



**825164 - Blueberry Moon Pocket**

Source: Farm to School  
 Number of Portions: 24  
 Size of Portion: each

**Components:**  
 Meat/Alt:  
 Grains: 2 oz  
 Fruit: 0.25 cup  
 Vegetable:  
 Milk:

**Recipe Subgroups:**  
 Whole Grain Rich

**Attributes:**  
 Fruits  
 Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826522 pizza dough, WGR, sheeted,5", Rich's 005...	24 each, 2.5 oz	Line each full size sheet pan with parchment paper and spray with pan release. Place 8 portions of dough (also referred to as calzone dough) on each pan. Allow dough to thaw at room temperature for 30 minutes. Press into at least 6 inch rounds using rolling pin or another sheet pan. If using another sheet pan to press, cover dough with film wrap to prevent sticking.
825162R Blueberry Filling or Topping.....	1 quart + 1 pint	Using number 16 disher, fill each pressed dough with ¼ cup chilled blueberry filling. Fold dough over into half-moon shaped portions and press along edges to seal tightly. Bake in 350° F oven for 8 to 10 minutes until lightly browned.  Note: As an option, par bake for 4 to 5 minutes before cooling and freezing for later complete baking and serving.  <b>CCP:</b> Heat to 135° F or higher.
825163R Blueberry Moon Pocket Icing.....	1/2 cup	While turnovers are baking, prepare the icing. Top each fully baked turnover with 1 teaspoon of icing/glaze. <b>CCP:</b> Hold for hot service at 135° F or higher

\*Nutrients are based upon 1 Portion Size (each)

Calories	196 kcal	Cholesterol	0 mg	Sugars	11.8 g	Calcium	15.05 mg	7.20%	Calories from Total Fat
Total Fat	1.56 g	Sodium	140 mg	Protein	7.14 g	Iron	1.63 mg	0.03%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	39.06 g	Vitamin A	12.0 IU	Water <sup>1</sup>	*19.65* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.47 g	Vitamin C	1.9 mg	Ash <sup>1</sup>	*0.05* g	79.87%	Calories from Carbohydrates
								14.61%	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  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.



# NORTH CAROLINA K-12 CULINARY INSTITUTE

## PREPARING BLUEBERRY MOON POCKETS

Refer to the recipe and to the steps below to prepare perfect Blueerry Moon Pocket turnovers!

