

# Cookbook for Schoolcraft Community Schools

Created by HPS Menu Planner

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# Cheeseburger on bun

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Cheeseburger on bun

## Nutrition Information

<b>Calories</b>	710.00	<b>Protein</b>	32.00g
<b>Fat</b>	20.00g	<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	1.00g	<b>Cholesterol</b>	70.00mg
<b>Carbohydrates</b>	68.00g	<b>Fiber</b>	14.00g
<b>Sugar</b>	38.00g	<b>Sodium</b>	1220.00mg
<b>Iron</b>	4.32mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	100.00mg

## Ingredients

**1 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.

**1** American Cheese Sliced RF

**1** 4 inch whole grain hamburger buns - 30 ct

**1 Cup** BEAN PORK & NAVY 6-10 GFS

**1 Cup** Sliced Peaches

BAKE

## Preparation Instructions

# Hot dog on bun

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Hot dog on bun

## Nutrition Information

<b>Calories</b>	270.00	<b>Protein</b>	10.00g
<b>Fat</b>	17.50g	<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	45.00mg
<b>Carbohydrates</b>	22.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	780.00mg
<b>Iron</b>	0.76mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.07IU	<b>Calcium</b>	40.11mg

## Ingredients

1 Each FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS

1 Hot Dog Bun, Whole Grain White Cluster

READY\_TO\_EAT

## Preparation Instructions

# Chicken Patty on bun

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken patty on bun

## Nutrition Information

<b>Calories</b>	466.40	<b>Protein</b>	20.83g
<b>Fat</b>	17.00g	<b>SaturatedFat</b>	2.83g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	25.00mg
<b>Carbohydrates</b>	26.79g	<b>Fiber</b>	6.62g
<b>Sugar</b>	7.71g	<b>Sodium</b>	783.65mg
<b>Iron</b>	1.98mg	<b>Vitamin C</b>	2.35mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	43.18mg

## Ingredients

1 Each CHIX PTY BRD WGRAIN 3.26Z 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.

1 4 inch whole grain hamburger buns - 30 ct

1 Ounce FRIES 3/8 R/C CLR COAT 6-4.5# CAVFM

1 Ounce PEAR 95-110CT MRKN

# Preparation Instructions

# Chicken Nuggets

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken nuggets

## Nutrition Information

<b>Calories</b>	293.60	<b>Protein</b>	6.93g
<b>Fat</b>	5.71g	<b>SaturatedFat</b>	1.01g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	51.07g	<b>Fiber</b>	2.18g
<b>Sugar</b>	28.25g	<b>Sodium</b>	330.89mg
<b>Iron</b>	0.93mg	<b>Vitamin C</b>	61.64mg
<b>Vitamin A</b>	25.00IU	<b>Calcium</b>	5.00mg

## 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.

1 Whole Grain Dinner Roll

READY\_TO\_EAT



**1 Ounce** FRIES WEDGE W/RANCH 6-5# LAMB

**1 Each** JUICE GRP 100 48-6FLZ SNCUP

## Preparation Instructions

# Chicken tenders

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken Tenders

## Nutrition Information

<b>Calories</b>	367.62	<b>Protein</b>	10.93g
<b>Fat</b>	7.48g	<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.00mg
<b>Carbohydrates</b>	62.10g	<b>Fiber</b>	5.93g
<b>Sugar</b>	17.00g	<b>Sodium</b>	1000.71mg
<b>Iron</b>	1.21mg	<b>Vitamin C</b>	69.10mg
<b>Vitamin A</b>	503.34IU	<b>Calcium</b>	90.81mg

## Ingredients

**1 Piece** CHIX TNDR BRD WGRAIN 1.41Z 6-5#

**1** Whole Grain Dinner Roll

READY\_TO\_EAT

**1 Ounce** POTATO PRLS CRMY EXCEL 12-28.2Z BAMER

RECONSTITUTE

1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

**1 Tablespoon** GRAVY MIX CHIX 8-22.6Z TRIO

**1 Each** NOVELTY CUP ORG/PNAP/CHRY 96-4.4FLZ

## Preparation Instructions

# Popcorn Chicken

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

Popcorn Chicken

## Nutrition Information

<b>Calories</b>	3.09	<b>Protein</b>	0.06g
<b>Fat</b>	0.05g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.02mg
<b>Carbohydrates</b>	0.59g	<b>Fiber</b>	0.06g
<b>Sugar</b>	0.16g	<b>Sodium</b>	9.23mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.69mg
<b>Vitamin A</b>	5.12IU	<b>Calcium</b>	0.94mg

## Ingredients

1 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.

1 Whole Grain Dinner Roll

READY\_TO\_EAT

**1 Ounce** POTATO PRLS CRMY EXCEL 12-28.2Z BAMER  
RECONSTITUTE

1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

**1 Tablespoon** GRAVY MIX CHIX 8-22.6Z TRIO

**1 Each** NOVELTY CUP ORG/PNAP/CHRY 96-4.4FLZ

## Preparation Instructions

# Boneless chicken wings

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Boneless chicken wings

## Nutrition Information

<b>Calories</b>	423.33	<b>Protein</b>	9.17g
<b>Fat</b>	13.42g	<b>SaturatedFat</b>	3.04g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	64.17g	<b>Fiber</b>	4.17g
<b>Sugar</b>	19.00g	<b>Sodium</b>	773.50mg
<b>Iron</b>	1.62mg	<b>Vitamin C</b>	68.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

1 Each CHIX BNLS WNG GLDNCRSP WGRAIN 6-105CT

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.

1 Whole Grain Dinner Roll

READY\_TO\_EAT

**1 Cup** FRIES TWISTER SEAS ORIG 6-4# GFS

**1 Each** JUICE APPL 100 48-6FLZ SNCUP

## Preparation Instructions

# Chicken Drumstick

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken Drumstick

## Nutrition Information

<b>Calories</b>	270.00	<b>Protein</b>	19.00g
<b>Fat</b>	12.00g	<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	50.00mg
<b>Carbohydrates</b>	19.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	1.00g	<b>Sodium</b>	590.00mg
<b>Iron</b>	1.08mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	100.00IU	<b>Calcium</b>	20.00mg

## 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.

1 Whole Grain Dinner Roll

READY\_TO\_EAT

## Preparation Instructions



# Mini Corn Dogs

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

Mini Corn dogs

## Nutrition Information

<b>Calories</b>	3.73	<b>Protein</b>	0.12g
<b>Fat</b>	0.04g	<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.11mg
<b>Carbohydrates</b>	0.73g	<b>Fiber</b>	0.12g
<b>Sugar</b>	0.36g	<b>Sodium</b>	7.83mg
<b>Iron</b>	0.03mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.90mg

## Ingredients

**1 Each** CORN DOG CHIX MINI .67Z 2-5# GFS

**1 Cup** BEAN PORK & NAVY 6-10 GFS

**1 Cup** Sliced Peaches

BAKE

## Preparation Instructions

# Chicken Fries

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken Fries

## Nutrition Information

<b>Calories</b>	320.48	<b>Protein</b>	6.29g
<b>Fat</b>	5.33g	<b>SaturatedFat</b>	0.36g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	2.86mg
<b>Carbohydrates</b>	60.10g	<b>Fiber</b>	5.71g
<b>Sugar</b>	16.14g	<b>Sodium</b>	939.29mg
<b>Iron</b>	0.93mg	<b>Vitamin C</b>	69.10mg
<b>Vitamin A</b>	517.63IU	<b>Calcium</b>	96.53mg

## Ingredients

1 Each CHIX STIX WGRAIN FC .43Z 6-5# 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.

1 Whole Grain Dinner Roll

READY\_TO\_EAT

**1 Ounce** POTATO PRLS CRMY EXCEL 12-28.2Z BAMER  
RECONSTITUTE

1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

**1 Tablespoon** GRAVY MIX CHIX 8-22.6Z TRIO

**1 Each** NOVELTY CUP ORG/PNAP/CHRY 96-4.4FLZ

## Preparation Instructions

# Bosco cheese breadstick

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Bosco cheese bread stick

## Nutrition Information

<b>Calories</b>	670.00	<b>Protein</b>	26.00g
<b>Fat</b>	7.00g	<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.00mg
<b>Carbohydrates</b>	123.00g	<b>Fiber</b>	24.00g
<b>Sugar</b>	60.00g	<b>Sodium</b>	1290.00mg
<b>Iron</b>	8.64mg	<b>Vitamin C</b>	9.60mg
<b>Vitamin A</b>	1800.00IU	<b>Calcium</b>	280.00mg

## Ingredients

1 Each BREADSTICK CHS STFD 7 WGRAIN 108CT

CONVECTION

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

DEEP\_FRY

Deep Fry

1. Preheat oil to 350° F.

2. THAWED ONLY: 1-2 minutes.

3. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and  
or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

THAW

Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

Oven temperatures may vary. Adjust baking time and  
or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

**1 Cup SAUCE PIZZA W/BASL 6-10 REDPK**

READY\_TO\_EAT

None

**1 Cup BEAN PORK & NAVY 6-10 GFS**

**1 Cup PEAR SLCD XL/S 6-10 GFS**

## Preparation Instructions

# Calzone

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Calzone

## Nutrition Information

<b>Calories</b>	492.00	<b>Protein</b>	22.00g
<b>Fat</b>	13.00g	<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	30.00mg
<b>Carbohydrates</b>	71.00g	<b>Fiber</b>	9.00g
<b>Sugar</b>	31.00g	<b>Sodium</b>	800.00mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	8.40mg
<b>Vitamin A</b>	500.00IU	<b>Calcium</b>	250.00mg

## Ingredients

**1 Each** CALZONE ITAL BEEF PEPP WGRAIN 80-5Z

**1 Cup** Green Beans cnd

BAKE

**1 Cup** FRUIT MIXED 6-10 COMM

## Preparation Instructions

# French toast sticks

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

French toast sticks

## Nutrition Information

<b>Calories</b>	565.00	<b>Protein</b>	11.00g
<b>Fat</b>	34.50g	<b>SaturatedFat</b>	8.33g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	46.67mg
<b>Carbohydrates</b>	31.50g	<b>Fiber</b>	1.83g
<b>Sugar</b>	23.33g	<b>Sodium</b>	776.67mg
<b>Iron</b>	3.32mg	<b>Vitamin C</b>	33.00mg
<b>Vitamin A</b>	8.00IU	<b>Calcium</b>	30.00mg

## Ingredients

1 Each FRENCH TST STICK 4 2.5# GLDNCRSP

BAKE

PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 5-1

2 MINUTES ON EACH SIDE.

CONVECTION

PREHEAT OVEN TO 400°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 5 MINUTES ON EACH SIDE.

DEEP\_FRY

FRY FROZEN PRODUCT AT 350°F FOR 1-1

2 TO 2-1

2 MINUTES.

**1 Each** SAUSAGE PTY CKD IQF 2Z 12# GFS

**1 Each** HASHBROWN PTY 120-2.25Z OREI

#### CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

#### DEEP\_FRY

FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1

2 TO 3 MINUTES.

**1 Cup** ORANGES MAND WHL L/S 6-10 GFS

## Preparation Instructions



# Bagel

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Bagel

## Nutrition Information

<b>Calories</b>	755.00	<b>Protein</b>	19.00g
<b>Fat</b>	33.00g	<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	40.00mg
<b>Carbohydrates</b>	72.50g	<b>Fiber</b>	5.50g
<b>Sugar</b>	25.00g	<b>Sodium</b>	1190.00mg
<b>Iron</b>	6.32mg	<b>Vitamin C</b>	33.00mg
<b>Vitamin A</b>	8.00IU	<b>Calcium</b>	110.00mg

## Ingredients

**1 Each** BAGEL HARV GRAIN PARBK UNSLCD 60-4Z

**1 Each** SAUSAGE PTY CKD IQF 2Z 12# GFS

**1 Each** HASHBROWN PTY 120-2.25Z OREI

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

DEEP\_FRY

FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1

2 TO 3 MINUTES.

**1 Cup** ORANGES MAND WHL L/S 6-10 GFS

## Preparation Instructions

# Egg, Sausage Cheese Bagel

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Egg, Sausage Cheese Bagel

## Nutrition Information

<b>Calories</b>	740.00	<b>Protein</b>	34.00g
<b>Fat</b>	32.00g	<b>SaturatedFat</b>	12.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	65.00mg
<b>Carbohydrates</b>	60.00g	<b>Fiber</b>	7.00g
<b>Sugar</b>	27.00g	<b>Sodium</b>	890.00mg
<b>Iron</b>	7.76mg	<b>Vitamin C</b>	42.00mg
<b>Vitamin A</b>	508.00IU	<b>Calcium</b>	340.00mg

## Ingredients

- 1 Each BAGEL WHT WGRAIN 2Z 12-6CT LENDERS
- 1 Each SAUSAGE PTY CKD IQF 2Z 12# GFS
- 1 EGG SCRMBD PATTY SQ FZ 264-1Z MICHL
- 1 Slice 16 Sliced WG Cheese Pizza
- 1 Cup ORANGES MAND WHL L/S 6-10 GFS

## Preparation Instructions

# Foot long hot dog on bun

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Foot long hot dog on bun

## Nutrition Information

<b>Calories</b>	581.80	<b>Protein</b>	22.10g
<b>Fat</b>	24.90g	<b>SaturatedFat</b>	7.70g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	55.00mg
<b>Carbohydrates</b>	72.00g	<b>Fiber</b>	14.40g
<b>Sugar</b>	22.00g	<b>Sodium</b>	1196.50mg
<b>Iron</b>	3.73mg	<b>Vitamin C</b>	78.01mg
<b>Vitamin A</b>	0.09IU	<b>Calcium</b>	151.48mg

## Ingredients

- 1 Each FRANKS 3 MEAT FOOTLONG 6/ 2-5 GFS
- 1 Each BUN HOT DOG FOOTLONG SLCD 12-6CT GFS
- 1 Cup BROCCOLI CUTS 30 COMM
- 1 Each ORANGES NAVEL/VALENCIA CHC 138CT MRKN

## Preparation Instructions

# Chicken Quesadilla

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken Quesadilla

## Nutrition Information

<b>Calories</b>	492.00	<b>Protein</b>	24.00g
<b>Fat</b>	11.00g	<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	20.00mg
<b>Carbohydrates</b>	78.00g	<b>Fiber</b>	12.00g
<b>Sugar</b>	31.00g	<b>Sodium</b>	824.00mg
<b>Iron</b>	2.70mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	300.00IU	<b>Calcium</b>	200.00mg

## Ingredients

1 Each QUESADILLA CHIX WGRAIN 96-5Z MAX

1 Cup BROCCOLI CUTS 30 COMM

1 Cup FRUIT MIXED 6-10 COMM

## Preparation Instructions

# BBQ Meatballs

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

BBQ Meatballs

## Nutrition Information

<b>Calories</b>	238.80	<b>Protein</b>	9.15g
<b>Fat</b>	2.30g	<b>SaturatedFat</b>	0.88g
<b>Trans Fat</b>	0.15g	<b>Cholesterol</b>	9.00mg
<b>Carbohydrates</b>	48.25g	<b>Fiber</b>	8.40g
<b>Sugar</b>	30.50g	<b>Sodium</b>	330.35mg
<b>Iron</b>	0.66mg	<b>Vitamin C</b>	0.65mg
<b>Vitamin A</b>	85.38IU	<b>Calcium</b>	20.38mg

## Ingredients

- 1 Each MEATBALL CKD .65Z 6-5# COMM
- 1 Tablespoon SAUCE BBQ 4-1GAL GFS
- 1 Cup BROCCOLI CUTS 30 COMM
- 1 Cup FRUIT MIXED 6-10 COMM

## Preparation Instructions

# Mini Chocolate chip French toast

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Mini chocolate chip french toast

## Nutrition Information

<b>Calories</b>	655.00	<b>Protein</b>	14.00g
<b>Fat</b>	34.50g	<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	40.00mg
<b>Carbohydrates</b>	51.50g	<b>Fiber</b>	5.50g
<b>Sugar</b>	30.00g	<b>Sodium</b>	950.00mg
<b>Iron</b>	5.42mg	<b>Vitamin C</b>	33.00mg
<b>Vitamin A</b>	508.00IU	<b>Calcium</b>	110.00mg

## Ingredients

**1 Package** FRENCH TST MINI CHOC CHIP IW 72-3.03Z

**1 Each** SAUSAGE PTY CKD IQF 2Z 12# GFS

**1 Each** HASHBROWN PTY 120-2.25Z OREI

### CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

### DEEP\_FRY

FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1

2 TO 3 MINUTES.

**1 Cup** ORANGES MAND WHL L/S 6-10 GFS

## Preparation Instructions

# Buttermilk Pancakes

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Buttermilk Pancakes

## Nutrition Information

<b>Calories</b>	518.33	<b>Protein</b>	11.00g
<b>Fat</b>	29.83g	<b>SaturatedFat</b>	7.67g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	48.33mg
<b>Carbohydrates</b>	29.50g	<b>Fiber</b>	2.17g
<b>Sugar</b>	22.33g	<b>Sodium</b>	846.67mg
<b>Iron</b>	3.32mg	<b>Vitamin C</b>	33.00mg
<b>Vitamin A</b>	8.00IU	<b>Calcium</b>	23.33mg

## Ingredients

- 1 Each PANCAKE 144-1.2Z MBTRWR
- 1 Each SAUSAGE PTY CKD IQF 2Z 12# GFS
- 1 Each HASHBROWN PTY 120-2.25Z OREI

### CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

### DEEP\_FRY

FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1  
2 TO 3 MINUTES.

- 1 Cup ORANGES MAND WHL L/S 6-10 GFS

## Preparation Instructions

# Beef Nachos

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Beef Nachos

## Nutrition Information

<b>Calories</b>	530.00	<b>Protein</b>	22.00g
<b>Fat</b>	18.00g	<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	30.00mg
<b>Carbohydrates</b>	73.00g	<b>Fiber</b>	13.00g
<b>Sugar</b>	22.00g	<b>Sodium</b>	1315.00mg
<b>Iron</b>	3.24mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	300.00IU	<b>Calcium</b>	470.00mg

## Ingredients

- 1 Beef Taco Meat
- 1 Ounce TORTILLA CHIP RND YELLOW 40-3Z
- 1 Cup BEAN PORK & NAVY 6-10 GFS
- 1 APPLE CHL SL 100/2 OZ PG
- 1 Each SAUCE CHS CHED DIP CUP 140-3Z LOL

## Preparation Instructions



# Whole grain muffin

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

Whole grain muffin

## Nutrition Information

<b>Calories</b>	1.90	<b>Protein</b>	0.03g
<b>Fat</b>	0.06g	<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.40mg
<b>Carbohydrates</b>	0.31g	<b>Fiber</b>	0.02g
<b>Sugar</b>	0.16g	<b>Sodium</b>	1.30mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	1.00IU	<b>Calcium</b>	0.20mg

## Ingredients

1 Each MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA

## Preparation Instructions

# Bagel

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Bagel

## Nutrition Information

<b>Calories</b>	2.40	<b>Protein</b>	0.08g
<b>Fat</b>	0.10g	<b>SaturatedFat</b>	0.06g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.25mg
<b>Carbohydrates</b>	0.29g	<b>Fiber</b>	0.04g
<b>Sugar</b>	0.05g	<b>Sodium</b>	2.55mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	3.00IU	<b>Calcium</b>	0.60mg

## Ingredients

1/100 Each BAGEL WHT WGRAIN IW 72-2Z LENDER

1/100 Each CHEESE CREAM CUP 100-1Z GFS

## Preparation Instructions

# Cereal

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Cereal

## Nutrition Information

<b>Calories</b>	150.00	<b>Protein</b>	2.00g
<b>Fat</b>	3.50g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	30.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g	<b>Sodium</b>	95.00mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	100.00IU	<b>Calcium</b>	200.00mg

## Ingredients

1 Each BAR CEREAL CINN TST WGRAIN 96-1.42Z

READY\_TO\_EAT

Ready to eat cereal bars

## Preparation Instructions

# Poptart

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

Poptart

## Nutrition Information

<b>Calories</b>	1.80	<b>Protein</b>	0.02g
<b>Fat</b>	0.03g	<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	0.38g	<b>Fiber</b>	0.03g
<b>Sugar</b>	0.15g	<b>Sodium</b>	1.80mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	5.00IU	<b>Calcium</b>	1.00mg

## Ingredients

1 Piece PASTRY POP-TART WGRAIN STRAWB 120-1CT

## Preparation Instructions

# Fruit frudel

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Fruit frudel

## Nutrition Information

<b>Calories</b>	210.00	<b>Protein</b>	5.00g
<b>Fat</b>	6.00g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	37.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	11.00g	<b>Sodium</b>	260.00mg
<b>Iron</b>	1.08mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

1 Each PASTRY CHRY FILLD IW 72-2.29Z FRUDEL

BAKE

Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes

## Preparation Instructions

# Granola bar

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Granola bar

## Nutrition Information

<b>Calories</b>	100.00	<b>Protein</b>	1.00g
<b>Fat</b>	3.50g	<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	17.00g	<b>Fiber</b>	1.00g
<b>Sugar</b>	7.00g	<b>Sodium</b>	70.00mg
<b>Iron</b>	0.36mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	80.00mg

## Ingredients

1 Each BAR GRANOLA CHOC CHIP 12-8CT QUAK

## Preparation Instructions

# Cinnamon roll

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Cinnamon roll

## Nutrition Information

<b>Calories</b>	90.00	<b>Protein</b>	2.00g
<b>Fat</b>	0.50g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	19.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g	<b>Sodium</b>	70.00mg
<b>Iron</b>	0.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	100.00IU	<b>Calcium</b>	0.00mg

## Ingredients

1 Each DOUGH ROLL CINN WGRAIN 240-1.25Z

## Preparation Instructions

# cereal bar

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Cereal bar

## Nutrition Information

<b>Calories</b>	180.00	<b>Protein</b>	3.00g
<b>Fat</b>	4.00g	<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	33.00g	<b>Fiber</b>	1.00g
<b>Sugar</b>	17.00g	<b>Sodium</b>	130.00mg
<b>Iron</b>	5.40mg	<b>Vitamin C</b>	9.00mg
<b>Vitamin A</b>	750.00IU	<b>Calcium</b>	250.00mg

## Ingredients

1 Each BAR CEREAL MLK CINN TST 8-12CT GENM

READY\_TO\_EAT

Ready to eat cereal bars

## Preparation Instructions



# Oatmeal bar

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

Oatmeal bar

## Nutrition Information

<b>Calories</b>	1.50	<b>Protein</b>	0.02g
<b>Fat</b>	0.05g	<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	0.24g	<b>Fiber</b>	0.02g
<b>Sugar</b>	0.08g	<b>Sodium</b>	1.05mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

1 Each BAR CHOC CHIP OATML 144-1.24Z BTTYCR

READY\_TO\_EAT

Ready to serve and eat.

## Preparation Instructions