Stated Recipe Yield:	449.874 grams				449.874		449.874	628	229	25.43	3.374		0	1,523	85.95	21.1		24.29	
Nutrients per Serving Size (Unrounded):									Serving = 449.874 grams (Stated)	628	229	25.43	3.374		0	1,523	85.95	21.1		24.29
Nutrients per Serving Size (Rounded):									Serving = 449.874 grams (Stated)	630	230	25	3.5		0	1520	86	21		24

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Instructions

Avocado Falafel Wrap

Key Name: 0106918

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Bbricls Wrap Tortilla Spinach 12"	Bbricls Wrap Tortilla Spinach 12"	Manufacturer	7657653	1	Item	102.000	1	102.000	290	72	8.00	2.000			650	47.00	3.0		7.00	
Falafel	BALL FALAFEL FRTRR 1 OZ IQF	User Added	-372494	3	Puck	255.000	1	255.000	390	54	6.00	0.000		0	1,260	69.00	18.0		21.00	
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.5	Each	8.500	1	8.500	2	0	0.02	0.002		0	0	0.33	0.1		0.07	
Cucumber, with peel, raw	Cucumber with peel raw	USDA Database	11205	0.25	cup slices	26.000	1	26.000	4	0	0.03	0.010		0	1	0.94	0.1		0.17	
Avocado Spread	Avocado Halves	Manufacturer Data	0128280	4	Ounce	113.398	1	113.398	227	204	22.68	3.780		0	0	7.56	7.6		3.78	
Lettuce Spring Mix	1/3 LB/LETTUCE SPRING MIX CONV PLLW	Manufacturer	3629433	2	Cup	56.700	1	56.700	11	0	0.00	0.000		0	13	2.67	1.3		1.33	
Pineapple Salsa	Sauce salsa ready-to-serve	USDA Database	06164	4	Ounce	113.398	1	113.398	33	2	0.19	0.024		0	806	7.53	2.2		1.72	
Total Recipe Weight:	Stated Recipe Yield:	674.996 grams				674.996		674.996	957	332	36.92	5.816			0	2,730	135.03	32.3		35.07
Nutrients per Serving Size (Unrounded):									Serving = 674.996 grams (Stated)	957	332	36.92	5.816		0	2,730	135.03	32.3		35.07
Nutrients per Serving Size (Rounded):									Serving = 674.996 grams (Stated)	960	330	37	6		0	2730	135	32		35

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

I, _____ (name of the responsible individual), certify that _____ (name of the covered establishment) has taken reasonable steps to ensure that the recipe for _____ (name(s) of standard menu item) that was used to determine the calorie declaration and other nutrient values was followed to prepare _____ (name(s) of standard menu item). The ingredients were properly measured, the specified cook times and temperatures were followed, and the specified portion sizes were served to the customer.

Signature _____, Position _____, Date _____

Instructions

Avocado French Toast

Key Name: 0106889

Yield 12 Serving
Serving Size Serving
of Servings 12

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Egg whole raw fresh	1/15 DZ/EGG SHELL MD WHT PAST USDA AA	Manufacturer	3602786	6	Each	332.634	1	332.634	454	272	30.24	11.340		1,247	454	0.00	0.0		45.36	
WHLFCLS Cream Heavy 40%	6/5 GAL/CREAM HEAVY 40% STABILIZED	Manufacturer	2592525	1.5	Cup	360.000	1	360.000	216	194	21.60	14.400		90	0	0.00	0.0		0.00	
Milk whole 3.25% milkfat w/ added Vit D	30/5 PT/MILK HOMOGENIZED	Manufacturer	5653571	1.5	Cup	366.000	1	366.000	248	126	13.96	7.754		54	202	20.16	0.0		12.41	
Spice Cinnamon Ground	6/18 OZ./SPICE CINNAMON GRND	Manufacturer	5265451	3	Teaspoon	7.800	1	7.800												
Spice Nutmeg Ground	6/1 LB/SPICE NUTMEG GROUND	Manufacturer	5229067	1.5	Teaspoon	3.300	1	3.300												
Sugar Light Brown	Sugars brown	USDA Database	19334	1	Cup	220.000	1	220.000	836	0	0.00	0.000		0	62	215.80	0.0		0.26	
Salt Table	Salt table	USDA Database	02047	3	Teaspoon	18.000	1	18.000	0	0	0.00	0.000		0	6,976	0.00	0.0		0.00	
Rotella Bun Brioche	Brioche Bun 4.25" FROZEN 6/8/3.10 OZ	Manufacturer Data	1347394	3.5	Pound	1587.572	1	1587.572	4,697	650	72.26	0.000		0	7,587	794.84	144.5		180.65	
Total Recipe Weight:	Stated Recipe Yield:	2,895.306 grams				2,895.306	2895.306		<u>6,451</u>	<u>1,242</u>	<u>138.06</u>	<u>33.494</u>			<u>1,391</u>	<u>15,281</u>	<u>1,030.80</u>	<u>144.5</u>		<u>238.68</u>
Nutrients per Serving Size (Unrounded):																				
Serving = 241.276 grams (Stated)									<u>538</u>	<u>103</u>	<u>11.50</u>	<u>2.791</u>			<u>116</u>	<u>1,273</u>	<u>85.90</u>	<u>12.0</u>		<u>19.89</u>
Nutrients per Serving Size (Rounded):																				
Serving = 241.276 grams (Stated)									<u>540</u>	<u>100</u>	<u>11</u>	<u>3</u>			<u>115</u>	<u>1270</u>	<u>86</u>	<u>12</u>		<u>20</u>

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Signature _____, Position _____, Date _____

Instructions

Avocado Grilled Cheese

Key Name: 0106921

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bbrcls Bread Sourdough 3/4" Sli	10/24 OZ/BREAD SOURDOUGH 3/4 IN SLI	Manufacturer	5020680	2	Slice	120.000	1	120.000	320	27	3.00	0.000		0	440	60.00	2.0		10.00
Avocado Spread	Avocado Halves	Manufacturer Data	0128280	3	Ounce	85.049	1	85.049	170	153	17.01	2.835		0	0	5.67	5.7		2.83
Cheddar Cheese Sliced USDA	Cheese cheddar (Includes foods for USDA's Food Distribution Program)	USDA Database	01009	2	Ounce	56.699	1	56.699	228	170	18.89	10.697		56	370	1.91	0.0		12.97
Total Recipe Weight:	Stated Recipe Yield:	261.748 grams				261.748		261.748	718	350	38.90	13.532		56	810	67.58	7.7		25.80
Nutrients per Serving Size (Unrounded):									Serving = 261.747 grams (Stated)	718	350	38.90	13.532	56	810	67.58	7.7		25.80
Nutrients per Serving Size (Rounded):									Serving = 261.748 grams (Stated)	720	350	39	13	55	810	68	8		26

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Signature _____, Position _____, Date _____

Instructions

Avocado Honey Garlic Chicken

Key Name: 0106744

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
HORMEL CHICKEN THIGH BNLS FIRE BRAISD	HORMEL FIRE BRAISED Boneless Chicken Thigh	Manufacturer Data	1761698	5	Ounce	141.748	1	141.748	219	91	10.12	2.531		143	456	0.00			30.37	
Butter, without salt	18#/CS 1# NS BUTTER QTRS	Manufacturer Data	7616139	3	Tablespoon	42.600	1	42.600	304	301	33.47	21.300		91	0	0.00	0.0		0.00	
Garlic Peeled Whl	Garlic raw	USDA Database	11215	1	Teaspoon	2.833	1	2.833	4	0	0.01	0.003		0	0	0.94	0.1		0.18	
Kikoman Sauce Soy Tamari Gluten Free	6 0.5 GAL PRESERVATIVE-FREE GLUTEN-FREE TAMARI SOY SAUCE	Manufacturer Data	3206887	2	Tablespoon	30.000	1	30.000	3	0	0.00	0.000		0	294	0.30	0.0		0.60	
Vinegar Cider	1 Gal 40 gr Cider Vinegar Vendor Code #08231	Manufacturer	0258657	2	Tablespoon	29.875	1	29.875	0	0	0.00	0.000		0	0	0.00	0.0		0.00	
Honey	6/5 LB/HONEY PURE LT AMBER GR A JUG	Manufacturer	3374097	2	Tablespoon	42.000	1	42.000	120	0	0.00	0.000		0	0	34.00	0.0		0.00	
Total Recipe Weight:	Stated Recipe Yield:	289.056 grams				289.056		289.056	650	392	43.60	23.834			234	750	35.24	0.1		31.15
Nutrients per Serving Size (Unrounded):									Serving = 289.056 grams (Stated)	650	392	43.60	23.834		234	750	35.24	0.1		31.15
Nutrients per Serving Size (Rounded):									Serving = 289.056 grams (Stated)	650	390	44	24		235	750	35	0		31

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Signature _____, Position _____, Date _____

Instructions

Instructions

Avocado Peach Salad

Key Name: 0106890

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Lettuce Spring Mix	1/3 LB/LETTUCE SPRING MIX CONV PLLW	Manufacturer	3629433	3	Cup	85.050	1	85.050	17	0	0.00	0.000		0	20	4.00	2.0		2.00	
Cucumber, with peel, raw	Cucumber with peel raw	USDA Database	11205	0.25	cup slices	26.000	1	26.000	4	0	0.03	0.010		0	1	0.94	0.1		0.17	
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.25	Cup	56.345	1	56.345	10	1	0.11	0.016		0	3	2.19	0.7		0.50	
Onions raw	Onions raw	USDA Database	11282	0.25	Cup	40.000	1	40.000	16	0	0.04	0.017		0	2	3.74	0.7		0.44	
Raspberries, raw	Raspberries raw	USDA Database	09302	0.125	Cup	15.375	1	15.375	8	1	0.10	0.003		0	0	1.84	1.0		0.18	
Peaches raw	2/5LB/PEACH SLICED IQF	Manufacturer	1024348	0.25	Cup	38.500	1	38.500	14	0	0.00	0.000		0	0	3.57	0.6		0.28	
Sys Cls Pecan Half Med Fcy Raw	1/5 LB/PECAN HALF MED FCY RAW	Manufacturer	7078389	0.5	Cup	56.000	1	56.000	380	360	40.00	3.000		0	0	8.00	6.0		6.00	
Chicken breast sknls bnls meat only raw	4/10 LB/CHICKEN CVP BRST JMBO GOURM TR	Manufacturer	3717319	6	Ounce	170.097	1	170.097	197	48	5.32	0.759		106	106	0.00	0.0		34.93	
Total Recipe Weight:	Stated Recipe Yield:	487.367 grams				487.367		487.367	646	410	45.60	3.805		106	132	24.28	11.1		44.50	
Nutrients per Serving Size (Unrounded):									Serving = 487.367 grams (Stated)		646	410	45.60	3.805	106	132	24.28	11.1		44.50
Nutrients per Serving Size (Rounded):									Serving = 487.367 grams (Stated)		650	410	46	4	105	130	24	11		44

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Signature _____, Position _____, Date _____

Instructions

Avocado Pineapple Thai Salmon

Key Name: 0106913

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Oil Olive Salad or Cooking	Oil olive salad or cooking	USDA Database	04053	1	Tablespoon	13.500	1	13.500	119	122	13.50	1.864		0	0	0.00	0.0		0.00	
Fish, salmon, Atlantic, farmed, raw	Fish salmon Atlantic wild raw	USDA Database	15076	6	Ounce	170.097	1	170.097	242	97	10.78	1.669		94	75	0.00	0.0		33.75	
Asparagus, raw	FRESH ASPARAGUS LG/JBO	Manufacturer	0058016	6	spear, medium (5-1/4" to 7" long)	96.000	1	96.000	24	0	0.00	0.000		0	2	3.58	2.1		2.15	
Cauliflower, raw	Cauliflower raw	USDA Database	11135	2	Cup	201.596	1	201.596	50	5	0.56	0.262		0	60	10.02	4.0		3.87	
Pineapple Salsa	Sauce salsa ready-to-serve	USDA Database	06164	4	Ounce	113.398	1	113.398	33	2	0.19	0.024		0	806	7.53	2.2		1.72	
Total Recipe Weight:	Stated Recipe Yield:	594.591 grams				594.591	594.591	468	226	25.03	3.819			94	943	21.13	8.3		41.49	
Nutrients per Serving Size (Unrounded):									Serving = 594.591 grams (Stated)	468	226	25.03	3.819		94	943	21.13	8.3		41.49
Nutrients per Serving Size (Rounded):									Serving = 594.591 grams (Stated)	470	230	25	4		95	940	21	8		41

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Signature _____, Position _____, Date _____

Instructions

Avocado Poke Bowl

Key Name: 0106900

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Intlimp Rice Botan Sushi Rice	1/10 LB/RICE BOTAN SUSHI RICE	Manufacturer	3748811	0.5	Cup	90.000	1	90.000	340	0	0.00	0.000		0	0	74.00	2.0		6.00	
Broccoli raw	Broccoli raw	USDA Database	11090	0.5	Cup	45.500	1	45.500	15	2	0.17	0.052		0	15	3.02	1.2		1.28	
Mango Raw	Mangos raw	USDA Database	09176	4	Ounce	113.398	1	113.398	68	4	0.43	0.104		0	1	16.99	1.8		0.93	
Cucumber, with peel, raw	Cucumber with peel raw	USDA Database	11205	0.25	Cup	26.000	1	26.000	4	0	0.03	0.010		0	1	0.94	0.1		0.17	
Simplot Soybean Whole Edamame Shelled	Simplot Simple Goodness Premium Vegetables Shelled Edamame, 6/2.5lb	Manufacturer Data	9442138	2	Ounce	56.699	1	56.699	67	24	2.70	0.337		0	3	4.05	2.7		6.07	
Onions, young green, tops only	Onions spring or scallions (includes tops and bulb) raw	USDA Database	11291	1	Ounce	28.350	1	28.349	9	0	0.05	0.009		0	5	2.08	0.7		0.52	
Carrots, Raw	1/5 LB/CARROT SHRD 1/8"	Manufacturer	6517627	1	Ounce	28.350	1	28.350	12	1	0.06	0.000		0	20	2.72	0.8		0.26	
Fish, salmon, Atlantic, farmed, raw	Fish salmon Atlantic wild raw	USDA Database	15076	4	Ounce	113.398	1	113.398	161	65	7.19	1.112		62	50	0.00	0.0		22.50	
Total Recipe Weight:	Stated Recipe Yield:	501.694 grams				501.694		501.694	676	96	10.63	1.624		62	95	103.80	9.3		37.73	
Nutrients per Serving Size (Unrounded):									Serving = 501.694 grams (Stated)											
									676	96	10.63	1.624		62	95	103.80	9.3		37.73	
Nutrients per Serving Size (Rounded):									Serving = 501.694 grams (Stated)											
									680	100	11	1.5		60	95	104	9		38	

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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Signature _____, Position _____, Date _____

Instructions

Avocado Shrimp Fettucine Alfredo

Key Name: 0106905

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Crustaceans shrimp mixed species raw	Crustaceans shrimp mixed species raw (may contain additives to retain moisture)	USDA Database	15149	8	Ounce	226.796	1	226.796	161	21	2.29	0.592		286	1,284	2.06	0.0		30.87
Oil Olive Salad or Cooking	Oil olive salad or cooking	USDA Database	04053	1	Teaspoon	4.500	1	4.500	40	41	4.50	0.621		0	0	0.00	0.0		0.00
Pasta Fettucine Dry 10" Arrezzo	Fettuccine Dry	User Added	-13199	4	Ounce	113.398	1	113.398	421	16	1.79	0.255		0	8	84.70	2.7		14.49
Sauce Alfredo Pouch STOUFFER	STOUFFER'S Alfredo Sauce, Gluten Free, Case of 4-64 oz pouches	Manufacturer Data	2236065	0.5	Cup	125.000	1	125.000	290	234	26.00	9.000		40	770	8.00	0.0		6.00
Broccoli raw	Broccoli raw	USDA Database	11090	0.5	Cup	45.500	1	45.500	15	2	0.17	0.052		0	15	3.02	1.2		1.28
Total Recipe Weight:	Stated Recipe Yield:	515.194 grams				515.194		515.194	927	314	34.75	10.520		326	2,077	97.78	3.9		52.64
Nutrients per Serving Size (Unrounded):									927	314	34.75	10.520		326	2,077	97.78	3.9		52.64
Nutrients per Serving Size (Rounded):									930	310	35	10		325	2080	98	4		53

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Signature _____, Position _____, Date _____

Instructions

Avocado Tikka Masala w/ Chicken

Key Name: 0106909

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken breast sknls bnls meat only raw	4/10 LB/CHICKEN CVP BRST JMBO GOURM TR	Manufacturer	3717319	6	Ounce	170.097	1	170.097	197	48	5.32	0.759		106	106	0.00	0.0		34.93
Avocado Tikka Masala Sauce	Avocado Tikka Masala Sauce	Recipe	-Recipe-	1	Servings	317.989	1	317.989	313	193	21.45	5.973			379	25.37	7.8		7.41
Rice white lng-grn prbld enrchd ckd	Rice white long-grain parboiled enriched cooked	USDA Database	20047	1	Cup	158.000	1	158.000	194	5	0.58	0.117		0	3	41.16	1.4		4.60
Total Recipe Weight:	Stated Recipe Yield:	646.086 grams				646.086		646.086	704	246	27.35	6.849		106	488	66.53	9.2		46.94
Nutrients per Serving Size (Unrounded):									Serving = 646.086 grams (Stated)	704	246	27.35	6.849	106	488	66.53	9.2		46.94
Nutrients per Serving Size (Rounded):									Serving = 646.086 grams (Stated)	700	250	27	7	105	490	66	9		47

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Signature _____, Position _____, Date _____

Instructions

Avocado Tikka Masala w/Tofu

Key Name: 0106910

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)				
Tofu Firm	Tofu raw firm prepared with calcium sulfate	USDA Database	16426	6	Ounce	170.097	1	170.097	245	133	14.83	2.145		0	24	4.73	3.9		29.38				
Avocado Tikka Masala Sauce	Avocado Tikka Masala Sauce	Recipe	-Recipe-	1	Servings	317.989	1	317.989	313	193	21.45	5.973			379	25.37	7.8		7.41				
Rice white lng-grn prbld enrchr ckd	Rice white long-grain parboiled enriched cooked	USDA Database	20047	1	Cup	158.000	1	158.000	194	5	0.58	0.117		0	3	41.16	1.4		4.60				
Total Recipe Weight:	Stated Recipe Yield:	646.086 grams				646.086		646.086	752	331	36.86	8.235			0	406	71.26	13.1		41.39			
Nutrients per Serving Size (Unrounded):									Serving =	646.086 grams (Stated)													
Nutrients per Serving Size (Rounded):									Serving =	646.086 grams (Stated)													

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I, _____ (name of the responsible individual), certify that _____ (name of the covered establishment) has taken reasonable steps to ensure that the recipe for _____ (name(s) of standard menu item) that was used to determine the calorie declaration and other nutrient values was followed to prepare _____ (name(s) of standard menu item). The ingredients were properly measured, the specified cook times and temperatures were followed, and the specified portion sizes were served to the customer.

Signature _____, Position _____, Date _____

Instructions

Avocado Turkey Club

Key Name: 0106919

			Yield	Serving Size	# of Servings	Nutrient Details															
			1 Serving	Serving	1																
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)		
Bbrcls Bread Sourdough 16 Slice 3/4"	Sourdough-Italian Bread (currently being packed as	Manufacturer	0104455	2	Slice	98.000	1	98.000	260	27	3.00	0.000		0	520	50.00	2.0		10.00		
avocado spread	Avocado Halves	Manufacturer Data	0128280	2	Ounce	56.699	1	56.699	113	102	11.34	1.890		0	0	3.78	3.8		1.89		
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.5	Each	8.500	1	8.500	2	0	0.02	0.002		0	0	0.33	0.1		0.07		
Turkey breast sliced prepackaged	2/7-8#AV/TURKEY BRST MESQ SMKD IMP	Manufacturer	7585318	4	Ounce	113.398	1	113.398	121	9	1.01	0.000		61	871	4.05	0.0		22.27		
Cheddar Cheese Sliced USDA	Cheese cheddar (Includes foods for USDA's Food Distribution Program)	USDA Database	01009	1	Ounce	28.350	1	28.350	114	85	9.44	5.349		28	185	0.96	0.0		6.48		
Garlic Mayo	Salad dressing mayonnaise type regular with salt	USDA Database	04018	1	Ounce	28.350	1	28.350	71	55	6.12	0.963		5	185	4.19	0.0		0.18		
Sys Cls Bacon Precooked Regular Slice	2/150 CT/BACON PRECOOKED REGULAR SLICE	Manufacturer	2536555	2	Slice	10.000	1	10.000	47	30	3.33	1.333		13	120	0.00	0.0		4.00		
Lettuce Green Leaf Raw	Lettuce green leaf raw	USDA Database	11253	1	Cup	36.000	1	36.000	5	0	0.05	0.007		0	10	1.03	0.5		0.49		
Total Recipe Weight:	Stated Recipe Yield:	379.296 grams				379.296		379.296	733	308	34.31	9.544		107	1,891	64.34	6.4		45.38		
Nutrients per Serving Size (Unrounded):									Serving =	379.296 grams (Stated)											
										733	308	34.31	9.544		107	1,891	64.34	6.4		45.38	
Nutrients per Serving Size (Rounded):									Serving =	379.296 grams (Stated)											
										730	310	34	9		105	1890	64	6		45	

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Signature _____, Position _____, Date _____

Instructions

Avocado Vegan Chorizo Taco

Key Name: 0106746

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
MORNSTR SAUSAGE CHORIZO VEGAN BULK	Morningstar Farms Meal Solutions Chorizo 5lb 2ct	Manufacturer Data	7103615	6	Ounce	170.097	1	170.097	317	208	23.06	2.883		0	1,211	17.30	14.4		25.95
Imp Fresh Salsa Pico de Gallo Frsh	1/5 LB/SALSA PICO DE GALLO FRSH	Manufacturer	7225568	2	Ounce	56.699	1	56.699	15	5	0.57	0.000		0	113	2.83	0.6		0.57
Peppers sweet red raw	Peppers sweet red raw	USDA Database	11821	1	Ounce	28.350	1	28.350	7	1	0.09	0.017		0	1	1.71	0.6		0.28
Peppers, sweet, green, raw	4/5 LB/PEPPER GREEN DICED 3/8"	Manufacturer	6519649	1	Ounce	28.350	1	28.350	6	0	0.00	0.000		0	1	1.42	0.6		0.28
Daiya Cheese Vegan Shred Mozzarella	DAIYA Cheese Vegan Shred Mozzarella	User Added	-192562	1	Ounce	28.350	1	28.349	90	54	6.02	2.007		0	281	7.02	1.0		1.00
Mission TORTILLA FLOUR PRESSED 6 IN	Mission 6" Heat Pressed Flour Tortillas 24/12ct;Mission 6" chaleur pressée Tortillas à la farine 24 / 12ct	Manufacturer Data	1892934	4	Tortilla	124.000	1	124.000	360	72	8.00	2.000		0	760	64.00	4.0		8.00
Total Recipe Weight:	Stated Recipe Yield:	435.845 grams				435.845		435.845	795	340	37.74	6.907		0	2,367	94.28	21.2		36.08
Nutrients per Serving Size (Unrounded):									Serving = 435.845 grams (Stated)	795	340	37.74	6.907	0	2,367	94.28	21.2		36.08
Nutrients per Serving Size (Rounded):									Serving = 435.845 grams (Stated)	790	340	38	7	0	2370	94	21		36

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Signature _____, Position _____, Date _____

Instructions

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Signature _____, Position _____, Date _____

Instructions

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Signature _____, Position _____, Date _____

Instructions

Steak & Avocado Potato

Key Name: 0106750

			Yield	Serving Size	# of Servings	Nutrient Details														
			1 Serving	Serving	1															
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Beef, loin, top loin steak, boneless raw	Beef round top round steak separable lean and fat trimmed to 1/8" fat all grades raw	USDA Database	13891	6	Ounce	170.097	1	170.097	282	121	13.49	5.312		117	102	0.00	0.0		37.52	
Salt Table	Salt table	USDA Database	02047	1	Teaspoon	6.000	1	6.000	0	0	0.00	0.000		0	2,325	0.00	0.0		0.00	
Spice Pepper Black Ground	Spices pepper black	USDA Database	02030	1	Teaspoon	2.300	1	2.300	6	1	0.07	0.032		0	0	1.47	0.6		0.24	
Oil Olive Salad or Cooking	6/1 GAL/OIL OLIVE CANOLA EVO 75/25	Manufacturer	6332845	1	Tablespoon	13.500	1	13.500	16	17	1.89	0.135		0	0	0.00	0.0		0.00	
Sys Rel Bacon Layflat 18/22 Smoked	1/15 LB/BACON LAYFLAT 18/22 SMOKED	Manufacturer	1073402	2	Each	17.000	1	17.000	109	77	8.50	3.036		18	328	0.00	0.0		6.07	
Potatoes, red, flesh and skin, raw	Potatoes red flesh and skin raw	USDA Database	11355	4	Ounce	113.398	1	113.398	79	1	0.16	0.040		0	20	18.03	1.9		2.14	
Brussels sprouts raw	12/2.5 LB/BRUSSEL SPROUT MED GR A P	Manufacturer	1951490	4	Ounce	113.398	1	113.398	40	0	0.00	0.000		0	13	9.34	4.0		4.00	
Total Recipe Weight:	Stated Recipe Yield:	435.693 grams				435.693		435.693	532	217	24.11	8.555		135	2,788	28.84	6.5		49.97	
Nutrients per Serving Size (Unrounded):									Serving = 435.693 grams (Stated)	532	217	24.11	8.555		135	2,788	28.84	6.5		49.97
Nutrients per Serving Size (Rounded):									Serving = 435.693 grams (Stated)	530	220	24	9		135	2790	29	6		50

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Signature _____, Position _____, Date _____

Instructions

Tofu Zucchini Noodles

Key Name: 0106911

			Yield	Serving Size	# of Servings	Nutrient Details														
			1 Serving	Serving	1															
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Tofu Firm	Tofu raw firm prepared with calcium sulfate	USDA Database	16426	6	Ounce	170.097	1	170.097	245	133	14.83	2.145		0	24	4.73	3.9		29.38	
Mushrooms White Raw	Mushrooms white raw	USDA Database	11260	0.5	Cup	35.000	1	35.000	8	1	0.12	0.018		0	2	1.14	0.4		1.08	
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.5	Cup	112.689	1	112.689	20	2	0.23	0.032		0	6	4.38	1.4		0.99	
Salt Table	Salt table	USDA Database	02047	0.5	Teaspoon	3.000	1	3.000	0	0	0.00	0.000		0	1,163	0.00	0.0		0.00	
Spice Pepper Black Ground	Spices pepper black	USDA Database	02030	0.5	Tablespoon	3.450	1	3.450	9	1	0.11	0.048		0	1	2.21	0.9		0.36	
Oil Olive Salad or Cooking	Oil olive salad or cooking	USDA Database	04053	1	Tablespoon	13.500	1	13.500	119	122	13.50	1.864		0	0	0.00	0.0		0.00	
Basil Pesto Sauce	6/30 OZ/SAUCE PESTO BASIL	Manufacturer	5141502	0.5	Cup	114.000	1	114.000	380	342	38.00	6.000		30	760	4.00	0.0		8.00	
Zucchini Noodles	Squash summer zucchini includes skin raw	USDA Database	11477	2	cup, chopped	248.000	1	248.000	42	7	0.79	0.208		0	20	7.71	2.5		3.00	
Total Recipe Weight:	Stated Recipe Yield:	699.736 grams				699.736		699.736	823	608	67.58	10.315		30	1,976	24.17	9.1		42.81	
Nutrients per Serving Size (Unrounded):									Serving = 699.736 grams (Stated)											
									823	608	67.58	10.315		30	1,976	24.17	9.1		42.81	
Nutrients per Serving Size (Rounded):									Serving = 699.736 grams (Stated)											
									820	610	68	10		30	1980	24	9		43	

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Signature _____, Position _____, Date _____

Instructions

Kid's Avocado Grilled Cheese

Key Name: 0104706

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Bbrcls Bread Sourdough 16 Slice 3/4"	6/28 OZ/BREAD SOURDOUGH 16 SLICE 3/4"	Manufacturer	0104455	1	Slice	49.000	1	49.000	127	13.00	1.47	0.000	0.000	0	255	24.50	1.0	0.97	4.90	
Avocado Spread	Avocado Spread	Recipe	-Recipe-	1	1 serving	121.985	1	121.985	183	150.00	16.63	2.411	0.000	0	598	10.27	7.6	0.87	2.30	
Salt Table	12/3 LB/SALT KOSHER FLAKE COARSE	Manufacturer	6040760	1	Teaspoon	6.000	1	6.000	0	0.00	0.00	0.000	0.000	0	2,360	0.00	0.0	0.00	0.00	
Cheddar Cheese Sliced USDA	MILD CHED C SLC 6/24 OZ TWPK GLC 100601	Manufacturer Data	9852922	1.5	Ounce	42.524	1	42.524	162	128.00	14.17	8.100	0.000	51	273	0.00	0.0	0.00	10.12	
Fresh Strawberry-Cut into 3 thin slices	Strawberries raw	USDA Database	09316	1	Each	11.340	1	11.340	4	0.00	0.03	0.002	0.000	0	0	0.87	0.2	0.55	0.08	
Total Recipe Weight:	Stated Recipe Yield:	230.849 grams				230.849		230.849	476	291.00	32.30	10.513	0.000	51	3,486	35.64	8.8	2.39	17.40	
									476	291.00	32.30	10.513	0.000	51	3,486	35.64	8.8	2.39	17.40	
Nutrients per Serving Size (Unrounded):									476	291.00	32.30	10.513	0.000	51	3,486	35.64	8.8	2.39	17.40	
Serving = 230.849 grams (Stated)																				
Nutrients per Serving Size (Rounded):									480	290	32	10	0	50	3490	36	9	2	17	
Serving = 230.849 grams (Stated)																				

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Signature _____, Position _____, Date _____

Instructions

Grill on medium heat for 3 min on each side until Cheese is fully melted. Cut in half

Serve with Strawberry as a Garnish

Kid's Grilled Chicken Breast

Key Name: 0104710

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Chicken Brst Bnls Skls 6oz	4/10 LB/CHICKEN CVP BRST B/S RDM JUMBO	Manufacturer	7203474	1	Each	167.997	0.78	131.038	175	63.00	7.02	1.755	0.000	70	53	0.00	0.0	0.00	29.25	
Chicken breast sknls bnls 5oz	Chicken broiler or fryers breast skinless boneless meat only raw	USDA Database	05062	1	Each	113.398	1	113.398	136	27.00	2.97	0.638	0.008	83	51	0.00	0.0	0.00	25.51	
Total Recipe Weight:	Stated Recipe Yield:	244.436 grams				281.395		244.436	311	90.00	9.99	2.393	0.008	153	104	0.00	0.0	0.00	54.76	
Nutrients per Serving Size (Unrounded):									Serving = 244.436 grams (Stated)	311	90.00	9.99	2.393	0.008	153	104	0.00	0.0	0.00	54.76
Nutrients per Serving Size (Rounded):									Serving = 244.436 grams (Stated)	310	90	10	2.5	0	155	105	0	0	0	55

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Signature _____, Position _____, Date _____

Instructions

Kid's Strawberry Avocado Toast

Key Name: 0104707

Yield 1 1 serving
Serving Size 1 serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)					
Bbricls Bread Sourdough 16 Slice 3/4"	6/28 OZ/BREAD SOURDOUGH 16 SLICE 3/4"	Manufacturer	0104455	1	Slice	49.000	1	49.000	127	13.00	1.47	0.000	0.000	0	255	24.50	1.0	0.97	4.90					
Avocado Spread	Avocado Spread	Recipe	-Recipe-	1	1 serving	121.985	1	121.985	183	150.00	16.63	2.411	0.000	0	598	10.27	7.6	0.87	2.30					
Fresh Strawberries-Cut into 8 thin slices	Strawberries raw	USDA Database	09316	2	Each	22.680	1	22.680	7	1.00	0.07	0.003	0.000	0	0	1.74	0.5	1.11	0.15					
Honey	6/5 LB/HONEY PURE LT AMBER GR A JUG	Manufacturer	3374097	1	Tablespoon	21.000	1	21.000	60	0.00	0.00	0.000	0.000	0	0	17.00	0.0	17.00	0.00					
Total Recipe Weight:	Stated Recipe Yield:	214.665 grams				214.665		214.665	377	164.00	18.17	2.414	0.000	0	853	53.51	9.1	19.95	7.35					
Nutrients per Serving Size (Unrounded):									1 serving =	214.665 grams (Stated)				377	164.00	18.17	2.414	0.000	0	853	53.51	9.1	19.95	7.35
Nutrients per Serving Size (Rounded):									1 serving =	214.665 grams (Stated)				380	160	18	2.5	0	0	850	53	9	20	7

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Signature _____, Position _____, Date _____

Instructions

Toast Bread and Cut at 80%

Spread and Lay Evenly ingredients on Bread. Drizzle Honey evenly all across toast & serve

Garnish (On Plate) 20% of remaining Bread for better presentation

Watermelon Cucumber Smoothie

Key Name: 0104715

Yield 1 16oz Serving
 Serving Size 16oz Serving
 # of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Watermelon, raw	Watermelon raw	USDA Database	09326	2	Cup	304.000	1	304.000	91	4.00	0.46	0.049	0.000	0	3	22.95	1.2	18.85	1.85
Cucumber, with peel, raw	Cucumber with peel raw	USDA Database	11205	1	Cup	104.000	1	104.000	16	1.00	0.11	0.038	0.000	0	2	3.78	0.5	1.74	0.68
Water Coconut	MAUI AND SONS Water Coconut 100%	User Added	-236301	8	Ounce	226.796	1	226.796	51	0.00	0.00	0.000	0.000	0	41	12.70	0.0	9.98	0.00
Lime juice from fresh Lime	Lime juice raw	USDA Database	09160	3	Tablespoon	46.185	1	46.185	12	0.00	0.03	0.004	0.000	0	1	3.89	0.2	0.78	0.19
Total Recipe Weight:	Stated Recipe Yield:	680.981 grams				680.981		680.981	170	5.00	0.60	0.091	0.000	0	47	43.32	1.9	31.35	2.72
Nutrients per Serving Size (Unrounded):									170	5.00	0.60	0.091	0.000	0	47	43.32	1.9	31.35	2.72
Nutrients per Serving Size (Rounded):									170	5	0.5	0	0	0	45	43	2	31	3

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I, _____ (name of the responsible individual), certify that _____ (name of the covered establishment) has taken reasonable steps to ensure that the recipe for _____ (name(s) of standard menu item) that was used to determine the calorie declaration and other nutrient values was followed to prepare _____ (name(s) of standard menu item). The ingredients were properly measured, the specified cook times and temperatures were followed, and the specified portion sizes were served to the customer.

Signature _____, Position _____, Date _____

Instructions

If Watermelon is not cold add 4 ice cubes. Blend until Smooth. Pour in Mason Jar

Strawberry Avocado Smoothie

Key Name: 0104712

Yield 1 16oz Serving Size 16oz # of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Fresh Strawberries	Strawberries raw	USDA Database	09316	6	Each	68.039	1	68.039	22	2.00	0.20	0.010	0.000	0	1	5.23	1.4	3.33	0.46
Water Coconut	MAUI AND SONS Water Coconut 100%	User Added	-236301	8	Ounce	226.796	1	226.796	51	0.00	0.00	0.000	0.000	0	41	12.70	0.0	9.98	0.00
Honey	6/5 LB/HONEY PURE LT AMBER GR A JUG	Manufacturer	3374097	2	Tablespoon	42.000	1	42.000	120	0.00	0.00	0.000	0.000	0	0	34.00	0.0	34.00	0.00
Banana-Peeled	Bananas raw	USDA Database	09040	1	Each	151.182	1	151.182	135	5.00	0.50	0.169	0.000	0	2	34.53	3.9	18.49	1.65
Spinach	1/4 LB/SPINACH BABY FRSH	Manufacturer	8474538	1	Cup	30.000	1	30.000	7	1.00	0.12	0.030		0	24	1.08	0.7	0.12	0.87
Total Recipe Weight:		Stated Recipe Yield:		518.017 grams		518.017		518.017	335	8.00	0.82	0.209	0.000	0	68	87.54	6.0	65.92	2.98
Nutrients per Serving Size (Unrounded):									335	8.00	0.82	0.209	0.000	0	68	87.54	6.0	65.92	2.98
Nutrients per Serving Size (Rounded):									330	10	1	0	0	70	87	6	66	3	

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

I, _____ (name of the responsible individual), certify that _____ (name of the covered establishment) has taken reasonable steps to ensure that the recipe for _____ (name(s) of standard menu item) that was used to determine the calorie declaration and other nutrient values was followed to prepare _____ (name(s) of standard menu item). The ingredients were properly measured, the specified cook times and temperatures were followed, and the specified portion sizes were served to the customer.

Signature _____, Position _____, Date _____

Instructions

If Frozen Fruit is unavailable add 10 cubes of ice. Blend until Smooth. Pour in Mason Jar

Avocado Mango Smoothie

Key Name: 0104711

Yield 1 16oz Serving Size 16oz # of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)			
Mango Whole-Chopped	Mangos raw	USDA Database	09176	1	Each	350.000	1	350.000	210	12.00	1.33	0.322	0.000	0	4	52.43	5.6	47.81	2.87			
Avocado	Avocados raw all commercial varieties	USDA Database	09037	1	Each	201.000	1	201.000	322	265.00	29.47	4.273	0.000	0	14	17.15	13.5	1.33	4.02			
Water	Beverages water tap municipal	USDA Database	14429	0.5	Cup	118.500	1	118.500	0	0.00	0.00	0.000	0.000	0	4	0.00	0.0	0.00	0.00			
Orange juice	12/46 OZ/JUICE ORANGE 100% ASEPTIC	Manufacturer	6050124	0.5	Cup	120.000	1	120.000	156	0.00	0.00	0.000	0.000	0	6	36.00	1.2	26.40	2.40			
Honey	6/5 LB/HONEY PURE LT AMBER GR A JUG	Manufacturer	3374097	2	Tablespoon	42.000	1	42.000	120	0.00	0.00	0.000	0.000	0	0	34.00	0.0	34.00	0.00			
Total Recipe Weight:	Stated Recipe Yield:	831.500 grams				831.500		831.500	808	277.00	30.80	4.595	0.000	0	28	139.58	20.3	109.54	9.29			
Nutrients per Serving Size (Unrounded):									16oz =	831.500	grams (Stated)	808	277.00	30.80	4.595	0.000	0	28	139.58	20.3	109.54	9.29
Nutrients per Serving Size (Rounded):									16oz =	831.500	grams (Stated)	810	280	31	4.5	0	0	30	140	20	109	9

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

I, _____ (name of the responsible individual), certify that _____ (name of the covered establishment) has taken reasonable steps to ensure that the recipe for _____ (name(s) of standard menu item) that was used to determine the calorie declaration and other nutrient values was followed to prepare _____ (name(s) of standard menu item). The ingredients were properly measured, the specified cook times and temperatures were followed, and the specified portion sizes were served to the customer.

Signature _____, Position _____, Date _____

Instructions

Blend until smooth. Pour in Customer's Choice Sized Mason Jar. Garnish Jar with chopped Mango

Avocado Ice Cream

Key Name: 0104720

			Yield	Serving Size	# of Servings	Nutrient Details													
			1 Serving	Serving	1														
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Avocado	Avocados raw all commercial varieties	USDA Database	09037	2	Each	402.000	1	402.000	643	530.00	58.93	8.547	0.000	0	28	34.29	26.9	2.65	8.04
Milk condensed sweetened canned	Milk canned condensed sweetened	USDA Database	01095	1	14 oz can	396.893	1	396.893	1,274	311.00	34.53	21.774		135	504	215.91	0.0	215.91	31.39
Lime juice fresh raw	Lime juice raw	USDA Database	09160	2	Tablespoon	30.790	1	30.790	8	0.00	0.02	0.002	0.000	0	1	2.59	0.1	0.52	0.13
Cream Heavy	CREAM HEAVY 40% ESL STABILIZED	Manufacturer	6935464	8	Ounce	226.796	1	226.796	907	816.00	90.72	60.479	0.000	378	0	0.00	0.0	0.00	0.00
Sugar	3000/1/10OZ/SUGAR PACKET CANE	Manufacturer	5965850	0.5	Pound	226.796	1	226.796	801	0.00	0.00	0.000	0.000	0	0	240.42	0.0	240.42	0.00
Total Recipe Weight:	Stated Recipe Yield:	1,283.275 grams				1,283.275		1283.275	3,633	1,657.00	184.20	90.802	0.000	513	533	493.21	27.0	459.50	39.56
Nutrients per Serving Size (Unrounded):									Serving = 1,283.275 grams (Stated)										
									3,633	1,657.00	184.20	90.802	0.000	513	533	493.21	27.0	459.50	39.56
Nutrients per Serving Size (Rounded):									Serving = 1,283.275 grams (Stated)										
									3630	1660	184	91	0	515	530	493	27	459	40

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Signature _____, Position _____, Date _____

Instructions

Avocado Cheesecake

Key Name: 0104718

			Yield	Serving Size	# of Servings	Nutrient Details														
			1 Pie	Pie	1															
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Avocado Smashed	Avocados raw all commercial varieties	USDA Database	09037	2	Each	402.000	1	402.000	643	530.00	58.93	8.547	0.000	0	28	34.29	26.9	2.65	8.04	
Cheese, cream	10/3 LB/CHEESE CREAM LOAF	Manufacturer	1012566	8	Ounce	226.796	1	226.796	729	656.00	72.90	48.599	0.000	243	769	16.20	0.0	8.10	16.20	
Sugar	3000/1/10OZ/SUGAR PACKET CANE	Manufacturer	5965850	1	Cup	200.000	1	200.000	707	0.00	0.00	0.000	0.000	0	0	212.01	0.0	212.01	0.00	
Lime Zest	Limes raw	USDA Database	09159	1	Each	80.000	1	80.000	24	1.00	0.16	0.018	0.000	0	2	8.43	2.2	1.35	0.56	
Lime Juice from Fresh Lime-2Tablespoons equals 1oz	Limes raw	USDA Database	09159	1	Ounce	28.350	1	28.350	9	1.00	0.06	0.006	0.000	0	1	2.99	0.8	0.48	0.20	
Milk condensed sweetened canned	Milk canned condensed sweetened	USDA Database	01095	1	14 oz can	396.893	1	396.893	1,274	311.00	34.53	21.774		135	504	215.91	0.0	215.91	31.39	
Pie crust standard frozen enriched baked	Pie crust standard-type frozen ready-to-bake enriched baked	USDA Database	18335	1	Each	128.000	1	128.000	650	329.00	36.60	11.875		0	598	71.99	4.2	5.41	8.32	
Total Recipe Weight:	Stated Recipe Yield:	1,462.038 grams				1,462.038		1462.038	4,036	1,828.00	203.18	90.819	0.000	378	1,902	561.82	34.1	445.91	64.71	
Nutrients per Serving Size (Unrounded):									Pie = 1,462.038 grams (Stated)											
									4,036	1,828.00	203.18	90.819	0.000	378	1,902	561.82	34.1	445.91	64.71	
Nutrients per Serving Size (Rounded):									Pie = 1,462.038 grams (Stated)											
									4040	1830	203	91	0	380	1900	562	34	446	65	

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I, _____ (name of the responsible individual), certify that _____ (name of the covered establishment) has taken reasonable steps to ensure that the recipe for _____ (name(s) of standard menu item) that was used to determine the calorie declaration and other nutrient values was followed to prepare _____ (name(s) of standard menu item). The ingredients were properly measured, the specified cook times and temperatures were followed, and the specified portion sizes were served to the customer.

Signature _____, Position _____, Date _____

Instructions

Signature Omelette

Key Name: 0107039

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Egg whole raw fresh	Egg whole raw fresh	USDA Database	01123	4	Each	221.756	1	221.756	317	190	21.09	6.932		825	315	1.60	0.0		27.85	
Peppers, sweet, green, raw	Peppers sweet green raw	USDA Database	11333	2	Ounce	56.699	1	56.699	11	1	0.10	0.033		0	2	2.63	1.0		0.49	
Spinach raw	4/2.5 LB/SPINACH CLIPPED FRESH	Manufacturer	1675925	2	Ounce	56.699	1	56.699	13	0	0.00	0.000		0	43	2.00	1.5		1.33	
Avocados, diced	Avocados raw all commercial varieties	USDA Database	09037	0.5	Each	100.500	1	100.500	161	133	14.73	2.137		0	7	8.57	6.7		2.01	
Cheddar Cheese	8/1.5LB/CHEESE CHDR MED SLI INT.75 YEL	Manufacturer	3546359	1	Ounce	28.350	1	28.350	108	85	9.45	5.400		27	182	1.34	0.0		6.75	
Potatoes, Baby	Potatoes flesh and skin raw	USDA Database	11352	4	Ounce	113.398	1	113.398	87	1	0.10	0.028		0	7	19.83	2.4		2.32	
Pork, cured, bacon, unprepared	HORMEL VALUE BRAND Diced Bacon	Manufacturer Data	1608777	2	slice raw	56.000	1	56.000	251	0	0.00	7.722		48	806	0.28			13.44	
Total Recipe Weight:	Stated Recipe Yield:	633.402 grams				633.402		633.402	948	410	45.47	22.252		900	1,362	36.25	11.6		54.19	
Nutrients per Serving Size (Unrounded):									Serving = 633.402 grams (Stated)	948	410	45.47	22.252		900	1,362	36.25	11.6		54.19
Nutrients per Serving Size (Rounded):									Serving = 633.402 grams (Stated)	950	410	45	22		900	1360	36	12		54

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I, _____ (name of the responsible individual), certify that _____ (name of the covered establishment) has taken reasonable steps to ensure that the recipe for _____ (name(s) of standard menu item) that was used to determine the calorie declaration and other nutrient values was followed to prepare _____ (name(s) of standard menu item). The ingredients were properly measured, the specified cook times and temperatures were followed, and the specified portion sizes were served to the customer.

Signature _____, Position _____, Date _____

Instructions

Bacon, Egg, & Cheese Croissant

Key Name: 0107038

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Pork, cured, bacon, unprepared	HORMEL VALUE BRAND Diced Bacon	Manufacturer Data	1608777	2	slice raw	56.000	1	56.000	251	0	0.00	7.722		48	806	0.28			13.44	
Egg whole raw fresh	Egg whole raw fresh	USDA Database	01123	2	Each	110.878	1	110.878	159	95	10.54	3.466		412	157	0.80	0.0		13.93	
Bkrsimp Croissant Butter Curved Sli 3 Oz	48/3 OZ/CROISSANT BUTTER CURVED SLI	Manufacturer	5221809	1	Croissant	85.000	1	85.000	310	126	14.00	8.000		35	360	40.00	1.0		7.00	
Avocados, raw, all commercial varieties	Avocados raw all commercial varieties	USDA Database	09037	0.5	Each	100.500	1	100.500	161	133	14.73	2.137		0	7	8.57	6.7		2.01	
Cheese Cheddar	Shredded Cheddar Cheese 4/5#, Fancy Label	Manufacturer Data	1434814	1	Ounce	28.350	1	28.350	110	81	9.00	5.000		30	180	0.00	0.0		7.00	
Total Recipe Weight:	Stated Recipe Yield:	380.728 grams				380.728		380.728	991	435	48.27	26.325		525	1,510	49.65	7.7		43.38	
Nutrients per Serving Size (Unrounded):									Serving = 380.728 grams (Stated)	991	435	48.27	26.325		525	1,510	49.65	7.7		43.38
Nutrients per Serving Size (Rounded):									Serving = 380.728 grams (Stated)	990	430	48	26		525	1510	50	8		43

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

I, _____ (name of the responsible individual), certify that _____ (name of the covered establishment) has taken reasonable steps to ensure that the recipe for _____ (name(s) of standard menu item) that was used to determine the calorie declaration and other nutrient values was followed to prepare _____ (name(s) of standard menu item). The ingredients were properly measured, the specified cook times and temperatures were followed, and the specified portion sizes were served to the customer.

Signature _____, Position _____, Date _____

Instructions

Spicy Egg & Chicken Wrap

Key Name: 0107037

Yield 1 Serving
Serving Size Serving
of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Chopped Chicken	Tyson Red Label® Fully Cooked Grilled Diced Chicken Breast, 0.5"	Manufacturer Data	8462550	4	Ounce	113.398	1	113.398	148	42	4.72	1.350		81	553	2.70	0.0		25.65	
Peppers, sweet, green, raw	Peppers sweet green raw	USDA Database	11333	2	Ounce	56.699	1	56.699	11	1	0.10	0.033		0	2	2.63	1.0		0.49	
Egg whole raw fresh	Egg whole raw fresh	USDA Database	01123	2	Each	110.878	1	110.878	159	95	10.54	3.466		412	157	0.80	0.0		13.93	
Bbrlcls Wrap Tortilla Tomato Basil 12"	6/12 CT/WRAP TORTILLA TOMATO BASIL12IN	Manufacturer	8072654	1	Tortilla	104.000	1	104.000	310	54	6.00	2.500		0	710	52.00	2.0		8.00	
Avocados, raw, all commercial varieties	Avocados raw all commercial varieties	USDA Database	09037	0.5	Each	100.500	1	100.500	161	133	14.73	2.137		0	7	8.57	6.7		2.01	
Sharp Cheddar Cheese	1/10#AVG/CHEESE CHEDDAR SHARP PRINT YEL	Manufacturer	3002017	1	Ounce	28.350	1	28.350	111	82	9.11	5.062		30	182	1.00	0.0		6.07	
Total Recipe Weight:	Stated Recipe Yield:	513.825 grams				513.825		513.825	900	407	45.20	14.548			523	1,611	67.70	9.7		56.15
Nutrients per Serving Size (Unrounded):									Serving = 513.825 grams (Stated)	900	407	45.20	14.548		523	1,611	67.70	9.7		56.15
Nutrients per Serving Size (Rounded):									Serving = 513.825 grams (Stated)	900	410	45	14		525	1610	68	10		56

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I, _____ (name of the responsible individual), certify that _____ (name of the covered establishment) has taken reasonable steps to ensure that the recipe for _____ (name(s) of standard menu item) that was used to determine the calorie declaration and other nutrient values was followed to prepare _____ (name(s) of standard menu item). The ingredients were properly measured, the specified cook times and temperatures were followed, and the specified portion sizes were served to the customer.

Signature _____, Position _____, Date _____

Instructions

Vegan Chorizo Wrap

Key Name: 0107036

			Yield	Serving Size	# of Servings	Nutrient Details														
			1 Serving	Serving	1															
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
MORNSTR SAUSAGE CHORIZO VEGAN BULK	Morningstar Farms Meal Solutions Chorizo 5lb 2ct	Manufacturer Data	7103615	1	Cup	118.000	1	118.000	220	144	16.00	2.000		0	840	12.00	10.0		18.00	
Imp Fresh Salsa Pico de Gallo Frsh	1/5 LB/SALSA PICO DE GALLO FRSH	Manufacturer	7225568	2	Ounce	56.699	1	56.699	11	0	0.00	0.000		0	85	2.83	0.6		0.57	
Peppers, sweet, green, raw	Peppers sweet green raw	USDA Database	11333	2	Ounce	56.699	1	56.699	11	1	0.10	0.033		0	2	2.63	1.0		0.49	
Bbrlcls Wrap Tortilla Tomato Basil 12"	6/12 CT/WRAP TORTILLA TOMATO BASIL12IN	Manufacturer	8072654	1	Tortilla	104.000	1	104.000	310	54	6.00	2.500		0	710	52.00	2.0		8.00	
Daiya Cheese Vegan Shred Mozzarella	DAIYA Cheese Vegan Shred Mozzarella	User Added	-192562	1	Ounce	28.350	1	28.349	90	54	6.02	2.007		0	281	7.02	1.0		1.00	
Avocados, raw, all commercial varieties	Avocados raw all commercial varieties	USDA Database	09037	0.5	Each	100.500	1	100.500	161	133	14.73	2.137		0	7	8.57	6.7		2.01	
Total Recipe Weight:	Stated Recipe Yield:	464.248 grams				464.247		464.247	803	386	42.85	8.677		0	1,925	85.05	21.3		30.07	
Nutrients per Serving Size (Unrounded):									Serving = 464.248 grams (Stated)	803	386	42.85	8.677		0	1,925	85.05	21.3		30.07
Nutrients per Serving Size (Rounded):									Serving = 464.248 grams (Stated)	800	390	43	9		0	1920	85	21		30

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

I, _____ (name of the responsible individual), certify that _____ (name of the covered establishment) has taken reasonable steps to ensure that the recipe for _____ (name(s) of standard menu item) that was used to determine the calorie declaration and other nutrient values was followed to prepare _____ (name(s) of standard menu item). The ingredients were properly measured, the specified cook times and temperatures were followed, and the specified portion sizes were served to the customer.

Signature _____, Position _____, Date _____

Instructions