

Cookbook for Cuyahoga Falls City Schools

Created by HPS Menu Planner

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Meatball Sub

Fish Sticks

Servings: 50.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Crispy Crunchy Baked Pollock Fish Sticks served with Tartar Sauce

Nutrition Information

Calories	4.60	Protein	0.30g
Fat	0.18g	SaturatedFat	0.03g
Trans Fat	0.00g	Cholesterol	1.00mg
Carbohydrates	0.44g	Fiber	0.04g
Sugar	0.00g	Sodium	7.00mg
Iron	0.02mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.40mg

Ingredients

4 Each POLLOCK BRD STIX NACH MSC 1Z 20#

BAKE

COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F. CONVENTIONAL OVEN: BAKE AT 425°F FOR 16-18 MINUTES. CONVECTION OVEN: BAKE AT 400°F. BAKE 12-14 MINUTES.

Preparation Instructions

Criss-Cross Sweet Potato Fries

Servings:	50.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Sweet Delicious Baked Sweet Potato Fries

Nutrition Information

Calories	4.01	Protein	0.05g
Fat	0.13g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.62g	Fiber	0.05g
Sugar	0.13g	Sodium	4.82mg
Iron	0.01mg	Vitamin C	0.06mg
Vitamin A	93.65IU	Calcium	0.54mg

Ingredients

4 Ounce FRIES SWT CRISSCUT 5-3# LAMB

Preparation Instructions

1. Lay each bag in a single layer onto a large sheet tray.
2. Bake for about 20-30 minutes in a 350 F. oven
3. Be careful not to burn.

Beef Taco

Servings:	100.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Soft shell beef tacos

Nutrition Information

Calories	277.51	Protein	18.95g
Fat	12.72g	SaturatedFat	6.79g
Trans Fat	0.27g	Cholesterol	52.12mg
Carbohydrates	19.37g	Fiber	2.50g
Sugar	4.57g	Sodium	594.00mg
Iron	3.30mg	Vitamin C	14.38mg
Vitamin A	1839.91IU	Calcium	189.72mg

Ingredients

100 Each TORTILLA FLOUR 6 PRSD 24-12CT LAFRO

18 3/4 Pound TACO FILLING BEEF REDC FAT 6-5# COMM

4/5# bags Use scoop #16

1 Gallon CHEESE CHED MLD SHRD 4-5# COMM

1/5# bags use scoop #30

1/2 Cup LETTUCE BLND ROMAINE MXD 4-5# RSS

6.25 # of lettuce serve 1/2 cup lettuce per taco

6 1/4 Pound TOMATO ROMA DCD 3/8 2-5# RSS

Use scoop # 30 1 oz. of diced tomatoes per taco

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Grilled Cheese

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Classic golden brown, warm, melted goddess

Nutrition Information

Calories	8.60	Protein	0.30g
Fat	0.64g	SaturatedFat	0.26g
Trans Fat	0.07g	Cholesterol	1.00mg
Carbohydrates	0.52g	Fiber	0.06g
Sugar	0.10g	Sodium	21.40mg
Iron	0.03mg	Vitamin C	0.00mg
Vitamin A	20.96IU	Calcium	7.88mg

Ingredients

2 Each BREAD WHL WHE PULLMAN SLCD 12-22Z GFS

1 Tablespoon MARGARINE &BTR BLND EURO 36-1#

4 Slice CHEESE AMER 160CT SLCD 6-5# COMM

Preparation Instructions

Stuffed Crust Pizza

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

School lunch favorite!

Nutrition Information

Calories	6.60	Protein	0.34g
Fat	0.28g	SaturatedFat	0.09g
Trans Fat	0.00g	Cholesterol	0.40mg
Carbohydrates	0.70g	Fiber	0.06g
Sugar	0.08g	Sodium	17.40mg
Iron	0.04mg	Vitamin C	0.00mg
Vitamin A	6.00IU	Calcium	5.00mg

Ingredients

1 Each PIZZA PEPP WDG WGRAIN STFD 72-4.87Z

Preparation Instructions

1. In a single layer, lay individual pizza slices on a large sheet tray.
2. Bake for about 20 minutes.
3. Be careful not to burn.

Chicken Nuggets

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Golden Crispy Crunch Chicken Nuggets with Dipping Sauce

Nutrition Information

Calories	1.05	Protein	0.07g
Fat	0.06g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.10mg
Carbohydrates	0.07g	Fiber	0.01g
Sugar	0.01g	Sodium	1.60mg
Iron	0.01mg	Vitamin C	0.00mg
Vitamin A	0.50IU	Calcium	0.10mg

Ingredients

1 Each CHIX NUG BRD WGRAIN FC 750-.69Z

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Preparation Instructions

Deli Roasters

Servings: 50.00

Meal Type: Lunch

Category: Vegetable

HACCP Process: Same Day Service

Baked seasoned cubed potatoes

Nutrition Information

Calories	2.61	Protein	0.08g
Fat	0.05g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.50g	Fiber	0.05g
Sugar	0.00g	Sodium	3.01mg
Iron	0.02mg	Vitamin C	0.16mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

4 Ounce POTATO SEAS DELI ROASTERS 6-5# MCC

BAKE

PREHEAT OVEN TO 425° F. SPREAD FROZEN ROASTER IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 8 TO 12 MINUTES. SERVE IMMEDIATELY.

CONVECTION

PREHEAT OVEN TO 375° F. SPREAD FROZEN ROASTERS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Preparation Instructions

Burger

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Delicious hamburgers & cheese burgers

Nutrition Information

Calories	6.06	Protein	0.38g
Fat	0.33g	SaturatedFat	0.11g
Trans Fat	0.02g	Cholesterol	1.20mg
Carbohydrates	0.42g	Fiber	0.10g
Sugar	0.06g	Sodium	8.88mg
Iron	0.05mg	Vitamin C	0.00mg
Vitamin A	0.56IU	Calcium	1.16mg

Ingredients

1 Each BEEF PTY CKD W/CHER 2.4Z 6-5# COMM

1 Each BUN HAMB WHLWHE 3.5 R/SOD 10-12CT

Preparation Instructions

Chicken Taco

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Soft Shell Taco, mesquite seasoned diced chicken

Nutrition Information

Calories	12.80	Protein	0.91g
Fat	0.85g	SaturatedFat	0.53g
Trans Fat	0.00g	Cholesterol	3.32mg
Carbohydrates	0.34g	Fiber	0.01g
Sugar	0.02g	Sodium	21.08mg
Iron	0.05mg	Vitamin C	0.00mg
Vitamin A	22.48IU	Calcium	16.40mg

Ingredients

1 Each TORTILLA FLOUR 6 PRSD 24-12CT LAFRO
2 1/2 Ounce CHIX DCD 1/2 WHT/DARK CKD 2-5# TYSON
UNSPECIFIED

Not currently available

1 Cup CHEESE CHED MLD SHRD 4-5# COMM

Preparation Instructions

Green Beans

Servings:	50.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Fresh green Beans

Nutrition Information

Calories	0.57	Protein	0.03g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.12g	Fiber	0.06g
Sugar	0.03g	Sodium	0.03mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

3/4 Cup BEAN GRN FZ 30 COMM

Preparation Instructions

French Toast

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Breakfast for lunch

Nutrition Information

Calories	6.41	Protein	0.16g
Fat	0.16g	SaturatedFat	0.04g
Trans Fat	0.00g	Cholesterol	2.18mg
Carbohydrates	1.12g	Fiber	0.05g
Sugar	0.60g	Sodium	5.65mg
Iron	0.03mg	Vitamin C	0.00mg
Vitamin A	4.50IU	Calcium	1.47mg

Ingredients

1 Each FRENCH TST CINN WGRAIN 144-2.9Z PAP

1 Each SYRUP PANCK CUP 200-1.5Z GFS

Preparation Instructions

Fiesta Bleack Beans

Servings: 50.00

Meal Type: Lunch

Category: Vegetable

HACCP Process: Same Day Service

Seasoned Bush Black Beans

Nutrition Information

Calories	3.30	Protein	0.15g
Fat	0.03g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.60g	Fiber	0.12g
Sugar	0.06g	Sodium	14.10mg
Iron	0.05mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	1.20mg

Ingredients

3/4 Cup BEAN BLACK FIESTA TACO 6-10 BUSH

Preparation Instructions

Calzone

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Baked Beef & Chicken Italian Calzone (NO PORK)

Nutrition Information

Calories	8.40	Protein	0.44g
Fat	0.30g	SaturatedFat	0.10g
Trans Fat	0.00g	Cholesterol	0.60mg
Carbohydrates	1.02g	Fiber	0.10g
Sugar	0.26g	Sodium	19.40mg
Iron	0.06mg	Vitamin C	0.41mg
Vitamin A	22.00IU	Calcium	5.80mg

Ingredients

1 Each CALZONE ITAL BEEF PEPP WGRAIN 80-5Z
1 Each SAUCE MARINARA DIPN CUP 84-2.5Z REDG
READY_TO_EAT

None

Preparation Instructions

Breaded Chicken Sandwich

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Baked Home-style Chicken Sandwich Patty

Nutrition Information

Calories	3.90	Protein	0.22g
Fat	0.12g	SaturatedFat	0.02g
Trans Fat	0.00g	Cholesterol	0.25mg
Carbohydrates	0.50g	Fiber	0.11g
Sugar	0.04g	Sodium	6.20mg
Iron	0.03mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	1.20mg

Ingredients

1 Each CHIX PATTY HMSTYL 1.45Z 4-50CT TYS

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

10-12 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

1 Each BUN HAMB WHLWHE 3.5 R/SOD 10-12CT

Preparation Instructions

Crinkle Cut Baked Fries

Servings:	50.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Cripy Golden Crinkle cut Fries

Nutrition Information

Calories	3.46	Protein	0.06g
Fat	0.08g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.54g	Fiber	0.06g
Sugar	0.00g	Sodium	0.63mg
Iron	0.01mg	Vitamin C	0.15mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

4 Ounce FRIES 1/2 C/C OVEN 6-5# MCC

BAKE

PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Preparation Instructions

Curly Twister Fries

Servings:	50.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Spiral cut seasoned fries

Nutrition Information

Calories	4.27	Protein	0.07g
Fat	0.21g	SaturatedFat	0.05g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.53g	Fiber	0.07g
Sugar	0.00g	Sodium	11.38mg
Iron	0.03mg	Vitamin C	0.13mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

4 Ounce FRIES TWISTER SEAS 6-5# LAMB

Preparation Instructions

Sweet Potato Ribbon cut fries

Servings:	50.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baked Sweet Potato fries

Nutrition Information

Calories	3.44	Protein	0.02g
Fat	0.12g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.52g	Fiber	0.07g
Sugar	0.12g	Sodium	11.78mg
Iron	0.02mg	Vitamin C	0.06mg
Vitamin A	98.16IU	Calcium	0.00mg

Ingredients

4 Ounce FRIES SWT SEASONED RIBCUT 3-5# LAMB

Preparation Instructions

Waffle Fries

Servings:	50.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baked Waffle cut fries

Nutrition Information

Calories	3.71	Protein	0.05g
Fat	0.13g	SaturatedFat	0.03g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.58g	Fiber	0.08g
Sugar	0.00g	Sodium	2.12mg
Iron	0.02mg	Vitamin C	0.10mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

4 Ounce FRIES WAFFLE 6-4.5# MCC

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Preparation Instructions

Black Pepper Fries

Servings:	50.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baked Black Pepper Seasoned Fries

Nutrition Information

Calories	4.27	Protein	0.05g
Fat	0.21g	SaturatedFat	0.03g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.56g	Fiber	0.05g
Sugar	0.00g	Sodium	13.07mg
Iron	0.02mg	Vitamin C	0.16mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

50 Ounce FRIES PEPPERED 6-5# X-TREME

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

DEEP_FRY

FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1/2 MINUTES.

Preparation Instructions

Skin-on Fries

Servings:	50.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baked Skin-on Cripy Fries

Nutrition Information

Calories	3.61	Protein	0.07g
Fat	0.11g	SaturatedFat	0.03g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.56g	Fiber	0.07g
Sugar	0.00g	Sodium	7.54mg
Iron	0.02mg	Vitamin C	0.12mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

4 Ounce FRIES 3/8 R/C W/SKIN 6-5# STLTHNAT

Preparation Instructions

Triangle Hash Browns

Servings:	50.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baked Hash Browns

Nutrition Information

Calories	3.91	Protein	0.04g
Fat	0.20g	SaturatedFat	0.03g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.48g	Fiber	0.04g
Sugar	0.02g	Sodium	8.00mg
Iron	0.01mg	Vitamin C	0.04mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

4 Ounce POTATO TRIANGLES 2Z 6-5# LAMB

Preparation Instructions

Mini Corn Dog

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Sweet mini cornbread battered franks

Nutrition Information

Calories	3.60	Protein	0.14g
Fat	0.16g	SaturatedFat	0.05g
Trans Fat	0.00g	Cholesterol	0.50mg
Carbohydrates	0.40g	Fiber	0.06g
Sugar	0.08g	Sodium	5.60mg
Iron	0.03mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	2.00mg

Ingredients

4 Each CORN DOG CHIX MINI WGRAIN CN 2-5# GFS

Preparation Instructions

Mixed Green Salad

Servings: 50.00

Meal Type: Lunch

Category: Vegetable

HACCP Process: No Cook

Fresh Mixed Romaine Salad

Nutrition Information

Calories	1.34	Protein	0.02g
Fat	0.09g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.13g	Fiber	0.02g
Sugar	0.11g	Sodium	6.77mg
Iron	0.01mg	Vitamin C	0.27mg
Vitamin A	35.33IU	Calcium	0.32mg

Ingredients

1 Cup LETTUCE BLND ROMAINE MXD 4-5# RSS

1/4 Cup TOMATO CHERRY 12-1PT MRKN

equals 2 each

1 Each DRESSING ITAL LT PKT 102-1Z LTHSE

READY_TO_EAT

Open, pour and enjoy!

Preparation Instructions

Each serving add 2 cherry tomatoes.

Drum Stick

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Oven Baked Breaded Chicken Drum Stick

Nutrition Information

Calories	3.80	Protein	0.32g
Fat	0.22g	SaturatedFat	0.05g
Trans Fat	0.00g	Cholesterol	1.00mg
Carbohydrates	0.10g	Fiber	0.02g
Sugar	0.00g	Sodium	9.00mg
Iron	0.02mg	Vitamin C	0.00mg
Vitamin A	2.00IU	Calcium	0.40mg

Ingredients

1 Piece CHIX DRMSTX BRD WGRAIN CKD 6-5#

BAKE

Preparation: Appliances vary, adjust accordingly.

Conventional Oven

1. Preheat oven to 375°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 35-40 minutes.

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

1. Preheat oven to 350°F.

2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.

3. Heat for 25-30 minutes

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

Preparation Instructions

Rice Brown MTG

Servings:	100.00
Meal Type:	Lunch
Category:	Grain
HACCP Process:	Same Day Service

Rice Brown MTG

Nutrition Information

Calories	30.19	Protein	0.71g
Fat	0.18g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	6.57g	Fiber	0.36g
Sugar	0.00g	Sodium	0.00mg
Iron	0.13mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

4 11/25 Cup RICE BRN PARBL WGRAIN 25# GFS

Preparation Instructions

Directions:

WASH HANDS.

1. Bring water to a boil, add rice. Cover tightly and simmer for 20 minutes or until liquid is absorbed.
2. Fluff with fork.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: #8 scoop (1/2 cup) provides= 1 oz eq grain

Updated October 2013

Notes:

French Bread Pizza

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

French Bread Pizza

Nutrition Information

Calories	5.80	Protein	0.34g
Fat	0.22g	SaturatedFat	0.09g
Trans Fat	0.00g	Cholesterol	0.40mg
Carbohydrates	0.66g	Fiber	0.06g
Sugar	0.08g	Sodium	11.20mg
Iron	0.05mg	Vitamin C	0.10mg
Vitamin A	15.00IU	Calcium	7.00mg

Ingredients

1 Each FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z

BAKE

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Preparation Instructions

Popcorn Chicken Bites

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Oven Baked Popcorn Chicken Bites with BBQ dipping sauce

Nutrition Information

Calories	4.60	Protein	0.28g
Fat	0.26g	SaturatedFat	0.05g
Trans Fat	0.00g	Cholesterol	0.40mg
Carbohydrates	0.28g	Fiber	0.06g
Sugar	0.02g	Sodium	7.00mg
Iron	0.04mg	Vitamin C	0.00mg
Vitamin A	2.00IU	Calcium	0.80mg

Ingredients

11 Each CHIX POPCORN BRD WGRAIN FC .28Z 6-5#

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Preparation Instructions

Mac & Cheese

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Land-O-Lakes Creamy Baked Mac & Cheese

Nutrition Information

Calories	6.18	Protein	0.38g
Fat	0.24g	SaturatedFat	0.11g
Trans Fat	0.00g	Cholesterol	0.55mg
Carbohydrates	0.64g	Fiber	0.04g
Sugar	0.13g	Sodium	14.79mg
Iron	0.02mg	Vitamin C	0.00mg
Vitamin A	16.55IU	Calcium	8.83mg

Ingredients

6 Fluid Ounce ENTREE MAC & CHS WGRAIN 6-5# LOL

Preparation Instructions

Lasagna Roll-ups

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Lasagna

Nutrition Information

Calories	5.09	Protein	0.31g
Fat	0.13g	SaturatedFat	0.07g
Trans Fat	0.00g	Cholesterol	0.40mg
Carbohydrates	0.62g	Fiber	0.05g
Sugar	0.13g	Sodium	10.09mg
Iron	0.02mg	Vitamin C	0.16mg
Vitamin A	10.77IU	Calcium	6.11mg

Ingredients

1 Each LASAGNA ROLL-UP WGRAIN 110-4.15Z

1 Ounce SAUCE MARINARA A/P 6-10 REDPK

Preparation Instructions

Garlic Bread

Servings:	50.00
Meal Type:	Lunch
Category:	Grain
HACCP Process:	Same Day Service

Oven Toasted Garlic Bread

Nutrition Information

Calories	1.60	Protein	0.04g
Fat	0.07g	SaturatedFat	0.02g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.22g	Fiber	0.02g
Sugar	0.00g	Sodium	3.00mg
Iron	0.01mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

1 Slice BREAD GARL TST SLC WGRAIN 12-12CT GFS

BAKE

Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.

GRIDDLE_FRY

Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through.

GRILL

Place toast on grill. Heat each side for 30 seconds or until heated through.

Preparation Instructions

Chicken Strips

Servings:	50.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Oven baked breaded chicken strips

Nutrition Information

Calories	5.20	Protein	0.30g
Fat	0.30g	SaturatedFat	0.05g
Trans Fat	0.00g	Cholesterol	0.50mg
Carbohydrates	0.32g	Fiber	0.06g
Sugar	0.02g	Sodium	7.80mg
Iron	0.04mg	Vitamin C	0.00mg
Vitamin A	2.00IU	Calcium	0.80mg

Ingredients

3 Piece CHIX TNRD WGRAIN FC 450CT TYS

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Preparation Instructions

Cucumbers & Tomatoes

Servings: 50.00

Meal Type: Lunch

Category: Vegetable

HACCP Process: No Cook

Fresh sliced Cool Cucumbers mixed with Fresh Cherry Tomatoes

Nutrition Information

Calories	0.27	Protein	0.01g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.06g	Fiber	0.02g
Sugar	0.04g	Sodium	0.07mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.10mg

Ingredients

1/2 Cup CUCUMBER 6CT

Sliced

1/2 Cup TOMATO CHERRY 11# MRKN

Preparation Instructions

Watermelon

Servings: 50.00

Meal Type: Lunch

Category: Fruit

HACCP Process: No Cook

Fresh Diced Watermelon

Nutrition Information

Calories	13.55	Protein	0.28g
Fat	0.07g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	3.41g	Fiber	0.18g
Sugar	2.80g	Sodium	0.45mg
Iron	0.11mg	Vitamin C	3.66mg
Vitamin A	257.07IU	Calcium	3.16mg

Ingredients

1/2 Cup WATERMELON RED SDLSS 2CT P/L

Diced then place in a portion cup

Preparation Instructions

Orange

Servings:	1.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Fresh Orange

Nutrition Information

Calories	80.00	Protein	1.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	21.00g	Fiber	7.00g
Sugar	14.00g	Sodium	0.00mg
Iron	0.36mg	Vitamin C	78.00mg
Vitamin A	0.00IU	Calcium	60.00mg

Ingredients

1 Each ORANGES NAVEL/VALENCIA CHC 138CT MRKN

Preparation Instructions

Fresh Blueberry Cup

Servings: 50.00

Meal Type: Lunch

Category: Fruit

HACCP Process: No Cook

Fresh Blueberries

Nutrition Information

Calories	0.80	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.20g	Fiber	0.06g
Sugar	0.14g	Sodium	0.04mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

1/2 Cup BLUEBERRIES FZ WILD IQF 30 COMM

Portion 1/2 cup each serving

Preparation Instructions

Meatball Sub

Servings:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

MB

Nutrition Information

Calories	357.75	Protein	13.00g
Fat	5.25g	SaturatedFat	0.88g
Trans Fat	0.15g	Cholesterol	9.00mg
Carbohydrates	65.25g	Fiber	2.25g
Sugar	2.50g	Sodium	654.00mg
Iron	4.10mg	Vitamin C	7.45mg
Vitamin A	1.25IU	Calcium	96.00mg

Ingredients

4 Each MEATBALL CKD .65Z 6-5# COMM

1 Each BUN SUB 10 12-4CT GFS

Preparation Instructions