

# Cookbook for Milford Area Public Schools

Created by HPS Menu Planner

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# Sausage biscuit sandwich

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

WG Biscuit with sausage patty

## Nutrition Information

|                      |        |                     |        |
|----------------------|--------|---------------------|--------|
| <b>Calories</b>      | 3.90   | <b>Protein</b>      | 0.11g  |
| <b>Fat</b>           | 0.26g  | <b>SaturatedFat</b> | 0.11g  |
| <b>Trans Fat</b>     | 0.00g  | <b>Cholesterol</b>  | 0.30mg |
| <b>Carbohydrates</b> | 0.29g  | <b>Fiber</b>        | 0.02g  |
| <b>Sugar</b>         | 0.03g  | <b>Sodium</b>       | 6.20mg |
| <b>Iron</b>          | 0.01mg | <b>Vitamin C</b>    | 0.00mg |
| <b>Vitamin A</b>     | 0.00IU | <b>Calcium</b>      | 0.80mg |

## Ingredients

### 1 Each DOUGH BISC WGRAIN 216-2.51Z PILLS

#### BAKE

Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.

### 1 Each SAUSAGE PTY CKD CN 1.5Z 10# JDF

#### BAKE

To Bake (convection oven): Preheat oven to 325°F, heat for 3 1

2 - 4 minutes if frozen, 3 - 3 1

2 minutes if thawed.

## Preparation Instructions

Prepare sausage and biscuit according to package directions.

Assemble into a sandwich and hold in holding oven until serving time.

# Chili

|                       |                   |
|-----------------------|-------------------|
| <b>Servings:</b>      | 350.00            |
| <b>Meal Type:</b>     | Lunch             |
| <b>Category:</b>      | Entree            |
| <b>HACCP Process:</b> | Complex Food Prep |

Chili w/beans

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 146.25   | <b>Protein</b>      | 5.88g    |
| <b>Fat</b>           | 0.62g    | <b>SaturatedFat</b> | 0.18g    |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 0.00mg   |
| <b>Carbohydrates</b> | 24.66g   | <b>Fiber</b>        | 7.57g    |
| <b>Sugar</b>         | 7.56g    | <b>Sodium</b>       | 627.98mg |
| <b>Iron</b>          | 1.19mg   | <b>Vitamin C</b>    | 4.99mg   |
| <b>Vitamin A</b>     | 377.12IU | <b>Calcium</b>      | 42.15mg  |

## Ingredients

**60 Pound** BEEF GRND 81/19 FINE GRIND 6-10# P/L

thaw, cook, drain and rinse

**720 Fluid Ounce** BEAN CHILI HOT 6-10 BROOKS

**500 Fluid Ounce** SOUP TOMATO 12-5 HLTHYREQ

**12 Cup** ONION DEHY CHPD 15# P/L

**12 Quart** Water

UNPREPARED

**4 1/2 Cup** SPICE CHILI POWDER MILD 16Z TRDE

**720 Fluid Ounce** Beans, small red. low-sodium, canned

HEAT\_AND\_SERVE

Drain, heat and serve, add to recipes like chili

**750 Fluid Ounce** JUICE TOMATO 100% 12-46FLZ SACRM

READY\_TO\_EAT

None

## Preparation Instructions

Several days in advance thaw hamburger.

Preparation day, cook hamburger, drain off all excess fat and rinse with hot water.

Prepare 6 steam table pans. Equally divide hamburger among the 6 steam table pans.

Per each pan add one can of chili beans, one can of low sodium beans (drained), 2 cans of tomato soup, 3 cans of tomato juice, 2 quarts of water, 2 cups of dehydrated onion and 3/4 cup of chili powder.

Mix well and cover and bake at 400 for 2 hours or until reaches 165 degrees or above.

# Salisbury Steak

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 350.00           |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Entree           |
| <b>HACCP Process:</b> | Same Day Service |

Salisbury Steak

## Nutrition Information

|                      |        |                     |          |
|----------------------|--------|---------------------|----------|
| <b>Calories</b>      | 209.14 | <b>Protein</b>      | 12.00g   |
| <b>Fat</b>           | 17.18g | <b>SaturatedFat</b> | 7.00g    |
| <b>Trans Fat</b>     | 0.50g  | <b>Cholesterol</b>  | 40.00mg  |
| <b>Carbohydrates</b> | 4.83g  | <b>Fiber</b>        | 2.00g    |
| <b>Sugar</b>         | 0.00g  | <b>Sodium</b>       | 341.20mg |
| <b>Iron</b>          | 1.44mg | <b>Vitamin C</b>    | 0.00mg   |
| <b>Vitamin A</b>     | 0.00IU | <b>Calcium</b>      | 20.00mg  |

## Ingredients

**350 Each** BEEF STK SALIS CKD 72-2.67Z GFS

BAKE

Conventional oven: preheat oven to 350 degrees f. Bake frozen product for 15-17 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 7-9 minutes. Microwave: heat frozen product on high power for 75-85 seconds.

**64 Fluid Ounce** MIX GRAVY BRN LO SOD 8-16Z TRIO

Mix package with 1 gallon boiling water

## Preparation Instructions

Bake steaks on prepared sheet pan. Prepare gravy according to package directions.

Place steaks in steam table pans and cover with gravy. Cover with foil and bake for 1 hour.



# Swedish Meatballs

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 350.00           |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Entree           |
| <b>HACCP Process:</b> | Same Day Service |

Swedish Meatballs

## Nutrition Information

|                      |        |                     |          |
|----------------------|--------|---------------------|----------|
| <b>Calories</b>      | 321.80 | <b>Protein</b>      | 15.78g   |
| <b>Fat</b>           | 23.45g | <b>SaturatedFat</b> | 9.80g    |
| <b>Trans Fat</b>     | 1.07g  | <b>Cholesterol</b>  | 46.89mg  |
| <b>Carbohydrates</b> | 11.91g | <b>Fiber</b>        | 2.13g    |
| <b>Sugar</b>         | 1.91g  | <b>Sodium</b>       | 499.24mg |
| <b>Iron</b>          | 1.54mg | <b>Vitamin C</b>    | 0.00mg   |
| <b>Vitamin A</b>     | 0.00IU | <b>Calcium</b>      | 59.57mg  |

## Ingredients

**2240 Each** MEATBALL CKD REDC SOD .5Z 2-5# GFS

Thaw overnight in refrigerator.

**600 Fluid Ounce** GRAVY/SAUCE SWEDISH STYL 12-50Z GFS

## Preparation Instructions

Thaw meatballs in refrigerator overnight. Prepare 4 steam table pans, add 3 bags per each pan. There will be 2 leftover bags, equally divide up between the 4 pans. Add 3 cans of sauce per steam table pan.

Cover and bake at 400 for 1 to 2 hours until meatballs reach 165 degrees or higher

# Chicken Tacos

|                       |                   |
|-----------------------|-------------------|
| <b>Servings:</b>      | 350.00            |
| <b>Meal Type:</b>     | Lunch             |
| <b>Category:</b>      | Entree            |
| <b>HACCP Process:</b> | Complex Food Prep |

Chicken tacos with peppers and onions

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 129.86   | <b>Protein</b>      | 19.68g   |
| <b>Fat</b>           | 3.43g    | <b>SaturatedFat</b> | 0.00g    |
| <b>Trans Fat</b>     | 0.01g    | <b>Cholesterol</b>  | 67.33mg  |
| <b>Carbohydrates</b> | 2.19g    | <b>Fiber</b>        | 0.66g    |
| <b>Sugar</b>         | 0.00g    | <b>Sodium</b>       | 332.78mg |
| <b>Iron</b>          | 0.54mg   | <b>Vitamin C</b>    | 0.63mg   |
| <b>Vitamin A</b>     | 531.64IU | <b>Calcium</b>      | 13.41mg  |

## Ingredients

**70 Pound** Chicken, diced, cooked, frozen

Thaw chicken overnight in refrigerator

**13 Pound** 1-6.5 FAJITA CUT VEGETABLE MIX

**54 Ounce** SEASONING TACO MIX 6-9Z LAWR

**64 Fluid Ounce** Water

UNPREPARED

## Preparation Instructions

Thaw chicken overnight in the refrigerator.

The next morning, bring chicken to a rapid boil.

In prepared steamtable pans add the cooked chicken, 1 package of taco seasoning per 15# of cooked chicken. One full steam table pan should have the peppers and onions and the rest of the pans are plain taco seasoned chicken.

Cover and bake at 400 for 1 to 2 hours or until reaches an internal temp of over 165 degrees.

# Goulash

**Servings:** 350.00

**Meal Type:** Lunch

**Category:** Entree

**HACCP Process:** Complex Food Prep

Goulash with hamburger and macaroni

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 418.63   | <b>Protein</b>      | 21.33g   |
| <b>Fat</b>           | 11.98g   | <b>SaturatedFat</b> | 3.42g    |
| <b>Trans Fat</b>     | 1.71g    | <b>Cholesterol</b>  | 44.44mg  |
| <b>Carbohydrates</b> | 54.75g   | <b>Fiber</b>        | 6.00g    |
| <b>Sugar</b>         | 6.44g    | <b>Sodium</b>       | 278.64mg |
| <b>Iron</b>          | 2.98mg   | <b>Vitamin C</b>    | 7.04mg   |
| <b>Vitamin A</b>     | 356.14IU | <b>Calcium</b>      | 30.92mg  |

## Ingredients

**50 Pound** Beef, Fine Ground, 85/15, Frozen

Thaw ground beef several days before cooking.

**50 Pound** PASTA ELBOW MACAR 51% WGRAIN 2-10#

**525 Fluid Ounce** TOMATO CRSHD A/P 6-10 REDPK

READY\_TO\_EAT

None

**750 Fluid Ounce** JUICE TOMATO 100% 12-46FLZ SACRM

READY\_TO\_EAT

None

**5 Cup** ONION DEHY CHPD 15# P/L

**10 Tablespoon** Black Pepper

BAKE

## Preparation Instructions

# Chili Mac

**Servings:** 350.00

**Meal Type:** Lunch

**Category:** Entree

**HACCP Process:** Complex Food Prep

chili recipe with macaroni

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 354.59   | <b>Protein</b>      | 20.12g   |
| <b>Fat</b>           | 11.92g   | <b>SaturatedFat</b> | 3.51g    |
| <b>Trans Fat</b>     | 1.71g    | <b>Cholesterol</b>  | 44.44mg  |
| <b>Carbohydrates</b> | 41.67g   | <b>Fiber</b>        | 6.16g    |
| <b>Sugar</b>         | 4.90g    | <b>Sodium</b>       | 375.37mg |
| <b>Iron</b>          | 1.39mg   | <b>Vitamin C</b>    | 2.86mg   |
| <b>Vitamin A</b>     | 160.10IU | <b>Calcium</b>      | 19.97mg  |

## Ingredients

**50 Pound** Beef, Fine Ground, 85/15, Frozen

Thaw ground beef several days before cooking

**648 Fluid Ounce** Beans, Pinto, low-sodium, canned

BAKE

Add to recipes

**30 Pound** PASTA ELBOW MACAR 51% WGRAIN 2-10#

**250 Fluid Ounce** SOUP TOMATO 12-5 HLTHYREQ

**500 Fluid Ounce** JUICE TOMATO 100% 12-46FLZ SACRM

READY\_TO\_EAT

None

**5 Cup** ONION DEHY CHPD 15# P/L

## **5 Cup SPICE CHILI POWDER MILD 16Z TRDE**

### **Preparation Instructions**

Thaw ground beef several days in advance before cooking. Cook ground beef until no longer pink, drain and rinse off fat.

Prepare pots of water for macaroni. Once boiling, boil macaroni until al dente. Drain and rinse with hot water.

Prepare 5 or 6 steam table pans (depending upon fullness). Evenly divide ground beef and macaroni per the steam table pans.

Add 1 can of drained beans, 1 can of tomato soup and 2 cans of tomato juice per steam table pan. Also add 1 cup of dried chopped onions and 1 cup of chili powder.

Cover each pan with film and foil and bake at 400 for 1 to 2 hours or until reaches and internal temp of 165 degrees or above.

# Sweet and sour Chicken

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 350.00           |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Entree           |
| <b>HACCP Process:</b> | Same Day Service |

Sweet and Sour Chicken

## Nutrition Information

|                      |        |                     |          |
|----------------------|--------|---------------------|----------|
| <b>Calories</b>      | 263.31 | <b>Protein</b>      | 19.31g   |
| <b>Fat</b>           | 10.26g | <b>SaturatedFat</b> | 2.17g    |
| <b>Trans Fat</b>     | 0.00g  | <b>Cholesterol</b>  | 27.43mg  |
| <b>Carbohydrates</b> | 23.59g | <b>Fiber</b>        | 2.85g    |
| <b>Sugar</b>         | 7.68g  | <b>Sodium</b>       | 501.94mg |
| <b>Iron</b>          | 1.38mg | <b>Vitamin C</b>    | 0.99mg   |
| <b>Vitamin A</b>     | 0.42IU | <b>Calcium</b>      | 0.74mg   |

## Ingredients

**1920 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.

**384 Fluid Ounce SAUCE SWT & SOUR 6-64Z MINR**

## Preparation Instructions

Bake chicken as directed. Place in prepared steam table pans and pour sweet and sour sauce over chicken.

Place in oven for 20 to 25 minutes to heat up the sauce.

Serve from steam table.



# Meatball Sub

|                       |                   |
|-----------------------|-------------------|
| <b>Servings:</b>      | 350.00            |
| <b>Meal Type:</b>     | Lunch             |
| <b>Category:</b>      | Entree            |
| <b>HACCP Process:</b> | Complex Food Prep |

Meatball Sub

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 344.16   | <b>Protein</b>      | 17.74g   |
| <b>Fat</b>           | 24.14g   | <b>SaturatedFat</b> | 8.53g    |
| <b>Trans Fat</b>     | 1.07g    | <b>Cholesterol</b>  | 42.67mg  |
| <b>Carbohydrates</b> | 16.96g   | <b>Fiber</b>        | 4.94g    |
| <b>Sugar</b>         | 6.68g    | <b>Sodium</b>       | 737.31mg |
| <b>Iron</b>          | 1.54mg   | <b>Vitamin C</b>    | 8.42mg   |
| <b>Vitamin A</b>     | 544.78IU | <b>Calcium</b>      | 65.13mg  |

## Ingredients

2240 Each MEATBALL CKD REDC SOD .5Z 2-5# GFS

1376 Ounce SAUCE MARINARA A/P 6-10 REDPK

READY\_TO\_EAT

None

## Preparation Instructions

Using 4 steam table pans, evenly distribute meatballs, 7 cases. Add 3 cans of sauce per pan.

Bake 1 to 2 hours or until reaches and internal temp of over 165 degrees.

# Taco Meat

|                       |                   |
|-----------------------|-------------------|
| <b>Servings:</b>      | 350.00            |
| <b>Meal Type:</b>     | Lunch             |
| <b>Category:</b>      | Entree            |
| <b>HACCP Process:</b> | Complex Food Prep |

Taco Meat

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 238.68   | <b>Protein</b>      | 19.58g   |
| <b>Fat</b>           | 16.63g   | <b>SaturatedFat</b> | 5.47g    |
| <b>Trans Fat</b>     | 2.75g    | <b>Cholesterol</b>  | 71.10mg  |
| <b>Carbohydrates</b> | 2.19g    | <b>Fiber</b>        | 0.66g    |
| <b>Sugar</b>         | 0.00g    | <b>Sodium</b>       | 311.36mg |
| <b>Iron</b>          | 0.54mg   | <b>Vitamin C</b>    | 0.63mg   |
| <b>Vitamin A</b>     | 531.64IU | <b>Calcium</b>      | 13.41mg  |

## Ingredients

**80 Pound** Beef, Fine Ground, 85/15, Frozen

Thaw several days in advance before cooking

**54 Ounce** SEASONING TACO MIX 6-9Z LAWR

**7 Quart** Water

UNPREPARED

## Preparation Instructions

Thaw hamburger several days before cooking.

Cook hamburger until no longer pink. Drain and rinse off excess fat.

Prepare 2 steam table pans. Put half the meat in one and the other half in the other one. Use 3 packages of taco seasoning per pan and 3 quarts of water per pan.

Cover and bake on 400 for 1 to 2 hours or until internal temp reaches 165 or above.

# Refried Beans

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 250.00           |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Vegetable        |
| <b>HACCP Process:</b> | Same Day Service |

Refried Beans w/taco seasoning

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 131.10   | <b>Protein</b>      | 8.01g    |
| <b>Fat</b>           | 0.15g    | <b>SaturatedFat</b> | 0.00g    |
| <b>Trans Fat</b>     | 0.01g    | <b>Cholesterol</b>  | 0.00mg   |
| <b>Carbohydrates</b> | 23.53g   | <b>Fiber</b>        | 5.96g    |
| <b>Sugar</b>         | 1.10g    | <b>Sodium</b>       | 324.10mg |
| <b>Iron</b>          | 0.38mg   | <b>Vitamin C</b>    | 0.44mg   |
| <b>Vitamin A</b>     | 372.15IU | <b>Calcium</b>      | 9.39mg   |

## Ingredients

**1100 Fluid Ounce** Beans, Refried, Low sodium, canned

BAKE

Open can and heat according to recipe or instructions on can

**27 Ounce** SEASONING TACO MIX 6-9Z LAWR

## Preparation Instructions

Prepare 3 steam table pans. Put 3 cans in each pan. Divide up one can per the 3 pans. Add one taco seasoning packet per pan. Mash with a potato masher, and mix. Cover with foil and bake at 400 degrees for 1 to 2 hours or until reaches and internal temp of 165 or hotter.

Place in steam table and serve.

# Green beans

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 250.00           |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Vegetable        |
| <b>HACCP Process:</b> | Same Day Service |

Green beans with bacon and onions

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 35.61    | <b>Protein</b>      | 1.27g    |
| <b>Fat</b>           | 1.07g    | <b>SaturatedFat</b> | 0.68g    |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 2.93mg   |
| <b>Carbohydrates</b> | 5.26g    | <b>Fiber</b>        | 2.54g    |
| <b>Sugar</b>         | 2.51g    | <b>Sodium</b>       | 182.97mg |
| <b>Iron</b>          | 0.90mg   | <b>Vitamin C</b>    | 4.55mg   |
| <b>Vitamin A</b>     | 287.54IU | <b>Calcium</b>      | 25.96mg  |

## Ingredients

**1260 Fluid Ounce** BEANS GREEN R/SOD 6-10 P/L  
**83/100 Gram** BACON CKD RND 192CT HRML  
**1 1/2 Cup** BUTTER PRINT SLTD GRD AA 36-1# GFS  
**3 Teaspoon** Black Pepper

BAKE

**1 1/2 Cup** ONION DEHY CHPD 15# P/L

## Preparation Instructions

Clean off the tops of 12 cans. Using 3 stock pots, add 2 cans per pot with juice and 2 cans per pot drained. Add 1 teaspoon per pot of black pepper, 1/2 cup of dried onion, 1# of butter and 1 sheet of bacon (6pieces) to each pot.

Bring to a boil and simmer for 1 hour. Add to steam table and serve.

# Macaroni & Cheese

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 350.00           |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Entree           |
| <b>HACCP Process:</b> | Same Day Service |

Macaroni and Cheese

## Nutrition Information

|                      |         |                     |          |
|----------------------|---------|---------------------|----------|
| <b>Calories</b>      | 195.40  | <b>Protein</b>      | 5.85g    |
| <b>Fat</b>           | 6.94g   | <b>SaturatedFat</b> | 2.72g    |
| <b>Trans Fat</b>     | 0.00g   | <b>Cholesterol</b>  | 10.56mg  |
| <b>Carbohydrates</b> | 27.68g  | <b>Fiber</b>        | 2.29g    |
| <b>Sugar</b>         | 2.63g   | <b>Sodium</b>       | 381.12mg |
| <b>Iron</b>          | 1.03mg  | <b>Vitamin C</b>    | 0.00mg   |
| <b>Vitamin A</b>     | 18.56IU | <b>Calcium</b>      | 57.28mg  |

## Ingredients

**25 Pound** PASTA ELBOW MACAR 51% WGRAIN 2-10#  
**10 Pound** CHEESE SPRD GLDN VLVT LOAF 6-5 LOL  
**400 Fluid Ounce** SAUCE CHS CHED MILD 6-10 MI PUEBLO  
**2 Gallon** 1% white milk

BAKE

**5 Pound** Shredded Cheddar redu fat/sodium  
**1 Cup** BUTTER PRINT SLTD GRD AA 36-1# GFS

## Preparation Instructions

In a stock pot start making cheese sauce with 1 gallon of milk, 1# of butter, 2-5# block of cheese cut up and 1 bag of shredded cheddar cheese. Stir constantly to avoid burning on bottom.

Bring 4 stock pots of water to a boil. Boil 30# of macaroni till al dente. Once done drain and rinse with hot water. (Actually fill tilt skillet a little of half full with water, bring to a boil and add macaroni.) Cooks very fast in the tilt skillet

Prepare 4 steam table pans. Equally divide the macaroni per the 4 pans. Add one can of cheese sauce to each pan. Then equally divide the hot cheese sauce among the steam table pans. Cover with foil and bake at 350 degrees for 1 hour or until reaches internal temp of 165 or higher.

# Pulled Pork Barbecue

|                       |                   |
|-----------------------|-------------------|
| <b>Servings:</b>      | 350.00            |
| <b>Meal Type:</b>     | Lunch             |
| <b>Category:</b>      | Entree            |
| <b>HACCP Process:</b> | Complex Food Prep |

Pork Barbecue

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 64.12    | <b>Protein</b>      | 0.01g    |
| <b>Fat</b>           | 0.00g    | <b>SaturatedFat</b> | 0.00g    |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 0.00mg   |
| <b>Carbohydrates</b> | 17.26g   | <b>Fiber</b>        | 0.00g    |
| <b>Sugar</b>         | 16.76g   | <b>Sodium</b>       | 345.06mg |
| <b>Iron</b>          | 0.41mg   | <b>Vitamin C</b>    | 1.26mg   |
| <b>Vitamin A</b>     | 139.49IU | <b>Calcium</b>      | 11.43mg  |

## Ingredients

**150 Pound** Pork, Leg Roast, Frozen

BAKE

Thaw several days in advance before cooking. Sprinkle with a little salt & pepper and bake until reaches internal temp of 145 degrees or above

**400 Fluid Ounce** KETCHUP CAN 33% FCY 6-10 CRWNCOLL

**6 Pound** SUGAR BROWN LT 12-2 PION

**1 Cup** VINEGAR WHT DISTILLED 5% 4-1GAL GFS

**1/2 Gallon** Water

UNPREPARED

**3/4 Cup** SPICE ONION POWDER 19Z TRDE

**3/4 Cup** SPICE GARLIC POWDER 21Z TRDE

## Preparation Instructions



# Pork Rib Patty

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 350.00           |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Entree           |
| <b>HACCP Process:</b> | Same Day Service |

BBQ Pork Rib Patty

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 211.20   | <b>Protein</b>      | 12.00g   |
| <b>Fat</b>           | 10.00g   | <b>SaturatedFat</b> | 3.50g    |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 30.00mg  |
| <b>Carbohydrates</b> | 20.43g   | <b>Fiber</b>        | 1.00g    |
| <b>Sugar</b>         | 16.70g   | <b>Sodium</b>       | 602.12mg |
| <b>Iron</b>          | 1.34mg   | <b>Vitamin C</b>    | 3.83mg   |
| <b>Vitamin A</b>     | 100.00IU | <b>Calcium</b>      | 40.00mg  |

## Ingredients

**350 Each** PORK RIB PTY CKD BBQ CN 100-2.5Z GFS

GRILL

Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.

**2 Gallon** SAUCE BBQ 4-1GAL SWTBRAY

**3 Quart** Water

UNPREPARED

## Preparation Instructions

# Baked Beans

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 250.00           |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Vegetable        |
| <b>HACCP Process:</b> | Same Day Service |

Vegetarian Baked Beans

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 178.57   | <b>Protein</b>      | 7.37g    |
| <b>Fat</b>           | 1.05g    | <b>SaturatedFat</b> | 0.00g    |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 0.00mg   |
| <b>Carbohydrates</b> | 35.47g   | <b>Fiber</b>        | 5.36g    |
| <b>Sugar</b>         | 19.09g   | <b>Sodium</b>       | 232.34mg |
| <b>Iron</b>          | 0.08mg   | <b>Vitamin C</b>    | 2.23mg   |
| <b>Vitamin A</b>     | 168.45IU | <b>Calcium</b>      | 9.06mg   |

## Ingredients

**1040 Ounce** Beans, Vegetarian, Low Sodium, Canned

BAKE

Bake

**4 Pound** SUGAR BROWN LT 12-2 PION

**4 Cup** ONION DEHY CHPD 15# P/L

**210 Fluid Ounce** KETCHUP LO SOD 2-1.5GAL REDG

READY\_TO\_EAT

None

## Preparation Instructions

Prepare 2 steam table pans. Leave 4 of the 10 cans of beans undrained. Drain the rest.

Evenly divide between 2 pans. Add 1 ketchup and 1 brown sugar and 2 cups of dried onion to each pan. Stir well. cover and bake at 400 for 1 to 2 hours or until reaches and internal temp of 165 degrees or above.



# Roast Pork

|                       |                   |
|-----------------------|-------------------|
| <b>Servings:</b>      | 350.00            |
| <b>Meal Type:</b>     | Lunch             |
| <b>Category:</b>      | Entree            |
| <b>HACCP Process:</b> | Complex Food Prep |

Roast Pork

## Nutrition Information

|                      |        |                     |         |
|----------------------|--------|---------------------|---------|
| <b>Calories</b>      | 257.83 | <b>Protein</b>      | 21.94g  |
| <b>Fat</b>           | 2.74g  | <b>SaturatedFat</b> | 0.00g   |
| <b>Trans Fat</b>     | 0.00g  | <b>Cholesterol</b>  | 65.83mg |
| <b>Carbohydrates</b> | 0.00g  | <b>Fiber</b>        | 0.00g   |
| <b>Sugar</b>         | 0.00g  | <b>Sodium</b>       | 96.58mg |
| <b>Iron</b>          | 0.00mg | <b>Vitamin C</b>    | 0.00mg  |
| <b>Vitamin A</b>     | 0.00IU | <b>Calcium</b>      | 0.03mg  |

## Ingredients

**5 Teaspoon** SALT IODIZED 24-26Z GFS

**5 Teaspoon** Black Pepper

BAKE

**1920 Ounce** Pork, Leg Roast frozen

BAKE

Thaw several days in advance, cook to a desired temp of 150 degrees or above.

## Preparation Instructions

Thaw 3 cases of pork roast in refrigerator several days before cooking.

Roast 15 roast with salt and pepper sprinkled over them in 400 degree oven. Add 2 quarts of water to roasting pans.

Bake until reaches and internal temp of 140 degrees or above.

Cool and refrigerate to slice the next day.

# Roast Turkey

|                       |                   |
|-----------------------|-------------------|
| <b>Servings:</b>      | 350.00            |
| <b>Meal Type:</b>     | Lunch             |
| <b>Category:</b>      | Entree            |
| <b>HACCP Process:</b> | Complex Food Prep |

Roast Turkey

## Nutrition Information

|                      |        |                     |          |
|----------------------|--------|---------------------|----------|
| <b>Calories</b>      | 37.87  | <b>Protein</b>      | 5.32g    |
| <b>Fat</b>           | 1.99g  | <b>SaturatedFat</b> | 0.66g    |
| <b>Trans Fat</b>     | 0.00g  | <b>Cholesterol</b>  | 15.28mg  |
| <b>Carbohydrates</b> | 0.00g  | <b>Fiber</b>        | 0.00g    |
| <b>Sugar</b>         | 0.00g  | <b>Sodium</b>       | 128.90mg |
| <b>Iron</b>          | 0.00mg | <b>Vitamin C</b>    | 0.00mg   |
| <b>Vitamin A</b>     | 0.00IU | <b>Calcium</b>      | 0.00mg   |

## Ingredients

**9999 0/1 Gram Turkey, Roast, Frozen**

BAKE

Thaw several days before cooking. Bake at 400 degrees until internal temp reaches 165 degrees or more.

## Preparation Instructions

Thaw roast several days before cooking. Bake at 400 degrees until reaches and internal temp of 165 degrees or more. Cool and slice the next day.

Place in steam table pan with chicken broth cover with foil and reheat to 165 degrees or more.

# Sub sandwich

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

Sub sandwich K-8

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 60.00    | <b>Protein</b>      | 8.50g    |
| <b>Fat</b>           | 1.88g    | <b>SaturatedFat</b> | 0.75g    |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 16.25mg  |
| <b>Carbohydrates</b> | 2.75g    | <b>Fiber</b>        | 0.00g    |
| <b>Sugar</b>         | 2.25g    | <b>Sodium</b>       | 405.00mg |
| <b>Iron</b>          | 0.27mg   | <b>Vitamin C</b>    | 0.00mg   |
| <b>Vitamin A</b>     | 125.00IU | <b>Calcium</b>      | 37.50mg  |

## Ingredients

1 Ounce TURKEY BRST SLCD HNY RSTD 6-2# GFS

1 Ounce HAM SLCD .5Z 4-2.5# GFS

1/2 Ounce CHEESE AMER 160CT SLCD R/F 6-5# LOL

## Preparation Instructions

1 turkey, 1 ham and 1 cheese for K-8.

Shingle 2 layers in a hotel pan. Cover and refrigerate until serving.

# Sub sandwich

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

Sub sandwich - 9-12

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 120.00   | <b>Protein</b>      | 17.00g   |
| <b>Fat</b>           | 3.75g    | <b>SaturatedFat</b> | 1.50g    |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 32.50mg  |
| <b>Carbohydrates</b> | 5.50g    | <b>Fiber</b>        | 0.00g    |
| <b>Sugar</b>         | 4.50g    | <b>Sodium</b>       | 810.00mg |
| <b>Iron</b>          | 0.54mg   | <b>Vitamin C</b>    | 0.00mg   |
| <b>Vitamin A</b>     | 250.00IU | <b>Calcium</b>      | 75.00mg  |

## Ingredients

**2 Ounce** TURKEY BRST SLCD HNY RSTD 6-2# GFS

**2 Slice** HAM SLCD .5Z 4-2.5# GFS

**1 Slice** CHEESE AMER 160CT SLCD R/F 6-5# LOL

## Preparation Instructions

2 slice turkey, 2 slice ham and 1 cheese for 9-12

Shingle 2 layers in hotel pan, cover and refrigerate until serving



# Barbecue chicken on bun

|                       |                   |
|-----------------------|-------------------|
| <b>Servings:</b>      | 350.00            |
| <b>Meal Type:</b>     | Lunch             |
| <b>Category:</b>      | Entree            |
| <b>HACCP Process:</b> | Complex Food Prep |

Barbecue chicken on bun

## Nutrition Information

|                      |         |                     |          |
|----------------------|---------|---------------------|----------|
| <b>Calories</b>      | 183.86  | <b>Protein</b>      | 19.24g   |
| <b>Fat</b>           | 3.21g   | <b>SaturatedFat</b> | 0.00g    |
| <b>Trans Fat</b>     | 0.00g   | <b>Cholesterol</b>  | 67.33mg  |
| <b>Carbohydrates</b> | 17.03g  | <b>Fiber</b>        | 0.00g    |
| <b>Sugar</b>         | 16.30g  | <b>Sodium</b>       | 391.89mg |
| <b>Iron</b>          | 0.36mg  | <b>Vitamin C</b>    | 2.96mg   |
| <b>Vitamin A</b>     | 36.62IU | <b>Calcium</b>      | 1.29mg   |

## Ingredients

**70 Pound** Chicken, diced, cooked, frozen

Thaw a couple of days before cooking. Cooking day bring to a boil, drain and add barbecue ingredients.

**105 Fluid Ounce** KETCHUP CAN 33% FCY 6-10 CRWNCOLL

**2 Gallon** SAUCE BBQ 4-1GAL SWTBRAY

**32 Fluid Ounce** SUGAR BROWN LT 12-2# GFS

## Preparation Instructions

Cook chicken to a rolling boil. Drain and evenly divide among steam table pans.

Mix ketchup, brown sugar, and barbecue sauce and a bowl. Add to chicken, stir, cover and bake at 400 degrees until it reaches an internal temp of 165 or higher.

# Sloppy Joes

|                       |                   |
|-----------------------|-------------------|
| <b>Servings:</b>      | 350.00            |
| <b>Meal Type:</b>     | Lunch             |
| <b>Category:</b>      | Entree            |
| <b>HACCP Process:</b> | Complex Food Prep |

Sloppy Joes (Hamburger barbecue)

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 288.36   | <b>Protein</b>      | 19.15g   |
| <b>Fat</b>           | 16.41g   | <b>SaturatedFat</b> | 5.47g    |
| <b>Trans Fat</b>     | 2.73g    | <b>Cholesterol</b>  | 71.10mg  |
| <b>Carbohydrates</b> | 16.84g   | <b>Fiber</b>        | 0.00g    |
| <b>Sugar</b>         | 16.76g   | <b>Sodium</b>       | 413.42mg |
| <b>Iron</b>          | 0.41mg   | <b>Vitamin C</b>    | 1.26mg   |
| <b>Vitamin A</b>     | 139.49IU | <b>Calcium</b>      | 11.43mg  |

## Ingredients

**80 Pound** Beef, Fine Ground, 85/15, Frozen  
**400 Fluid Ounce** KETCHUP CAN 33% FCY 6-10 CRWNCOLL  
**6 Pound** SUGAR BROWN LT 12-2 PION  
**2 1/4 Cup** VINEGAR WHT DISTILLED 5% 4-1GAL GFS

## Preparation Instructions

Thaw hamburger several days in refrigerator before cooking.

Cook hamburger in stock pots or tilt skillet. Drain and rinse once done.

Evenly divide meat among steam table pans. Add ingredients, stir and bake at 400 degrees for 1 to 2 hours or until reaches and internal temp of 165 degrees or more.

# Chicken & Noodles

|                       |                   |
|-----------------------|-------------------|
| <b>Servings:</b>      | 350.00            |
| <b>Meal Type:</b>     | Lunch             |
| <b>Category:</b>      | Entree            |
| <b>HACCP Process:</b> | Complex Food Prep |

Chicken & Noodles

## Nutrition Information

|                      |        |                     |          |
|----------------------|--------|---------------------|----------|
| <b>Calories</b>      | 222.02 | <b>Protein</b>      | 15.71g   |
| <b>Fat</b>           | 4.07g  | <b>SaturatedFat</b> | 0.41g    |
| <b>Trans Fat</b>     | 0.00g  | <b>Cholesterol</b>  | 87.95mg  |
| <b>Carbohydrates</b> | 28.35g | <b>Fiber</b>        | 0.82g    |
| <b>Sugar</b>         | 1.42g  | <b>Sodium</b>       | 144.44mg |
| <b>Iron</b>          | 1.48mg | <b>Vitamin C</b>    | 0.00mg   |
| <b>Vitamin A</b>     | 0.00IU | <b>Calcium</b>      | 16.49mg  |

## Ingredients

**40 Pound** Chicken, diced, cooked, frozen

**36 Pound** PASTA NOODL EGG FZ 4-3# REAMES

**80 Fluid Ounce** BASE CHIX LO SOD NO MSG 6-1# MINR

**5 Gallon** Water

UNPREPARED

**17 Cup** MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO

## Preparation Instructions

Thaw chicken overnight in refrigerator.

In stock pots or tilt skillet, bring chicken to a rolling boil. Drain and add chicken evenly to 6 steam table pans.

Also, bring 4 pots of water to a boil. Add 3 bags of noodles per each pot and cook for 25 minutes. Drain and Rinse off. Add noodles to steam table pans, 2 bags per pan.

Heat 5 gallons of water on the stove. Add 1 jar of chicken base per 1 gallon of water. Use this instead of canned chicken broth.

Mix per steam table pan 1 quart of water and 1 package of gravy mix. Add to steam table.

# Buttered Noodles

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 350.00           |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Other            |
| <b>HACCP Process:</b> | Same Day Service |
| Buttered Noodles      |                  |

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 174.97   | <b>Protein</b>      | 3.66g    |
| <b>Fat</b>           | 9.54g    | <b>SaturatedFat</b> | 5.65g    |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 47.45mg  |
| <b>Carbohydrates</b> | 18.32g   | <b>Fiber</b>        | 0.46g    |
| <b>Sugar</b>         | 0.92g    | <b>Sodium</b>       | 303.20mg |
| <b>Iron</b>          | 0.82mg   | <b>Vitamin C</b>    | 0.00mg   |
| <b>Vitamin A</b>     | 296.79IU | <b>Calcium</b>      | 0.00mg   |

## Ingredients

**20 Pound** PASTA NOODL EGG 1/4 MED 2-5# KE  
**16 Cup** BUTTER PRINT SLTD GRD AA 36-1# GFS  
**3/4 Cup** SPICE GARLIC SALT NO MSG 37Z TRDE

## Preparation Instructions

Bring 4 pots of water to a boil. Add 1 bag of noodles per pot.

Melt 8 blocks of butter. Prepare 3 steam table pans.

Drain and rinse off noodle with hot water. Add to 3 steam table pans. Sprinkle 1/4 cup of garlic salt over each pan then pour butter over and stir.

Cover and hold in hot cabinet until serving.

# Swedish Meatballs

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 350.00           |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Entree           |
| <b>HACCP Process:</b> | Same Day Service |

Swedish Meatballs

## Nutrition Information

|                      |        |                     |          |
|----------------------|--------|---------------------|----------|
| <b>Calories</b>      | 321.80 | <b>Protein</b>      | 15.78g   |
| <b>Fat</b>           | 23.45g | <b>SaturatedFat</b> | 9.80g    |
| <b>Trans Fat</b>     | 1.07g  | <b>Cholesterol</b>  | 46.89mg  |
| <b>Carbohydrates</b> | 11.91g | <b>Fiber</b>        | 2.13g    |
| <b>Sugar</b>         | 1.91g  | <b>Sodium</b>       | 499.24mg |
| <b>Iron</b>          | 1.54mg | <b>Vitamin C</b>    | 0.00mg   |
| <b>Vitamin A</b>     | 0.00IU | <b>Calcium</b>      | 59.57mg  |

## Ingredients

**2240 Each** MEATBALL CKD REDC SOD .5Z 2-5# GFS

Thaw overnight in refrigerator.

**600 Fluid Ounce** GRAVY/SAUCE SWEDISH STYL 12-50Z GFS

## Preparation Instructions

Thaw meatballs in refrigerator overnight. Prepare 4 steam table pans, add 3 bags per each pan. There will be 2 leftover bags, equally divide up between the 4 pans. Add 3 cans of sauce per steam table pan.

Cover and bake at 400 for 1 to 2 hours until meatballs reach 165 degrees or higher

# Fruit & Yogurt Parfait

**Servings:** 30.00

**Meal Type:** Lunch

**Category:** Other

**HACCP Process:** No Cook

Fruit & Yogurt Parfait

## Nutrition Information

|                      |           |                     |          |
|----------------------|-----------|---------------------|----------|
| <b>Calories</b>      | 268.88    | <b>Protein</b>      | 8.10g    |
| <b>Fat</b>           | 3.05g     | <b>SaturatedFat</b> | 1.18g    |
| <b>Trans Fat</b>     | 0.00g     | <b>Cholesterol</b>  | 10.00mg  |
| <b>Carbohydrates</b> | 52.79g    | <b>Fiber</b>        | 1.62g    |
| <b>Sugar</b>         | 35.77g    | <b>Sodium</b>       | 110.92mg |
| <b>Iron</b>          | 0.26mg    | <b>Vitamin C</b>    | 0.00mg   |
| <b>Vitamin A</b>     | 1000.00IU | <b>Calcium</b>      | 203.68mg |

## Ingredients

**240 Ounce** YOGURT VAN L/F 6-32Z YOPL

READY\_TO\_EAT

Ready to eat

**60 Tablespoon** CEREAL GRANOLA HNY OATS 4-44Z

READY\_TO\_EAT

Ready to eat dry cereal packaged for cereal dispensers

**8 Cup** Blueberries, Frozen

THAW

Thaw and use

**8 Cup** Strawberries, Whole

THAW

For parfaits - slice 2 or 3 strawberries and place on top of yogurt

## Preparation Instructions

Place 1 cup of yogurt in parfait cup. Top with 1/4 cup of strawberries and blueberries.

Top off with 2 Tablespoons of granola.

Cover with lid and refrigerate.



# Spaghetti with Meatballs

|                       |                   |
|-----------------------|-------------------|
| <b>Servings:</b>      | 350.00            |
| <b>Meal Type:</b>     | Lunch             |
| <b>Category:</b>      | Entree            |
| <b>HACCP Process:</b> | Complex Food Prep |

Spaghetti with Meatballs

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 215.15   | <b>Protein</b>      | 8.38g    |
| <b>Fat</b>           | 2.27g    | <b>SaturatedFat</b> | 0.45g    |
| <b>Trans Fat</b>     | 0.03g    | <b>Cholesterol</b>  | 1.14mg   |
| <b>Carbohydrates</b> | 41.03g   | <b>Fiber</b>        | 6.42g    |
| <b>Sugar</b>         | 10.42g   | <b>Sodium</b>       | 524.77mg |
| <b>Iron</b>          | 1.60mg   | <b>Vitamin C</b>    | 5.62mg   |
| <b>Vitamin A</b>     | 669.11IU | <b>Calcium</b>      | 37.47mg  |

## Ingredients

**30 Pound** PASTA SPAG 51% WGRAIN 2-10#

**60 Pound** MEATBALL CKD REDC SOD .5Z 2-5# GFS

**636 Fluid Ounce** SAUCE SPAGHETTI POUCH 6-106Z PREGO

**954 Ounce** SAUCE SPAGHETTI FCY 6-10 REDPK

## Preparation Instructions

A couple of days in advance get the meatballs out and put in the refrigerator.

Prepare 6 steam table pans.

Cook spaghetti in 2 batches in the tilt skillet. Drain and rinse off some of the starch. Evenly divide the spaghetti among the 6 pans. Add 1 box of meatballs per pan and 3 cans of sauce per pan.

Mix well and cover with plastic wrap and foil and bake for 1 to 2 hours at 400 degrees until it reaches 165 or above. Place 2 pans in steam table and the other 4 pans in the warming oven.

Serve with a 3/4 cup spoodle.

# Pasta with vegetables

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 200.00           |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Vegetable        |
| <b>HACCP Process:</b> | Same Day Service |

Pasta with vegetables

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 140.63   | <b>Protein</b>      | 2.84g    |
| <b>Fat</b>           | 7.14g    | <b>SaturatedFat</b> | 4.54g    |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 19.48mg  |
| <b>Carbohydrates</b> | 16.09g   | <b>Fiber</b>        | 1.89g    |
| <b>Sugar</b>         | 1.89g    | <b>Sodium</b>       | 190.43mg |
| <b>Iron</b>          | 0.68mg   | <b>Vitamin C</b>    | 11.36mg  |
| <b>Vitamin A</b>     | 638.23IU | <b>Calcium</b>      | 0.00mg   |

## Ingredients

**768 Fluid Ounce** VEG & PASTA BLND CNTRY GRDN 12-2 GFS

**8 Cup** BUTTER PRINT SLTD GRD AA 36-1# GFS

**4 Tablespoon** SPICE GARLIC SALT 11 TRDE

## Preparation Instructions

Bring 4 stock pots of water to boil, add 6 bags to each pot. Bring to a boil, then drain.

Melt 4 butters in a pan. Add melted butter to the pasta blend with 2 T of garlic salt per pan.

Cover and keep one pan warm in warming oven and the other pan in steam table.

You may also use the tilt skillet for this. Add 1 gallon of water to skillet and the pasta. Cover and steam at about 300 degrees for 5 to 10 minutes or until broccoli is fork tender.

Drain and follow the rest of the recipe as above.

# Chicken & Noodles

|                       |                   |
|-----------------------|-------------------|
| <b>Servings:</b>      | 350.00            |
| <b>Meal Type:</b>     | Lunch             |
| <b>Category:</b>      | Entree            |
| <b>HACCP Process:</b> | Complex Food Prep |

Chicken & Noodles

## Nutrition Information

|                      |        |                     |          |
|----------------------|--------|---------------------|----------|
| <b>Calories</b>      | 222.02 | <b>Protein</b>      | 15.71g   |
| <b>Fat</b>           | 4.07g  | <b>SaturatedFat</b> | 0.41g    |
| <b>Trans Fat</b>     | 0.00g  | <b>Cholesterol</b>  | 87.95mg  |
| <b>Carbohydrates</b> | 28.35g | <b>Fiber</b>        | 0.82g    |
| <b>Sugar</b>         | 1.42g  | <b>Sodium</b>       | 144.44mg |
| <b>Iron</b>          | 1.48mg | <b>Vitamin C</b>    | 0.00mg   |
| <b>Vitamin A</b>     | 0.00IU | <b>Calcium</b>      | 16.49mg  |

## Ingredients

**40 Pound** Chicken, diced, cooked, frozen

**36 Pound** PASTA NOODL EGG FZ 4-3# REAMES

**80 Fluid Ounce** BASE CHIX LO SOD NO MSG 6-1# MINR

**5 Gallon** Water

UNPREPARED

**17 Cup** MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO

## Preparation Instructions

Thaw chicken overnight in refrigerator.

In stock pots or tilt skillet, bring chicken to a rolling boil. Drain and add chicken evenly to 6 steam table pans.

Also, bring 4 pots of water to a boil. Add 3 bags of noodles per each pot and cook for 25 minutes. Drain and Rinse off. Add noodles to steam table pans, 2 bags per pan.

Heat 5 gallons of water on the stove. Add 1 jar of chicken base per 1 gallon of water. Use this instead of canned chicken broth.

Mix per steam table pan 1 quart of water and 1 package of gravy mix. Add to steam table.