



291 Loaded Bean Burrito Bowl

Category: Lunch Entree

Serves: 50 (Servings)

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Milk	None	None

PICKLIST

2 #10 cans of Beans, Pinto, Cnd (USDA)(18.6 - 1/2 cup spc), 1 5.5# container of Chili Powder (5# container), 1 1# bag of Cilantro, 1 1# bag of Cilantro, 1 container of Garlic Powder, 1 5# diced of Onions, 5# Bag (Ready-to-use), Diced, 1 5# bag of Onions, Fresh, Jumbo, 3 1# containers of Paprika, 1 18 oz cont of Pepper, Black, 2 Teaspoons of Salt, Table, 1 10# case of Taco Seasoning Mix, Oregon Spice, 1 # 10 can of Tomato Paste, 27 cup(s) of Water

#	INGREDIENTS	INSTRUCTIONS
1	11 x Pound of Beans, Pinto, Cnd (USDA)(18.6 - 1/2 cup spc) 6 x Ounce of Onions, Fresh, Jumbo 1 x TBSP of Garlic Powder 2 x Teaspoon of Pepper, Black 3 x Tablespoon of Chili Powder (5# container) 2 x Tablespoon of Cumin, Ground 1 x Tablespoon of Paprika 1 x Tablespoon of Onion Powder 2 x Teaspoon of Salt, Table 1 x Pound and 12 x Ounce of Tomato Paste	Combine beans, onions, garlic powder, pepper, seasonings, and tomato paste in a medium stock pot. Add water as needed. Stir Well. Simmer over medium heat uncovered for 15 minutes, stirring occasionally. Set aside.
2	75 x 1/2 cup of Brown Rice Recipe 3 x Ounce of Cilantro	Prepare rice according to brown rice recipe. Once it's made, fold cilantro into rice.
3	25 x 1/2 cup of Pico De Gallo	Make Pico De Gallo according to recipe.
4	1 x Pound of Cheese, Cheddar, Shredded, Red. Fat (USDA)	For topping.

NOTES

Assembly:
 Portion rice mixture 3/4 cup serving on the bottom.
 Portion beans with No. 8 scoop (1/2) cup. Pour over rice.
 Portion pico de gallo with No. 16 scoop (1/4 cup).
 Garnish each bowl with 1 tbsp of cheese.

Crediting:
 3/4 cup cooked brown rice = 1 1/2 oz equivalent Grains
 FBG RAW: Beans and Cheddar cheese credit as M/MA = 2.25 oz equivalent M/MA

NUTRIENT	SERVINGS
Calories	296.2189 kcals



NUTRIENT	SERVINGS
Saturated Fat	1.298 g
Sodium	317.0201 mg
Total Carbohydrate	54.7438 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Servings	2.250 oz Meats/Meat Alternates, 1.500 oz Grains, 1.500 oz Whole Grain-Rich (Grains)



901535 Onions, 5# Bag (Ready-to-use), Diced

Category: Vegetables and Vegetable Products

Serves: 3 (Cup, diced)

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

#	INGREDIENTS	INSTRUCTIONS
1	6 x 1/2 cup diced of Onions, 5# Bag (Ready-to-use), Diced	

NOTES
FBG (Column 3 & 4) - 1# ready to use diced onions = 6.3 (1/2 cup) servings = .5 OTHER VEGETABLE

NUTRIENT	CUP, DICED
Calories	60 kcals
Saturated Fat	0 g
Sodium	5 mg
Total Carbohydrate	15 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Cup, diced	



141 Pico De Gallo

Category: Vegetable
Serves: 25 (1/2 cup)
HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

#	INGREDIENTS	INSTRUCTIONS
1	1 tablespoon 1 1/4 teaspoons of Taco Seasoning Mix, Oregon Spice 1 pint 1 1/3 tablespoons of Cilantro 2 1/8 x Cup, diced of Onions, 5# Bag (Ready-to-use), Diced 8 1/3 x Cup, diced of Tomatoes, Fresh, Red Ripe	

NOTES
FBG (Column 6) - 9 cups vegetables = 18 .5 OTHER VEGETABLE

NUTRIENT	1/2 CUP
Calories	16.8695 kcals
Saturated Fat	0.004 g
Sodium	49.6678 mg
Total Carbohydrate	3.6632 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
1/2 cup	



990288 Onions, Fresh

Category: Vegetable
Serves: 6 (Ounce)
HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

#	INGREDIENTS	INSTRUCTIONS
1	2 1/4 x 1/2 cup diced of Onions, Fresh, Jumbo	

NOTES
FBG (Column 3 & 4) 1# FRESH ONION = 4.65 (1/2 cup) servings diced onion = .5 OTHER VEGETABLE FBG (Column 3 & 4) - 1# FRESH ONION = 7 (1/2 cup) servings sliced onion = .5 OTHER VEGETABLE

NUTRIENT	OUNCE
Calories	10.6311 kcals
Saturated Fat	0 g
Sodium	0.8859 mg
Total Carbohydrate	2.6578 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Ounce	



908546 Beans, Pinto, Cnd (USDA)(18.6 - 1/2 cup spc)

Category: Legumes and Legume Products

Serves: 11 (Pound)

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

#	INGREDIENTS	INSTRUCTIONS
1	38 1/2 x 1/2 cup of Beans, Pinto, Cnd (USDA)(18.6 - 1/2 cup spc)	

NOTES
FBG - 1 (#10 can) = 18.6 - 1/2 cup serving Of LEGUMES

NUTRIENT	POUND
Calories	348.9172 kcals
Saturated Fat	0 g
Sodium	488.4841 mg
Total Carbohydrate	59.3159 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Pound	



72 Brown Rice Recipe

Category: Lunch Entree

Serves: 75 (1/2 cup)

HACCP Process: Process #2 (Same Day Service)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

#	INGREDIENTS	INSTRUCTIONS
1		Spray pans and add rice Add water Pressure cook until most of the water is absorbed (about 50 minutes) Oven: Combine rice and water in a 4" hotel pan. Stir, cover, and bake in a 300° for 1.5 hours
2	1 gallon 2 1/4 quarts of Water 3 1/8 x Quart, dry of Rice, Brown, Whole Grain, Parboiled(USDA)	

NOTES
FBG (Group H) (1 oz) = 0.5 cooked... 2 quarts = 24 cups cooked- 48 1/2 cups cooked = 1 GRAIN

NUTRIENT	1/2 CUP
Calories	113.3333 kcals
Saturated Fat	0 g
Sodium	2.3643 mg
Total Carbohydrate	24 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
1/2 cup	