

Cookbook for CUYAHOGA FALLS HIGH SCHOOL

Created by HPS Menu Planner

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Burger & Cheese Burger on a Bun

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

Smoky Beef steak Patty

Nutrition Information

Calories	330.00	Protein	20.00g
Fat	18.50g	SaturatedFat	7.00g
Trans Fat	1.00g	Cholesterol	70.00mg
Carbohydrates	19.00g	Fiber	4.00g
Sugar	2.00g	Sodium	465.00mg
Iron	2.16mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	60.00mg

Ingredients

100 Each BEEF STK SMKY GRLL 100-3Z PIER

BAKE

Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes.
Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.

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

Preparation Instructions

Toasted Cheese on a Pretzel Bun

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

Bavarian Pretzel bun & American Cheese Toasted

Nutrition Information

Calories	500.00	Protein	18.00g
Fat	20.50g	SaturatedFat	12.00g
Trans Fat	0.00g	Cholesterol	50.00mg
Carbohydrates	62.00g	Fiber	2.00g
Sugar	9.00g	Sodium	1015.00mg
Iron	3.78mg	Vitamin C	0.00mg
Vitamin A	538.00IU	Calcium	336.00mg

Ingredients

100 Each ROLL PRETZEL SLCD 80-4Z J&J

400 Slice CHEESE AMER WHT 160CT SLCD 6-5# LOL

2.5 packs of cheese

Preparation Instructions

1. Each sandwich gets 2 oz. of cheese, 4 slices.
2. Place sandwiches on a large sheet tray.
3. bake in a 350* F. oven for about 10 minutes (until cheese is melted)

Sweet & Sour Chicken Bowl

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Sweet & Sour popcorn chicken served over brown rice

Nutrition Information

Calories	268.40	Protein	14.00g
Fat	13.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	22.96g	Fiber	3.00g
Sugar	8.04g	Sodium	420.40mg
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#

25 orders per bag.

1/2 Gallon SAUCE SWT & SOUR 4-1GAL LACHY

Preparation Instructions

1. Baked popcorn chicken on sheet trays.
2. In a roaster pan mix popcorn chicken to 1/2 gallon of sweet & sour sauce.
3. serve over brown rice.

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.

Vegetable Eggrolls

Servings: 100.00

Meal Type: Lunch

Category: Grain

HACCP Process: Same Day Service

vegetable egg rolls are filled with fresh celery, carrots, onions, and broccoli, and then wrapped in a crispy egg noodle wrapper.

Nutrition Information

Calories	140.00	Protein	4.00g
Fat	5.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	22.00g	Fiber	2.00g
Sugar	2.00g	Sodium	550.00mg
Iron	1.20mg	Vitamin C	15.00mg
Vitamin A	1500.00IU	Calcium	26.00mg

Ingredients

100 Each EGG ROLL VEG 3Z 4-18CT GLDT

Preparation Instructions

BAKE

Preparation Type: Heating Instructions: Conventional Oven Instructions: Preheat oven to 375°F. Place frozen egg rolls on baking sheet. Turn once during baking. Conventional: 18 - 20 minutes. Convection: 14 - 16 minutes.

Preparation Notes: Heating time may vary with equipment.

BBQ Pulled Pork Sandwich

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

Brookwood Farm Pulled Pork

Nutrition Information

Calories	374.25	Protein	19.50g
Fat	14.75g	SaturatedFat	4.50g
Trans Fat	0.00g	Cholesterol	53.25mg
Carbohydrates	39.75g	Fiber	2.00g
Sugar	16.00g	Sodium	384.75mg
Iron	4.30mg	Vitamin C	18.90mg
Vitamin A	1237.50IU	Calcium	131.00mg

Ingredients

300 Ounce PORK PULLED BBQ LO SOD 4-5# BROOKWD

3 oz. per sandwich

100 3474 WGR HAMBURGER BUN (76) 60g 12ct

READY_TO_EAT

Preparation Instructions

OVEN OR STEAMER : BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F. STEAM UNTIL INTERNAL TEMPERATURE REACHES 160* f.

SRIRACHA CHICKEN

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

These chicken breast chunks are breaded in a honey-Sriracha breading

Nutrition Information

Calories	253.33	Protein	20.00g
Fat	12.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	46.67mg
Carbohydrates	18.67g	Fiber	1.33g
Sugar	2.67g	Sodium	333.33mg
Iron	1.44mg	Vitamin C	1.60mg
Vitamin A	266.67IU	Calcium	0.00mg

Ingredients

400 Each CHIX BRST CHNK BRD SRIRACHA 4-7.12#

4 EACH PER SERVING

Preparation Instructions

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

From Frozen:

1. Preheat oven to 375°F.
2. Arrange pieces in a single layer on a baking sheet.
3. Heat in oven for 12-15 minutes.

Smokehouse Burger

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

Smoky burger

Nutrition Information

Calories	380.00	Protein	22.50g
Fat	23.00g	SaturatedFat	9.50g
Trans Fat	1.00g	Cholesterol	82.50mg
Carbohydrates	19.50g	Fiber	4.00g
Sugar	2.50g	Sodium	690.00mg
Iron	2.22mg	Vitamin C	0.00mg
Vitamin A	137.00IU	Calcium	143.50mg

Ingredients

100 Each BEEF STK SMKY GRLL 100-3Z PIER

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

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

Preparation Instructions

Steam in steamer for 10 minutes, until internal temperature reaches 165* F.

BAKE

Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.

Breakfast for Lunch

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

Brunch 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

Preparation Instructions

Heat in oven from frozen, 5-7 minutes, then serve.

Tomato Soup

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

Comfort Food Heaven

Nutrition Information

Calories	133.08	Protein	2.96g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	29.57g	Fiber	1.48g
Sugar	17.74g	Sodium	709.77mg
Iron	1.06mg	Vitamin C	8.87mg
Vitamin A	591.47IU	Calcium	0.00mg

Ingredients

600 Fluid Ounce SOUP TOMATO 12-5 CAMP

One serving equals 6 oz.

Preparation Instructions

Steamer: Add 3 cans of tomato soup and 3 cans of water to a roaster pan. Cover then heat in the steamer until the internal temperature reaches 165*.

Golden Crispy Chicken Sandwich

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

Chik-Fil-it Style Chicken Sandwich

Nutrition Information

Calories	300.00	Protein	23.00g
Fat	10.50g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	45.00mg
Carbohydrates	28.00g	Fiber	7.00g
Sugar	2.00g	Sodium	385.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	40.00mg

Ingredients

100 Each CHIX BRST BRD CKD WGRAIN 3.75Z 6-5#

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

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.

Temp at 165*

HS Chicken Nugget

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

chicken nugget fritters are coated with a 51 percent whole grain breading

Nutrition Information

Calories	315.00	Protein	19.50g
Fat	18.00g	SaturatedFat	3.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	19.50g	Fiber	3.00g
Sugar	1.50g	Sodium	480.00mg
Iron	2.70mg	Vitamin C	0.00mg
Vitamin A	150.00IU	Calcium	30.00mg

Ingredients

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

one serving equals 6 pieces

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.

Steamed Broccoli

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

Garden Fresh Crispy Broccoli

Nutrition Information

Calories	52.00	Protein	6.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	10.00g	Fiber	6.00g
Sugar	2.00g	Sodium	44.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

100 Cup BROCCOLI FZ 30 COMM

Preparation Instructions

Steam in a roaster. Do not overcook.

Sprinkle with Veggie seasoning.

CHICKEN NUGGETS (HS)

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

High School serves 6 Chicken Nuggets.

Nutrition Information

Calories	315.00	Protein	19.50g
Fat	18.00g	SaturatedFat	3.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	19.50g	Fiber	3.00g
Sugar	1.50g	Sodium	480.00mg
Iron	2.70mg	Vitamin C	0.00mg
Vitamin A	150.00IU	Calcium	30.00mg

Ingredients

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

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.

Far East Vegetable Blend

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

Broccoli, Sugar Snap Pea, Carrots, onions, Baby Corn and Red Bell Pepper

Nutrition Information

Calories	40.00	Protein	1.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	5.00g	Fiber	2.00g
Sugar	2.00g	Sodium	30.00mg
Iron	0.36mg	Vitamin C	15.00mg
Vitamin A	750.00IU	Calcium	20.00mg

Ingredients

100 Cup VEG BLND FAR EAST 12-2 GFS
= 1 gallon + 1 Quart.

Preparation Instructions

Steam in the steamer for about 7 - 10 minutes. until the internal temperature reaches 145* F.

Add veggie seasoning.

Apple

Servings: 100.00

Meal Type: Lunch

Category: Fruit

HACCP Process: Same Day Service

These are heart-shaped apples with a deep, ruby-red skin that is sometimes streaked with green. They have a mild, sweet flavor, juicy texture, with little tartness

Nutrition Information

Calories	71.80	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	19.00g	Fiber	3.00g
Sugar	14.00g	Sodium	0.00mg
Iron	0.17mg	Vitamin C	6.35mg
Vitamin A	74.52IU	Calcium	8.28mg

Ingredients

100 Each APPLE DELICIOUS RED 113CT MRKN

Preparation Instructions

Kiwi

Servings: 100.00

Meal Type: Lunch

Category: Fruit

HACCP Process: Same Day Service

The kiwi skin is golden-yellow, with green flesh that has tiny black seeds and a mildly sweet, tropical flavor. They are smooth-skinned and oblong-shaped, with a hard, pointed crown at one end.

Nutrition Information

Calories	50.00	Protein	1.00g
Fat	0.50g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	12.00g	Fiber	2.00g
Sugar	8.00g	Sodium	0.00mg
Iron	0.36mg	Vitamin C	72.00mg
Vitamin A	50.00IU	Calcium	30.00mg

Ingredients

100 Each KIWI 33-39CT P/L

Preparation Instructions

PACKAGING: BULK PACK IN CORRUGATED BOX. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 32-36 F AT HIGH HUMIDITY. PREPARATION: RINSE THOROUGHLY. READY TO USE.

Fiestada Pizza

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

fiestadas are topped with beef and cheese to provide a rich, Southwest flavor.

Nutrition Information

Calories	340.00	Protein	17.00g
Fat	14.00g	SaturatedFat	6.00g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	39.00g	Fiber	4.00g
Sugar	10.00g	Sodium	850.00mg
Iron	3.60mg	Vitamin C	0.00mg
Vitamin A	500.00IU	Calcium	250.00mg

Ingredients

72 Each PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z

each case has 72 servings.

Preparation Instructions

BAKE

COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1

2" bun pans.

CONVECTION OVEN: 350°F for 11-14 minutes. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.

NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.

Chicken Gravy

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

Use on Mashed Potatoes

Nutrition Information

Calories	1.20	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.28g	Fiber	0.00g
Sugar	0.00g	Sodium	0.03mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.01mg

Ingredients

1 Gallon Water

UNPREPARED

4 Tablespoon STARCH CORN BIB 25 ARGO

3 1/4 Fluid Ounce BASE CHIX NO ADDED MSG 4-5 STOUF

Preparation Instructions

FOR BROTH/STOCK:

ADD

3/4 TSP BASE TO 1 CUP WATER

3/4 oz. TO 1QT

3.25 oz. TO 1 GAL

16 oz. TO 5 GAL A FULL BODIED CHICKEN FLAVOR MADE FROM REAL CHICKEN & DELICATE SEASONINGS.

GRAVY:

1 gallon of Stock.

4 Tsp. cornstarch

1 cup of water

Bring 1 gallon of stock to a boil.

Mix 4 Tsp. of cornstarch to 1 cup of water.

Stir the cornstarch mixture to the boiling stock.

Boil for 1 minute then hold or setup on the line.

Grapes (Fresh)

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

Fresh Seasonal grapes

Nutrition Information

Calories	112.53	Protein	-1.33g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	29.33g	Fiber	1.33g
Sugar	26.67g	Sodium	0.00mg
Iron	0.49mg	Vitamin C	6.72mg
Vitamin A	168.00IU	Calcium	23.52mg

Ingredients

100 Cup GRAPES GREEN SEEDLESS 17#AVG MRKN

Preparation Instructions

Wash before serving.

Pears (Fresh)

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

Fresh seasonal pears

Nutrition Information

Calories	16.40	Protein	0.16g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	4.46g	Fiber	0.96g
Sugar	2.71g	Sodium	0.32mg
Iron	0.06mg	Vitamin C	1.15mg
Vitamin A	0.00IU	Calcium	3.18mg

Ingredients

100 PEAR 95-110CT MRKN

Preparation Instructions

Wash before serving.

Corn & Black Bean Fiesta Blend

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

Flame-roasted corn, onions, and red and green peppers are blended with black beans and seasoned with Cuban-influenced spices

Nutrition Information

Calories	147.21	Protein	6.31g
Fat	3.15g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	25.24g	Fiber	6.31g
Sugar	6.31g	Sodium	241.85mg
Iron	1.18mg	Vitamin C	13.59mg
Vitamin A	681.77IU	Calcium	15.10mg

Ingredients

2 Gallon CORN & BLK BEAN FLME RSTD 6-2.5

each case has 60 1/2 cup servings

Preparation Instructions

Steam in the steamer for about 10-14 minutes until internal temperature reaches 145* F.

Coney Dog on a bun

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

Coney Dog on a bun

Nutrition Information

Calories	345.21	Protein	16.05g
Fat	20.55g	SaturatedFat	6.57g
Trans Fat	0.09g	Cholesterol	46.06mg
Carbohydrates	28.58g	Fiber	5.63g
Sugar	4.63g	Sodium	797.27mg
Iron	1.22mg	Vitamin C	1.71mg
Vitamin A	205.53IU	Calcium	21.11mg

Ingredients

6 1/4 Pound TACO FILLING BEEF REDC FAT 6-5# COMM

1 oz. per serving

100 Each FRANKS BEEF & PORK RLLR 8/ 2-5 GFS

100 Each BUN HOT DOG WHLWHE 12-12CT ANTMILL

Preparation Instructions

Heat taco meat and hot dogs in the steamer until internal temperature reaches 165* F.

Italian Meatball Sub

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

meatballs, mozzarella, marinara on a ww sub bun

Nutrition Information

Calories	387.08	Protein	28.72g
Fat	23.71g	SaturatedFat	10.41g
Trans Fat	0.60g	Cholesterol	65.57mg
Carbohydrates	15.82g	Fiber	3.89g
Sugar	7.75g	Sodium	1088.97mg
Iron	2.16mg	Vitamin C	9.57mg
Vitamin A	845.16IU	Calcium	491.83mg

Ingredients

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

4 each sub

400 Ounce SAUCE MARINARA A/P 6-10 REDPK

READY_TO_EAT

None

400 Fluid Ounce CHEESE MOZZ SHRD 4-5# LOL

1 Each BUN SUB SLCD WGRAIN 5 12-8CT GFS

Preparation Instructions

1. Heat meatballs and marinara in the steamer until temperature reaches 165* F.
2. add 4 meats, 1 oz. of sauce and 1 oz of mozz cheese per sandwich.

Chicken Egg Rolls

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

These whole grain chicken egg rolls offer a crunchy bite and a savory taste. Each egg roll is filled with chicken, fresh vegetables, and signature spices.

Nutrition Information

Calories	440.00	Protein	14.00g
Fat	14.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	80.00mg
Carbohydrates	66.00g	Fiber	4.00g
Sugar	32.00g	Sodium	1640.00mg
Iron	3.26mg	Vitamin C	15.42mg
Vitamin A	2711.20IU	Calcium	83.18mg

Ingredients

200 Each EGG ROLL CHIX WGRAIN CN 3Z 2-30CT

200 Fluid Ounce SAUCE REDHOT SWT CHILI 4-.5GAL FRNKS

2 oz. per serving

Preparation Instructions

BAKE

Preparation Type: Heating Instructions Conventional Oven Instructions: Preheat oven to 450°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 17 minutes Convection Oven Instructions: Preheat oven to 425°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Convection: 12-14 minutes Preparation Notes: Heating time may vary with equipment.

**Serve with Frank's Sweet Chili sauce

Fish Sandwich on a bun

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

Nutrition Information

Calories	270.00	Protein	15.00g
Fat	8.50g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	36.00g	Fiber	6.00g
Sugar	3.00g	Sodium	675.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	60.00mg

Ingredients

100 Each FISH BRD 3Z O/R WGRAIN 10# HILNR

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

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen fillets on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Chicken Egg Rolls

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

Each egg roll is filled with chicken, fresh vegetables, and signature spices.

Nutrition Information

Calories	300.00	Protein	14.00g
Fat	14.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	80.00mg
Carbohydrates	32.00g	Fiber	4.00g
Sugar	4.00g	Sodium	720.00mg
Iron	2.88mg	Vitamin C	12.00mg
Vitamin A	2500.00IU	Calcium	80.00mg

Ingredients

200 Each EGG ROLL CHIX WGRAIN CN 3Z 2-30CT

Preparation Instructions

BAKE

Preparation Type: Heating Instructions Conventional Oven Instructions: Preheat oven to 450°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 17 minutes Convection Oven Instructions: Preheat oven to 425°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Convection: 12-14 minutes Preparation Notes: Heating time may vary with equipment.

Serve with Frank's Sweet & Spicy Sauce.