

# LunchByte Systems, Inc. 800-724-9853

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Recipe

Jul 29, 2013

**Recipe: 000014 Breakfast Pitas**

Recipe Source:

Recipe Group: BREAKFAST

**Recipe HACCP Process:**

Alternate Recipe Name:

Number of Portions: 48

Size of Portion: 1/2 pita sandwi

902427 Pita, Whole Wheat.....	24 (1 large pita, 6.5 in)	Cut pitas in half.
007027 HAM,CHOPPED,NOT CANNED.....	5 LB	
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE....	2 LB	
		Heat ham in oven to a minimum of 140° F for at least 15 seconds.
		Fill each pita with 2 oz of ham and ½ oz of cheese
		Place filled pita pockets on paper lined sheet pans and cover pan with foil OR wrap each individually in foil.
		<b>CCP: Hold for hot service at 135° F or higher</b>

\*Nutrients are based upon 1 Portion Size (1/2 pita sandwi)

Calories	223	kcal	Cholesterol	38.54	mg	Protein	16.09	g	Calcium	179.64	mg	36.97%	Calories from Total Fat
Total Fat	9.18	g	Sodium	935.75	mg	Vitamin A	23.87	RE	Iron	1.41	mg	15.95%	Calories from Saturated Fat
Saturated Fat	3.96	g	Carbohydrate	19.86	g	Vitamin A	119.33	IU	Water <sup>1</sup>	*30.85*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	g	Dietary Fiber	2.35	g	Vitamin C	*0.00*	mg	Ash <sup>1</sup>	*1.75*	g	35.57%	Calories from Carbohydrates
												28.81%	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

**NOTICE: The data contained within this report and the NUTRIKIDS® 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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<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz.				? - Allergen 1
Grain.....	srv.				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	cup				? - Allergen 4
Milk.....	fl. oz.				? - Allergen 5
<u>Moisture &amp; Fat Change</u>					? - Allergen 6
Moisture Change	%				? - Allergen 7
Fat Change.....	%				? - Allergen 8
Type of Fat.....					

## Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902427	Pita, Whole Wheat			
I	007027	HAM,CHOPPED,NOT CANNED			
I	050343	CHEESE, CHEDDAR, YELLOW, REDUCED FAT			

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