

# Cookbook for CUYAHOGA FALLS HIGH SCHOOL

Created by HPS Menu Planner

# Table of Contents

Burger & Cheese Burger on a Bun

Toasted Cheese on a Pretzel Bun

Sweet & Sour Chicken Bowl

Vegetable Eggrolls

BBQ Pulled Pork Sandwich

SRIRACHA CHICKEN

Smokehouse Burger

Breakfast for Lunch

Tomato Soup

Golden Crispy Chicken Sandwich

HS Chicken Nugget

Steamed Broccoli

CHICKEN NUGGETS (HS)

Far East Vegetable Blend

Apple

Kiwi

Fiestada Pizza

Chicken Gravy

Grapes (Fresh)

Pears (Fresh)

Corn & Black Bean Fiesta Blend

Coney Dog on a bun

Italian Meatball Sub

Chicken Egg Rolls

Fish Sandwich on a bun

Chicken Egg Rolls

# Burger & Cheese Burger on a Bun

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Smoky Beef steak Patty

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Bavarian Pretzel bun & American Cheese Toasted

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Sweet & Sour popcorn chicken served over brown rice

## Nutrition Information

<b>Calories</b>	268.40	<b>Protein</b>	14.00g
<b>Fat</b>	13.00g	<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	20.00mg
<b>Carbohydrates</b>	22.96g	<b>Fiber</b>	3.00g
<b>Sugar</b>	8.04g	<b>Sodium</b>	420.40mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	100.00IU	<b>Calcium</b>	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

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Brookwood Farm Pulled Pork

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

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

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Smoky burger

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Brunch Lunch

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Comfort Food Heaven

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chik-Fil-it Style Chicken Sandwich

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

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

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Garden Fresh Crispy Broccoli

## Nutrition Information

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

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

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

## Nutrition Information

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

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

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

<b>Servings:</b>	72.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

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

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Other
<b>HACCP Process:</b>	Same Day Service

Use on Mashed Potatoes

## Nutrition Information

<b>Calories</b>	1.20	<b>Protein</b>	0.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	0.28g	<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g	<b>Sodium</b>	0.03mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	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)

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Fresh Seasonal grapes

## Nutrition Information

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

## Ingredients

100 Cup GRAPES GREEN SEEDLESS 17#AVG MRKN

## Preparation Instructions

Wash before serving.



# Pears (Fresh)

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Fresh seasonal pears

## Nutrition Information

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

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Coney Dog on a bun

## Nutrition Information

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

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	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

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service
Pollock	

## Nutrition Information

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

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

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

## Nutrition Information

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