



Recipe Production

Recipe Number: FS060

Recipe Name: VEGETABLE ALFREDO PASTA PK-8

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 8 ounces weight or 3/4 cup vol

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	8 OUNCES				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3528	PASTA PENNE WG 2/10 LB	6	Pound	4	Ounce	(Unassigned)
1203	FLOUR AP 50 LB	1	Pound	12	Ounce	(Unassigned)
1501	BUTTER SOLID UNSLTD	1	Pound	12	Ounce	(Unassigned)
1535	MILK, 1%, LOWFAT	3	Gal.	1	Pint	(Unassigned)
1011	SALT KOSHER 12/3 LB	5	Tbsp	1	tsp	(Unassigned)
1509	CHEESE PARM 6/5 LB	4	Pound	3	Ounce	(Unassigned)
SI703	ROASTED GARLIC	1	Pound			(Unassigned)
2521	BROCCOLI CROWNS 20 LB	4	Pound	15	Ounce	(Unassigned)
2594	SQUASH YELLOW SUMMER 20 LB	6	Pound	12	Ounce	(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe Source: Boulder Valley School District Food Services
 Broccoli yields 81%
 Yellow squash yields 83%

Preparation Instructions

Roast garlic using separate recipe.
 Make bechamel - melt butter, add flour and cook to a blonde roux. Add milk and 1/2 of the salt. Burr mix to incorporate. Cook for 45 min. Add parmesan and roasted garlic and burr mix again.
 Cool sauce according to HACCP.
 Cook pasta - boil water with second half of salt and cook for only 2 minutes. Shock and keep cold.
 Wash and cut veggies - small dice on squash, bite size florets on broccoli. Mix veggies together.
 Briefly steam and shock.
 Assembly = 1 gallon sauce/3 lbs. pasta per hotel pan.
 Send veggies on the side 2.5 lb. per pan (1 lb. broccoli and 1.5 lb. squash)
 24 portions per pan.

Serving Instructions

Reheat for 45 min at 350 degrees. Fold in veggies AFTER the pasta dish has been cooked. This will help the dish retain its color.
 Serving size = PK and elem - 6 oz spoodle/8 oz weight.



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	35,133.9234	151.5530	351.3392		
Saturated Fat	g	860.3294	3.7111	8.6033	22.04	
Sodium	mg	74,324.0828	320.6029	743.2408		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,554.1614	6.7040	15.5416	39.81	
Cholesterol	mg	3,870.1957	16.6944	38.7020		
Carbohydrate	g	3,754.7464	16.1964	37.5475	42.75	
Total Dietary Fiber	g	402.0558	1.7343	4.0206		
Protein	g	1,830.3125	7.8952	18.3031	20.84	
Vitamin A (RE)	RE	19,655.6211	84.7861	196.5562		
Vitamin A (IU)	IU	74,302.5925	320.5102	743.0259		
Vitamin C	mg	2,042.2942	8.8096	20.4229		
Calcium	mg	41,915.4361	180.8056	419.1544		
Iron	mg	186.5272	0.8046	1.8653		
Moisture	g	15,626.5550	67.4064	156.2656		
Ash	g	443.9931	1.9152	4.4399		

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
3528	PASTA PENNE WG 2/10 LB	1.00	(Unassigned)	0	0.62	BOX (10 LB)	/
1203	FLOUR AP 50 LB	1.00	(Unassigned)	1	0.75	LB	/
1501	BUTTER SOLID UNSLTD	1.00	(Unassigned)	1	0.75	LB	/
1535	MILK, 1%, LOWFAT	1.00	(Unassigned)	3	0.12	GAL	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.07	BOX (3 LB)	/
1509	CHEESE PARM 6/5 LB	1.00	(Unassigned)	4	0.19	LB	/
SI703	ROASTED GARLIC	1.00	(Unassigned)	1	0.45	1 EACH	/
2521	BROCCOLI CROWNS 20 LB	1.00	(Unassigned)	4	0.94	LB	/
2594	SQUASH YELLOW SUMMER 20 LI	1.00	(Unassigned)	6	0.75	LB	/

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