

# Cookbook for Winnebago Comm. Unit School Dist323

Created by HPS Menu Planner

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# Fries Sweet Potato Crinkle MTG

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

Fries Sweet Potato Crinkle MTG

## Nutrition Information

<b>Calories</b>	119.86	<b>Protein</b>	2.00g
<b>Fat</b>	4.49g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	16.98g	<b>Fiber</b>	3.00g
<b>Sugar</b>	4.99g	<b>Sodium</b>	179.79mg
<b>Iron</b>	0.36mg	<b>Vitamin C</b>	2.40mg
<b>Vitamin A</b>	3495.90IU	<b>Calcium</b>	19.98mg

## Ingredients

19 3/4 Pound FRIES SWT POT DP GROOVE 7/16 6-2.5#

## Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3.17 oz svg = 1/2 c. red/orange vegetable

# Mini Cheese Ravioli

**Servings:** 1.00

**Meal Type:** Lunch

**Category:** Entree

**HACCP Process:** Same Day Service

Mini Ravioli with Spaghetti Sauce and Mozzarella Cheese

## Nutrition Information

<b>Calories</b>	160.00	<b>Protein</b>	9.50g
<b>Fat</b>	2.50g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.00mg
<b>Carbohydrates</b>	22.00g	<b>Fiber</b>	2.50g
<b>Sugar</b>	4.00g	<b>Sodium</b>	430.00mg
<b>Iron</b>	1.26mg	<b>Vitamin C</b>	8.10mg
<b>Vitamin A</b>	475.00IU	<b>Calcium</b>	110.00mg

## Ingredients

**1 Each** PAN COAT SPRAY 6-21Z GFS

Spray to Coat

**7 Each** RAVIOLI CHS WGRAIN MINI 6-5# TASTY

**1/4 Cup** SAUCE SPAGHETTI 6-10 GFS

## Preparation Instructions

Spray or use a pan liner, add enough sauce to cover the bottom of the pan about 3 cups. Place 5 pounds of frozen ravioli and cover with 5 cups of sauce.

Spread sauce to cover. If using a pan liner close bag, if not using a pan liner spray a piece of foil large enough to cover pan and seal the foil over the pan tightly.

Place in 375 degree preheated oven, bake for 50 minutes or until reaching a minimum internal temperature of 165 degrees for at least 15 seconds.

Right before serving sprinkle lightly with shredded mozzarella cheese.

# Hot Dog on WG Bun MTG

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

Hot Dog on WG Bun MTG

## Nutrition Information

<b>Calories</b>	2.20	<b>Protein</b>	0.12g
<b>Fat</b>	0.11g	<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.50mg
<b>Carbohydrates</b>	0.22g	<b>Fiber</b>	0.04g
<b>Sugar</b>	0.04g	<b>Sodium</b>	4.20mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.06mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	1.00mg

## Ingredients

**1 Each** BUN HOT DOG WHEAT WHL 12-12CT GFS

Thaw if frozen

**1 Package** KETCHUP PKT 1000-9GM FOH CRWNCOLL

**1 Each** FRANKS TKY UNCURED 2Z 4-5# JENNO

Defrost hot dogs in cooler overnight. Heat in 350 degree convection oven 10 -14 minutes until reaches 165 degrees.

## Preparation Instructions

WASH HANDS.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

Conventional oven: 400°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

3. Serve with ketchup packet (optional).

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

# Sandwich Chicken Patty MTG

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

Sandwich Chicken Patty MTG

## Nutrition Information

<b>Calories</b>	370.00	<b>Protein</b>	19.00g
<b>Fat</b>	15.00g	<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	25.00mg
<b>Carbohydrates</b>	40.00g	<b>Fiber</b>	8.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	585.00mg
<b>Iron</b>	2.88mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	80.00mg

## Ingredients

**100 Each** BUN HAMB SLCD WHEAT WHL 4 10-12 GFS

**100 Each** CHIX PTY BRD WGRAIN 3.26Z 6-5#

Bake at 375 degrees 6 to 8 minutes. 165 degrees for at least 15 seconds

## Preparation Instructions

WASH HANDS

1. Cook chicken patty as directed on package.
2. Layer patty on bottom of bun, top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat,

# Cheeseburger on W.G. Bun

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

Cheese Burger

## Nutrition Information

<b>Calories</b>	310.00	<b>Protein</b>	17.00g
<b>Fat</b>	15.00g	<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	1.00g	<b>Cholesterol</b>	35.00mg
<b>Carbohydrates</b>	30.00g	<b>Fiber</b>	6.00g
<b>Sugar</b>	5.00g	<b>Sodium</b>	430.00mg
<b>Iron</b>	2.88mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	100.00IU	<b>Calcium</b>	80.00mg

## Ingredients

**100 Each** BEEF PTY CKD W/SOY CN 90-2.5Z GFS

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.

**100 Each** BUN HAMB SLCD WHEAT WHL 4 10-12 GFS

**100 Package** KETCHUP PKT 1000-9GM FOH CRWNCOLL

**1** American Cheese Sliced RF

## Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook beef patty as directed on package.
2. Layer patty on bun, add cheese slice. Top with remaining half of roll. 3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain



Updated October 2013

# Cheeseburger on W.G. Bun

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

Cheeseburger

## Nutrition Information

<b>Calories</b>	323.00	<b>Protein</b>	22.50g
<b>Fat</b>	14.00g	<b>SaturatedFat</b>	4.85g
<b>Trans Fat</b>	0.60g	<b>Cholesterol</b>	46.50mg
<b>Carbohydrates</b>	31.00g	<b>Fiber</b>	6.00g
<b>Sugar</b>	6.00g	<b>Sodium</b>	689.00mg
<b>Iron</b>	3.08mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	250.00IU	<b>Calcium</b>	148.00mg

## Ingredients

- 100 Each** BUN HAMB SLCD WHEAT WHL 4 10-12 GFS
- 100 Package** KETCHUP PKT 1000-9GM FOH CRWNCOLL
- 100 Each** BEEF PTY CKD 2.5Z 6-5# COMM
- 100 Slice** CHEESE AMER 160CT SLCD R/F 6-5# LOL

## Preparation Instructions

WASH HANDS.

1. Cook beef patty as directed on package.
2. Layer patty over bottom of roll. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

# Taco in a Bag

**Servings:** 100.00

**Meal Type:** Lunch

**Category:** Entree

**HACCP Process:** Same Day Service

Taco in a Bag of Scoops

## Nutrition Information

<b>Calories</b>	2.98	<b>Protein</b>	0.24g
<b>Fat</b>	0.12g	<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	1.10mg
<b>Carbohydrates</b>	0.23g	<b>Fiber</b>	0.02g
<b>Sugar</b>	0.00g	<b>Sodium</b>	5.04mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	3.91IU	<b>Calcium</b>	0.73mg

## Ingredients

**1 Package** CHIP TORTL SCOOP BKD 72-.875Z TOSTIT

READY\_TO\_EAT

Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering

box lunches. Contact PepsiCo Foodservice for display equipment options.

**1 Tablespoon** CHEESE CHED MLD SHRD FINE 4-5# GFS

**3 8/47 Ounce** CHIX TACO FILLING CKD 4-5.03# TYS

UNSPECIFIED

Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.

**1/4 Cup** LETTUCE SALAD TINY CHOP 55/45 4-5#

## Preparation Instructions

## Wash Hands

Wash all fresh, unpackaged produce under running water. Drain well.

1. Cook taco meat to an internal temperature of 165 degree for 15 seconds

Create a walking taco by serving the taco meat and toppings (cheese, lettuce and optional toppings) in the .875 oz bag of Baked Tostitos Scoops. Pull open the bag from the top or cut open along one

side and spoon in meat and serve toppings on the side.

1 Serving provides: 1.25 oz eq grain, 1.5 oz meat/meat alternate, 1/8 cup of red/orange 1/8 cup dark green vegetable

Updated March 2012

# Chicken Taco on Ultragrain Tortilla

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

Soft Shell Chicken Taco

## Nutrition Information

<b>Calories</b>	182.09	<b>Protein</b>	4.23g
<b>Fat</b>	5.11g	<b>SaturatedFat</b>	3.04g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	1.12mg
<b>Carbohydrates</b>	30.04g	<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g	<b>Sodium</b>	154.12mg
<b>Iron</b>	1.45mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	4.39IU	<b>Calcium</b>	41.06mg

## Ingredients

**3 Ounce** CHIX TACO FILLING CKD 4-5.03# TYS

UNSPECIFIED

Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.

**2 Each** TORTILLA FLOUR ULTRGR 6 30-12CT

**1/2 Cup** LETTUCE SALAD TINY CHOP 55/45 4-5#

**2 Tablespoon** CHEESE CHED MLD SHRD 4-5# COMM

## Preparation Instructions

# Calzone Three Cheese MTG

**Servings:** 100.00

**Meal Type:** Lunch

**Category:** Entree

**HACCP Process:** Same Day Service

Calzone Three Cheese MTG

## Nutrition Information

<b>Calories</b>	250.00	<b>Protein</b>	19.00g
<b>Fat</b>	5.00g	<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	10.00mg
<b>Carbohydrates</b>	33.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	420.00mg
<b>Iron</b>	2.70mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	200.00IU	<b>Calcium</b>	400.00mg

## Ingredients

100 Each CALZONE 3CHS WGRAIN 60-4.69Z GILARDI

## Preparation Instructions

Directions:

0: Wash hands.

1: 1. Thaw under refrigeration.

2: 2. Spray with non-stick cooking spray before baking for a softer crust.

3: 3. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

Notes:

# Sandwich Bagel Turkey & Chs MTG

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

Sandwich Bagel Turkey & Chs MTG

## Nutrition Information

<b>Calories</b>	137.24	<b>Protein</b>	18.00g
<b>Fat</b>	6.20g	<b>SaturatedFat</b>	3.33g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	59.26mg
<b>Carbohydrates</b>	0.89g	<b>Fiber</b>	0.14g
<b>Sugar</b>	0.02g	<b>Sodium</b>	208.03mg
<b>Iron</b>	0.79mg	<b>Vitamin C</b>	1.30mg
<b>Vitamin A</b>	733.16IU	<b>Calcium</b>	77.99mg

## Ingredients

**12 1/2 Pound** TURKEY PULLED WHT CKD 2-5# GFS

**100 Slice** CHEESE AMER 160CT SLCD 4-5# GFS

**20 Cup** LETTUCE LEAF GRN WASHED TRMD 2-5# RSS

1 leaf of lettuce (5 Heads of Lettuce)

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

## Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

# Calzone Three Cheese MTG

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

Calzone Three Cheese MTG

## Nutrition Information

<b>Calories</b>	250.00	<b>Protein</b>	19.00g
<b>Fat</b>	5.00g	<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	10.00mg
<b>Carbohydrates</b>	33.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	420.00mg
<b>Iron</b>	2.70mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	200.00IU	<b>Calcium</b>	400.00mg

## Ingredients

100 Each CALZONE 3CHS WGRAIN 60-4.69Z GILARDI

## Preparation Instructions

Directions:

0: Wash hands.

1: 1. Thaw under refrigeration.

2: 2. Spray with non-stick cooking spray before baking for a softer crust.

3: 3. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

Notes:



# Bosco Cheese Sticks

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

W.G. Cheese Filled Breadstick

## Nutrition Information

<b>Calories</b>	1.94	<b>Protein</b>	0.11g
<b>Fat</b>	0.07g	<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.15mg
<b>Carbohydrates</b>	0.24g	<b>Fiber</b>	0.03g
<b>Sugar</b>	0.06g	<b>Sodium</b>	2.89mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.03mg
<b>Vitamin A</b>	4.46IU	<b>Calcium</b>	2.10mg

## Ingredients

1 Each BREADSTICK CHS STFD WGRAIN 6 144CT

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.

**2 Fluid Ounce SAUCE MARINARA 6-10 REDPK**

READY\_TO\_EAT

None

## Preparation Instructions

# Bosco Cheese Sticks 7"

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

Whole Grain Cheese Filled Breadstick

## Nutrition Information

<b>Calories</b>	390.00	<b>Protein</b>	18.00g
<b>Fat</b>	15.00g	<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	20.00mg
<b>Carbohydrates</b>	51.00g	<b>Fiber</b>	6.00g
<b>Sugar</b>	22.00g	<b>Sodium</b>	600.00mg
<b>Iron</b>	3.60mg	<b>Vitamin C</b>	12.00mg
<b>Vitamin A</b>	1300.00IU	<b>Calcium</b>	340.00mg

## Ingredients

1 Each BREADSTICK CHS STFD WGRAIN 7 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 MARINARA 6-10 REDPK**

READY\_TO\_EAT

None

## Preparation Instructions

# Lasagna Roll #234041 Tasty Bra

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

Lasagna Roll #234041 Tasty Bra

## Nutrition Information

<b>Calories</b>	7.80	<b>Protein</b>	0.47g
<b>Fat</b>	0.37g	<b>SaturatedFat</b>	0.19g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.80mg
<b>Carbohydrates</b>	0.63g	<b>Fiber</b>	0.06g
<b>Sugar</b>	0.25g	<b>Sodium</b>	15.10mg
<b>Iron</b>	0.04mg	<b>Vitamin C</b>	0.18mg
<b>Vitamin A</b>	19.80IU	<b>Calcium</b>	11.60mg

## Ingredients

- 1 Cup CHEESE MOZZ SHRD 4-5# LOL
- 1 Each LASAGNA ROLL-UP WGRAIN 110-4.15Z
- 1 Cup SAUCE MARINARA 6-10 REDPK

READY\_TO\_EAT

None

## Preparation Instructions

Directions:

Preheat Oven to 350.

Generously spray shallow steam table pans, spread 3 cups of sauce over bottom. Arrange 18 pieces of lasagna over sauce. Cover with 5 cups of sauce. Cover pan with foil, firmly securing edges.

Bake for 45 to 50 minutes or until internal temp reaches 165°, sprinkle with shredded mozzarella cheese.

CCP: Heat to 165° F or higher for at least 15 seconds

Hold in a warmer @145° covered the pan with plastic film and hold for 1 hour

CCP: Hold at 135° F or higher.

Notes:

# Egg, Sausage & Cheese Biscuit

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

Egg Pattie, Sausage Pattie, Cheese on W.G.  
Biscuit

## Nutrition Information

<b>Calories</b>	315.00	<b>Protein</b>	13.50g
<b>Fat</b>	17.00g	<b>SaturatedFat</b>	9.75g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	47.50mg
<b>Carbohydrates</b>	28.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g	<b>Sodium</b>	920.00mg
<b>Iron</b>	1.44mg	<b>Vitamin C</b>	1.20mg
<b>Vitamin A</b>	250.00IU	<b>Calcium</b>	225.00mg

## Ingredients

1 300-1.25Z EGG PTY GRLLD CARG 40700

Thaw over night, Bake at 325 8 - 10 minutes, Hold for assembly

1 Each SAUSAGE PTY CHIX CKD 1.5Z 12 GFS

Cook sausage pattie according to package instructions, hold

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

1 Each BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS

BAKE

For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard

reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.

## Preparation Instructions

Prepare Egg pattie, sausage pattie according to instructions. Put slice of cheese on egg to melt. Assemble egg, sausage and biscuit right before serving.



# Egg, Sausage & Cheese Biscuit

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

Egg Pattie, Sausage Pattie, Cheese on W.G.  
Biscuit

## Nutrition Information

<b>Calories</b>	315.00	<b>Protein</b>	13.50g
<b>Fat</b>	17.00g	<b>SaturatedFat</b>	9.75g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	47.50mg
<b>Carbohydrates</b>	28.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g	<b>Sodium</b>	920.00mg
<b>Iron</b>	1.44mg	<b>Vitamin C</b>	1.20mg
<b>Vitamin A</b>	250.00IU	<b>Calcium</b>	225.00mg

## Ingredients

1 300-1.25Z EGG PTY GRLLD CARG 40700

Thaw over night, Bake at 325 8 - 10 minutes, Hold for assembly

1 Each SAUSAGE PTY CHIX CKD 1.5Z 12 GFS

Cook sausage pattie according to package instructions, hold

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

1 Each BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS

BAKE

For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard

reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.

## Preparation Instructions

Prepare Egg pattie, sausage pattie according to instructions. Put slice of cheese on egg to melt. Assemble egg, sausage and biscuit right before serving.

# Cherry Blossom Chicken

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

Battered Chicken Chunks tossed with a sweet and sour cherry sauce

## Nutrition Information

<b>Calories</b>	200.00	<b>Protein</b>	13.00g
<b>Fat</b>	4.00g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	45.00mg
<b>Carbohydrates</b>	27.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	14.00g	<b>Sodium</b>	350.00mg
<b>Iron</b>	1.26mg	<b>Vitamin C</b>	2.40mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

3 9/10 Ounce CHIX CHNK SWT&SOUR CHRY BLSSM 6-7.15#

## Preparation Instructions

Prepare chicken, keep hot. Prepare sauce. Right before serving drizzle sauce over chicken pieces or serve on the side. Serve with 1/2 cup

of steamed rice.

# TURKEY W/CHEESE Sandwich

**Servings:** 100.00

**Meal Type:** Lunch

**Category:** Entree

**HACCP Process:** No Cook

TURKEY W/CHEESE Sandwich

## Nutrition Information

<b>Calories</b>	195.00	<b>Protein</b>	19.50g
<b>Fat</b>	4.50g	<b>SaturatedFat</b>	1.25g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	32.50mg
<b>Carbohydrates</b>	20.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g	<b>Sodium</b>	605.00mg
<b>Iron</b>	1.08mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	250.00IU	<b>Calcium</b>	115.00mg

## Ingredients

**300 Ounce** TURKEY BRST SLCD RED SOD 6-2# JENNO

3 slices per sandwich

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

1 slice per sandwich

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

## Preparation Instructions

Directions:

Assemble Slice Deli Turkey 3.2 oz

cheese slice 1 each

Hamburger Bun 1 each

Assemble sandwich's using:

3.2 oz Deli Turkey

1 slice cheese

1 Hamburger Bun

CCP: Hold for cold service at 41° F or lower.

Notes:

# BBQ Pork on Bun

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

BBQ Pork on Bun

## Nutrition Information

<b>Calories</b>	199.30	<b>Protein</b>	17.05g
<b>Fat</b>	6.02g	<b>SaturatedFat</b>	2.10g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	44.00mg
<b>Carbohydrates</b>	18.25g	<b>Fiber</b>	1.05g
<b>Sugar</b>	6.03g	<b>Sodium</b>	241.25mg
<b>Iron</b>	1.01mg	<b>Vitamin C</b>	5.00mg
<b>Vitamin A</b>	110.00IU	<b>Calcium</b>	34.40mg

## Ingredients

**400 Ounce** PORK SHRDD BBQ 6-5# JTM

4 oz serving = 1 serving

**1 Each** BUN HAMB SLCD WHEAT WHL 4 10-12 GFS

## Preparation Instructions

Directions:

Bake BBQ Pork in 4 in. serving pans until temperature reaches 165 or higher.

CCP: Heat to 165° F or higher for at least 15 seconds

Remove from oven, put on line and hold.

CCP: Hold at 135° F or higher.

Assemble sandwich at time of service. 1 bun and 4 oz BBQ pork.

Notes:

# Chicken Wings Boneless WGrain MTG

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

Chicken Wings Boneless WGrain MTG

## Nutrition Information

<b>Calories</b>	250.00	<b>Protein</b>	17.50g
<b>Fat</b>	8.75g	<b>SaturatedFat</b>	1.88g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	25.00mg
<b>Carbohydrates</b>	23.50g	<b>Fiber</b>	2.50g
<b>Sugar</b>	10.00g	<b>Sodium</b>	437.50mg
<b>Iron</b>	1.20mg	<b>Vitamin C</b>	2.00mg
<b>Vitamin A</b>	83.38IU	<b>Calcium</b>	0.00mg

## Ingredients

**500 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.

**100 Each** SAUCE BBQ CUP DUNK LO SOD 250-1Z REDG

READY\_TO\_EAT

None

**100 Each** KETCHUP PKT LO SOD 1000-9GM REDG

READY\_TO\_EAT

None

## Preparation Instructions

Directions:

WASH HANDS.

APPLIANCES VARY, ADJUST ACCORDINGLY.

CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 8-10 MINUTES.

CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 15-20 MINUTES.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

2. Serve and allow student to select condiment preference.

Child Nutrition: 5 pieces provides= 2 oz meat and 1 oz eq grain

Updated December 2014

Notes: