

# Sizing Prep Report

Lee's Summit R-7 School District

## 1254 - Croutons

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 50

Portion Size: .50 oz servings

Ingredient #	Ingredient Name	Measurements	Instructions
900279	Bread, White/Wheat, slice (Roma)	2 LB + 8 oz	1. You can use sliced bread, hot rolls, breadsticks, hamburger or hot dog buns, etc. (No flavored quick breads or muffins). Cut into 1/2 inch cubes. 2. In a smaller bowl, combine seasonings. 3. Spray bread cubes for about 25 seconds and sprinkle with 1/3 of the seasoning mixture. 4. Repeat #3 until seasoning is gone. 5. Pour onto lined sheet pans in single layers. 6. Bake at 300 minutes for 40 minutes, rotating pans halfway through cook time, or until bread is dry and crunchy. 7. Cool completely and store at room temperature in an airtight container for up to one week.  Leftover bread can be stored in freezer until ready to use. Thaw under refrigeration until ready to cube.
002029	Parsley Flakes	1 TBSP	
002026	Onion Powder	1 7/8 TSP	
002020	Garlic Powder	7/8 TSP	
002028	Paprika	1/2 TSP	
901035	Mrs. Dash Seasoning	7/8 tsp	
002030	Pepper, Black Ground	3/8 tsp (ground)	
903457	Butter Spray	1 1/2 Spray	

\*Nutrients are based upon 1 Portion Size (.50 oz servings)

Calories <sup>1</sup>	64.682 kcal	Total Fat	1.607 g	Total Dietary Fiber	0.839 g	Vitamin C	1.979 mg	22.353% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.002 g	Trans Fat <sup>2</sup>	0.000 g	Protein	2.431 g	Iron	0.596 mg	0.021% Calories from Sat Fat
Sodium <sup>1</sup>	48.253 mg	Cholesterol	0.000 mg	Vitamin A	12.004 IU	Water	0.015 g	0.000% Calories from Trans Fat
Sugars	0.812 g	Carbohydrate	9.849 g	Calcium	24.860 mg	Ash	0.012 g	60.909% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.054			15.034% Calories from Protein
Type of Fat	-							

\*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 required 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 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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Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
Allergens									
Wheat									

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