



Sizing Prep Report

American Dairy Association North East

990060 - Pizza Salad

Recipe HACCP Process: #1 No Cook

Source: DSB

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
990376	Italian Dressing Low Calorie	3 LB + 2 oz	<p>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</p> <p>For Dressing:</p> <p>Mix together Italian dressing and marinara sauce. Portion into 24 2-oz souffle cups with lids and set aside.</p> <p>CCP: Refrigerate until served.</p>
121796	Heinz Marinara Sauce No Salt Added 10TIN 6LB	3 LB + 2 oz	

**NA* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Ingredient #	Ingredient Name	Measurements	Instructions
050465	SPAGHETTI, WHOLE GRAIN, DRY	7 lb + 5 OZ	Gather all other ingredients. Chop as needed the tomatoes,peppers,onions,and olives. Cook the pasta and drain. Shred the mozzarella cheese. Preparing the Parfait: In a 16-oz. parfait cup,layer the ingredients as follows: 3/4 cup spaghetti 1/4 cup tomatoes 1/4 cup green pepper 2 Tbsp red pepper 2 Tbsp red onion 1/4 cup sliced black olives 6 slices of turkey pepperoni 1/4 cup mozzarella cheese Cover with flat lid. Place dressing PC on top of flat lid. Cover with dome lid. CCP: Hold for cold service at 41° F or lower. CCP: Refrigerate until served.
011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	3 qt + 1/2 cup (chopped or sliced)	
011333	PEPPERS,SWEET,GREEN,RAW	3 qt + 1/2 CUP (chopped)	
011821	PEPPERS,SWEET,RED,RAW	1 qt + 2 1/4 CUP (chopped)	
901062	ONIONS,RED,RAW	1 qt + 2 1/4 CUP (chopped)	
799982	OLIVES,RIPE,CND (SMALL-EXTRA LRG)	3 qt + 1/2 cup	
990377	Turkey Pepperoni - Jennie-O	1 LB + 9 oz	
051558	Cheese, Mozzarella, Lite, Shredded	6 LB + 13 OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	488.411 kcal	Total Fat	14.102 g	Total Dietary Fiber	9.974 g	Vitamin C	*61.681* mg	25.985% Calories from Total Fat
Saturated Fat ¹	5.491 g	Trans Fat ²	*0.000* g	Protein	29.459 g	Iron	*4.293* mg	10.117% Calories from Sat Fat
Sodium ¹	1146.265 mg	Cholesterol	31.263 mg	Vitamin A	*1380.885* IU	Water	*139.381* g	*0.000%* Calories from Trans Fat
Sugars	*3.764* g	Carbohydrate	66.192 g	Calcium	*77.735* mg	Ash	*NA* g	54.210% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			24.126% Calories from Protein
Type of Fat	-							

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Components					
Meat/Meat ALT	2 oz eq	Grain	1.5 oz eq	Fruit	cup
				Vegetable	.5 cup
				Milk	cup

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