

Cookbook for Cuyahoga Falls City Schools

Created by HPS Menu Planner

Table of Contents

Fish Sticks

Criss-Cross Sweet Potato Fries

Beef Taco

Grilled Cheese

Stuffed Crust Pizza

Chicken Nuggets

Deli Roasters

Burger

Chicken Taco

Green Beans

French Toast

Fiesta Bleack Beans

Calzone

Breaded Chicken Sandwich

Crinkle Cut Baked Fries

Curly Twister Fries

Sweet Potato Ribbon cut fries

Waffle Fries

Black Pepper Fries

Triangle Hash Browns

Mini Corn Dog

Mixed Green Salad

Drum Stick

Rice Brown MTG

French Bread Pizza

Popcorn Chicken Bites

Mac & Cheese

Lasagna Roll-ups

Garlic Bread

Chicken Strips

Cucumbers & Tomatoes

Watermelon

Orange

Fresh Blueberry Cup

Meatball Sub

Fish Sticks

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Crispy Crunchy Baked Pollock Fish Sticks served with Tartar Sauce

Nutrition Information

Calories	230.00	Protein	15.00g
Fat	9.00g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	50.00mg
Carbohydrates	22.00g	Fiber	2.00g
Sugar	0.00g	Sodium	350.00mg
Iron	1.08mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

400 Each POLLOCK BRD STIX NACH MSC 1Z 20#

4 sticks per serving

Preparation Instructions

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.

Criss-Cross Sweet Potato Fries

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

Sweet Delicious Baked Sweet Potato Fries

Nutrition Information

Calories	201.07	Protein	2.68g
Fat	6.70g	SaturatedFat	0.67g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	30.83g	Fiber	2.68g
Sugar	6.70g	Sodium	241.28mg
Iron	0.48mg	Vitamin C	3.22mg
Vitamin A	4691.59IU	Calcium	26.81mg

Ingredients

25 Pound FRIES SWT CRISSCUT 5-3# LAMB

4 oz. serving.

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

Classic golden brown, warm, melted goddess

Nutrition Information

Calories	362.46	Protein	15.00g
Fat	23.90g	SaturatedFat	11.31g
Trans Fat	1.14g	Cholesterol	50.00mg
Carbohydrates	26.00g	Fiber	3.00g
Sugar	5.00g	Sodium	1070.00mg
Iron	1.66mg	Vitamin C	0.01mg
Vitamin A	710.31IU	Calcium	394.00mg

Ingredients

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

2 Cup MARGARINE &BTR BLND EURO 36-1#

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

Preparation Instructions

Stuffed Crust Pizza

Servings:	72.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Whole grain rich pizzas feature creamy cheese stuffed in the crust, and savory pepperoni slices. School lunch favorite!

Nutrition Information

Calories	330.00	Protein	17.00g
Fat	14.00g	SaturatedFat	4.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	35.00g	Fiber	3.00g
Sugar	4.00g	Sodium	870.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	300.00IU	Calcium	250.00mg

Ingredients

72 Each PIZZA PEPP WDG WGRAIN STFD 72-4.87Z

One case has 72 servings.

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

Golden Crispy Crunch Chicken Nuggets with Dipping Sauce

Nutrition Information

Calories	210.00	Protein	13.00g
Fat	12.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	13.00g	Fiber	2.00g
Sugar	1.00g	Sodium	320.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	20.00mg

Ingredients

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

4 Bags

Preparation Instructions

Basic Preparation:

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

School Equivalents:

Child Nutrition Label: Yes

Serving Size: 5 Each

Meat/Meat Alternative: n/a

Fruit/Vegetables: n/a

Grain/Breads: n/a

Updated For New Final Rule:

Meat/Meat Alternative: 2 oz

Grain/Breads: 1 oz eq

Deli Roasters

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

Baked seasoned cubed potatoes

Nutrition Information

Calories	130.98	Protein	3.93g
Fat	2.62g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	24.89g	Fiber	2.62g
Sugar	0.00g	Sodium	150.63mg
Iron	0.94mg	Vitamin C	7.86mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

25 Pound POTATO SEAS DELI ROASTERS 6-5# MCC

4 oz. per order

Preparation Instructions

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.

Burger

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Delicious hamburgers & cheese burgers

Nutrition Information

Calories	303.00	Protein	19.00g
Fat	16.50g	SaturatedFat	5.70g
Trans Fat	0.90g	Cholesterol	60.00mg
Carbohydrates	21.00g	Fiber	5.00g
Sugar	3.00g	Sodium	444.00mg
Iron	2.72mg	Vitamin C	0.00mg
Vitamin A	28.00IU	Calcium	58.00mg

Ingredients

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

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

Preparation Instructions

Basic Preparation:

PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AND HEAT IN OVEN AT 350°F FOR APPROX 7-8 MINUTES. BURGERS CAN BE PREPARED IN STEAMER AS WELL. PLACE IN STEAMER AND HEAT FOR APPROX 14 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 165 DEGREES.

Chicken Taco

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Soft Shell Taco, mesquite seasoned diced chicken

Nutrition Information

Calories	248.34	Protein	18.86g
Fat	11.42g	SaturatedFat	6.09g
Trans Fat	0.00g	Cholesterol	55.67mg
Carbohydrates	13.36g	Fiber	0.62g
Sugar	1.00g	Sodium	406.63mg
Iron	1.70mg	Vitamin C	0.02mg
Vitamin A	188.53IU	Calcium	139.74mg

Ingredients

100 Each TORTILLA FLOUR 6 PRSD 24-12CT LAFRO

12 1/2 Pound CHIX DCD 1/2 WHT/DARK CKD 2-5# TYSON

2 oz. per serving

Use a # 16 scoop.

1 Gallon CHEESE CHED MLD SHRD 4-5# COMM

Use 1 oz. per serving.

3 Teaspoon SEASONING MESQ HRB&FAJITA 22Z TRDE

Preparation Instructions

For each 5 # bag of diced chicken add 1 1/2 tablespoons of mesquite seasoning.

Add 1/2 - 1 cup of water. heat in the over until temp. reaches 165* F.

Green Beans

Servings:	120.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Fresh green Beans

Nutrition Information

Calories	14.98	Protein	0.79g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	3.15g	Fiber	1.58g
Sugar	0.79g	Sodium	0.79mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

3 Gallon BEAN GRN FZ 30 COMM

1/2 cup serving

Preparation Instructions

Add green beans to a large roaster.

Add 1/2 gallon of water.

Cover and place in a 350* F. oven for 30 - 45 minutes. (Until internal temperature reaches 145* F.)

Green Beans can be cooked in the Cooker/warmers Timing will vary. Cool until internal temperature reaches 14*F.

French Toast

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

Breakfast for lunch

Nutrition Information

Calories	200.60	Protein	7.80g
Fat	8.00g	SaturatedFat	2.00g
Trans Fat	0.09g	Cholesterol	109.00mg
Carbohydrates	25.00g	Fiber	2.50g
Sugar	11.00g	Sodium	282.70mg
Iron	1.46mg	Vitamin C	0.07mg
Vitamin A	225.12IU	Calcium	73.53mg

Ingredients

100 Each FRENCH TST CINN WGRAIN 144-2.9Z PAP

1 piece per serving

Preparation Instructions

On a sheet tray with parchment paper, lay each piece in a single layer.

Bake in a 350* F. oven for 5-7 minutes.

Fiesta Bleack Beans

Servings:	27.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Seasoned Bush Black Beans

Nutrition Information

Calories	108.44	Protein	4.93g
Fat	0.99g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	19.72g	Fiber	3.94g
Sugar	1.97g	Sodium	463.32mg
Iron	1.77mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	39.43mg

Ingredients

108 Fluid Ounce BEAN BLACK FIESTA TACO 6-10 BUSH

27 4 oz. servings per CAN.

Preparation Instructions

Heat & Serve.

Heat beans to 145* F.

**Black beans in a rich tasty sauce enhanced with a zesty mix of authentic Mexican seasonings.

Calzone

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

Baked Beef & Chicken Italian Calzone (NO PORK)

Nutrition Information

Calories	420.00	Protein	22.00g
Fat	15.00g	SaturatedFat	5.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	51.00g	Fiber	5.00g
Sugar	13.00g	Sodium	970.00mg
Iron	3.24mg	Vitamin C	20.40mg
Vitamin A	1100.00IU	Calcium	290.00mg

Ingredients

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

None

Preparation Instructions

Basic Preparation

PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING TEMPERATURE. THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

Breaded Chicken Sandwich

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

Baked Home-style Chicken Sandwich Patty

Nutrition Information

Calories	195.00	Protein	11.00g
Fat	6.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	12.50mg
Carbohydrates	25.00g	Fiber	5.50g
Sugar	2.00g	Sodium	310.00mg
Iron	1.62mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	60.00mg

Ingredients

100 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.

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

Preparation Instructions

Crinkle Cut Baked Fries

Servings: 100.00

Meal Type: Breakfast

Category: Entree

HACCP Process: No Cook

Cripy Golden Crinkle cut Fries

Nutrition Information

Calories	173.57	Protein	3.16g
Fat	3.94g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	26.82g	Fiber	3.16g
Sugar	0.00g	Sodium	31.56mg
Iron	0.57mg	Vitamin C	7.57mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

25 Pound FRIES 1/2 C/C OVEN 6-5# MCC

100 orders equals 5 - 5# bags.

1 order equals 4 oz. serving

Preparation Instructions

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.

Curly Twister Fries

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

Spiral cut seasoned fries

Nutrition Information

Calories	213.76	Protein	3.56g
Fat	10.69g	SaturatedFat	2.67g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	26.72g	Fiber	3.56g
Sugar	0.00g	Sodium	570.02mg
Iron	1.28mg	Vitamin C	6.41mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

25 Pound FRIES TWISTER SEAS 6-5# LAMB

4 oz. per serving

5 bags per 100 orders

Preparation Instructions

Sweet Potato Ribbon cut fries

Servings:	60.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baked Sweet Potato fries

Nutrition Information

Calories	172.12	Protein	1.23g
Fat	6.15g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	25.82g	Fiber	3.69g
Sugar	6.15g	Sodium	590.13mg
Iron	0.89mg	Vitamin C	2.95mg
Vitamin A	4917.74IU	Calcium	0.00mg

Ingredients

15 Pound FRIES SWT SEASONED RIBCUT 3-5# LAMB

Each case serves 60 4 oz. servings

Preparation Instructions

Basic Preparation

CONVECTION OVEN 8-12 MINUTES AT 400 DEGREES F,

CONVENTIONAL OVEN 30-35 MINUTES AT 400 DEGREES F.

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:	100.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baked Black Pepper Seasoned Fries

Nutrition Information

Calories	213.76	Protein	2.67g
Fat	10.69g	SaturatedFat	1.34g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	28.06g	Fiber	2.67g
Sugar	0.00g	Sodium	654.63mg
Iron	0.96mg	Vitamin C	8.02mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

25 Pound 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.

Preparation Instructions

Place 4 oz. fries per order into a boat.

Triangle Hash Browns

Servings:	120.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baked Hash Browns

Nutrition Information

Calories	195.94	Protein	1.78g
Fat	9.80g	SaturatedFat	1.34g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	24.05g	Fiber	1.78g
Sugar	0.89g	Sodium	400.80mg
Iron	0.64mg	Vitamin C	2.14mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

30 Pound POTATO TRIANGLES 2Z 6-5# LAMB

1 case has 120 orders

Preparation Instructions

CONVECTION OVEN: Layer onto a sheet tray. Bake at 400* F. for about 13 minutes.

Mini Corn Dog

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Sweet mini cornbread battered franks

Nutrition Information

Calories	180.00	Protein	7.00g
Fat	8.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	20.00g	Fiber	3.00g
Sugar	4.00g	Sodium	280.00mg
Iron	1.44mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	100.00mg

Ingredients

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

4 pieces per serving.

Preparation Instructions

Basic Preparation

REHEATING FROM THAWED STATE IS RECOMMENDED METHOD.

CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES.

FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

Mixed Green Salad

Servings:	100.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Fresh Mixed Romaine Salad

Nutrition Information

Calories	16.65	Protein	0.91g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	3.48g	Fiber	1.16g
Sugar	2.32g	Sodium	8.39mg
Iron	0.33mg	Vitamin C	10.00mg
Vitamin A	1666.67IU	Calcium	15.80mg

Ingredients

100 Cup LETTUCE BLND ROMAINE MXD 4-5# RSS

1 cup each serving

200 Fluid Ounce TOMATO CHERRY 12-1PT MRKN

equals 2 each

Preparation Instructions

1 cup per serving add 2 cherry tomatoes.

Drum Stick

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

Oven Baked Breaded Chicken Drum Stick

Nutrition Information

Calories	190.00	Protein	16.00g
Fat	11.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	50.00mg
Carbohydrates	5.00g	Fiber	1.00g
Sugar	0.00g	Sodium	450.00mg
Iron	1.08mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	20.00mg

Ingredients

100 Piece CHIX DRMSTX BRD WGRAIN CKD 6-5#

Preparation Instructions

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.

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

French Bread Pizza

Nutrition Information

Calories	290.00	Protein	17.00g
Fat	11.00g	SaturatedFat	4.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	33.00g	Fiber	3.00g
Sugar	4.00g	Sodium	560.00mg
Iron	2.70mg	Vitamin C	4.80mg
Vitamin A	750.00IU	Calcium	350.00mg

Ingredients

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

Preparation Instructions

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.

Popcorn Chicken Bites

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

Oven Baked Popcorn Chicken Bites with BBQ dipping sauce

Nutrition Information

Calories	230.00	Protein	14.00g
Fat	13.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	14.00g	Fiber	3.00g
Sugar	1.00g	Sodium	350.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	40.00mg

Ingredients

1100 Each CHIX POPCORN BRD WGRAIN FC .28Z 6-5#

11 pieces per serving

Preparation Instructions

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.

One case serves 155 orders.

Mac & Cheese

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

Land-O-Lakes Creamy Baked Mac & Cheese

Nutrition Information

Calories	280.00	Protein	17.00g
Fat	11.00g	SaturatedFat	5.00g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	29.00g	Fiber	2.00g
Sugar	6.00g	Sodium	670.00mg
Iron	1.08mg	Vitamin C	0.00mg
Vitamin A	750.00IU	Calcium	400.00mg

Ingredients

67 Cup ENTREE MAC & CHS WGRAIN 6-5# LOL

1 bag = 13 orders.

Preparation Instructions

Thawing Instructions

REMOVE POUCHES FROM CASE AND THAW UNDER REFRIGERATION OVERNIGHT

Basic Preparation:

1. Empty thawed bags into a roaster pan.
2. Cover and heat in the oven TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.
4. WARMING CABINET HOLDING INSTRUCTIONS: MAINTAIN HOT HOLDING TEMPERATURE AT 145 DEGREES F.

IF PRE-PANDED, KEEP PRODUCT COVERED TIGHTLY. CAN BE HELD UP TO 1.5 HOURS.

** The sturdy bags can be heated in the Cooker Warmers. Add water then carefully submerge the bags in the water. Heating time may vary, test the temperature by carefully folding the bag over the thermometer. Heat until temperature reaches 165* F.

Lasagna Roll-ups

Servings:	110.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Lasagna

Nutrition Information

Calories	254.89	Protein	15.74g
Fat	6.74g	SaturatedFat	3.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	31.23g	Fiber	2.74g
Sugar	6.49g	Sodium	509.14mg
Iron	1.08mg	Vitamin C	8.23mg
Vitamin A	544.45IU	Calcium	305.96mg

Ingredients

110 Each LASAGNA ROLL-UP WGRAIN 110-4.15Z

114 2/3 Ounce SAUCE MARINARA A/P 6-10 REDPK

Use one can.

Preparation Instructions

1. Spray a large sheet tray with vegetable spray, then ladle sauce on the tray.
2. Lay out 35 lasagna rolls, (5 across and 7 down).
3. Ladle more sauce over the lasagna.
4. bake at 350* F. for about 35 minutes.
5. serve in a boat

Garlic Bread

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

Oven Toasted Garlic Bread

Nutrition Information

Calories	80.00	Protein	2.00g
Fat	3.50g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	11.00g	Fiber	1.00g
Sugar	0.00g	Sodium	150.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

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

1 piece per order

Preparation Instructions

BAKE

Preheat oven to 375 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 5-7 minutes or until heated through.

Chicken Strips

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

Oven baked breaded chicken strips

Nutrition Information

Calories	260.00	Protein	15.00g
Fat	15.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	16.00g	Fiber	3.00g
Sugar	1.00g	Sodium	390.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	40.00mg

Ingredients

300 Piece CHIX TNDR WGRAIN FC 450CT TYS

4 bags

Preparation Instructions

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Cucumbers & Tomatoes

Servings:	100.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Fresh sliced Cool Cucumbers mixed with Fresh Cherry Tomatoes

Nutrition Information

Calories	3.38	Protein	0.13g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.75g	Fiber	0.25g
Sugar	0.50g	Sodium	0.88mg
Iron	0.05mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	1.25mg

Ingredients

12 1/2 Pound CUCUMBER 6CT

2 oz. Sliced per serving

12 1/2 Cup TOMATO CHERRY 11# MRKN

2 oz. whole per serving

Preparation Instructions

Watermelon

Servings:	60.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Fresh Diced Watermelon

Nutrition Information

Calories	406.62	Protein	8.28g
Fat	2.04g	SaturatedFat	0.21g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	102.30g	Fiber	5.43g
Sugar	84.00g	Sodium	13.56mg
Iron	3.25mg	Vitamin C	109.79mg
Vitamin A	7712.23IU	Calcium	94.88mg

Ingredients

18 Pound WATERMELON RED SDLSS 2CT P/L

Preparation Instructions

Diced then place in a portion cup

Orange

Servings:	100.00
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

100 Each ORANGES NAVEL/VALENCIA CHC 138CT MRKN

Preparation Instructions

One whole orange equals one serving

Fresh Blueberry Cup

Servings:	120.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Fresh Blueberries

Nutrition Information

Calories	31.55	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	7.89g	Fiber	2.37g
Sugar	5.52g	Sodium	1.58mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

3 Gallon BLUEBERRIES FZ WILD IQF 30 COMM

Portion 1/2 cup each serving

Preparation Instructions

Meatball Sub

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

MB

Nutrition Information

Calories	489.00	Protein	22.40g
Fat	12.70g	SaturatedFat	3.60g
Trans Fat	0.60g	Cholesterol	36.00mg
Carbohydrates	72.00g	Fiber	3.40g
Sugar	6.00g	Sodium	844.00mg
Iron	5.82mg	Vitamin C	9.40mg
Vitamin A	105.00IU	Calcium	148.00mg

Ingredients

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

30 orders per 5 # Bag.

100 Each BUN SUB 10 12-4CT GFS

10 Cup SAUCE MARINARA 6-10 REDPK

READY_TO_EAT

None

Preparation Instructions

Basic Preparation

PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES.