

Cookbook for Cuyahoga Falls City Schools

Created by HPS Menu Planner

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BOSCO BREAKFAST STICKS

WALKING TACO

BROCCOLI FLORETS

Asian Mashed Potatoe Bowl

Fish Sticks

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Crispy Crunchy Baked Pollock Fish Sticks served with Tartar Sauce

Nutrition Information

Calories	230.00	Protein	15.00g
Fat	9.00g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	50.00mg
Carbohydrates	22.00g	Fiber	2.00g
Sugar	0.00g	Sodium	350.00mg
Iron	1.08mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

400 Each POLLOCK BRD STIX NACH MSC 1Z 20#

4 sticks per serving

Preparation Instructions

BAKE

COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F. CONVENTIONAL OVEN: BAKE AT 425°F FOR 16-18 MINUTES.

CONVECTION OVEN: BAKE AT 400°F. BAKE 12-14 MINUTES.

Criss-Cross Sweet Potato Fries

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

Sweet Delicious Baked Sweet Potato Fries

Nutrition Information

Calories	201.07	Protein	2.68g
Fat	6.70g	SaturatedFat	0.67g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	30.83g	Fiber	2.68g
Sugar	6.70g	Sodium	241.28mg
Iron	0.48mg	Vitamin C	3.22mg
Vitamin A	4691.59IU	Calcium	26.81mg

Ingredients

25 Pound FRIES SWT CRISSCUT 5-3# LAMB

4 oz. serving.

Preparation Instructions

1. Lay each bag in a single layer onto a large sheet tray.
2. Bake for about 20-30 minutes in a 350 F. oven
3. Be careful not to burn.

Beef Taco

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

Soft shell beef tacos

Nutrition Information

Calories	276.26	Protein	18.87g
Fat	12.72g	SaturatedFat	6.79g
Trans Fat	0.27g	Cholesterol	52.12mg
Carbohydrates	19.12g	Fiber	2.41g
Sugar	4.40g	Sodium	593.17mg
Iron	3.27mg	Vitamin C	13.13mg
Vitamin A	1631.57IU	Calcium	188.05mg

Ingredients

100 Each TORTILLA FLOUR 6 PRSD 24-12CT LAFRO

18 3/4 Pound TACO FILLING BEEF REDC FAT 6-5# COMM

4/5# bags Use scoop #16

1 Gallon CHEESE CHED MLD SHRD 4-5# COMM

1/5# bags use scoop #30

1/2 Cup LETTUCE BLND ROMAINE MXD 4-5# RSS

6.25 # of lettuce serve 1/2 cup lettuce per taco

6 1/4 Pound TOMATO ROMA DCD 3/8 2-5# RSS

Use scoop # 30 1 oz. of diced tomatoes per taco

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Grilled Cheese

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

Classic golden brown, warm, melted goddess

Nutrition Information

Calories	362.46	Protein	15.00g
Fat	23.90g	SaturatedFat	11.31g
Trans Fat	1.14g	Cholesterol	50.00mg
Carbohydrates	26.00g	Fiber	3.00g
Sugar	5.00g	Sodium	1070.00mg
Iron	1.66mg	Vitamin C	0.01mg
Vitamin A	710.31IU	Calcium	394.00mg

Ingredients

200 Each BREAD WHL WHE PULLMAN SLCD 12-22Z GFS

2 Cup MARGARINE &BTR BLND EURO 36-1#

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

Preparation Instructions

Stuffed Crust Pizza

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

Whole grain rich pizzas feature creamy cheese stuffed in the crust, and savory pepperoni slices. School lunch favorite!

Nutrition Information

Calories	330.00	Protein	17.00g
Fat	14.00g	SaturatedFat	4.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	35.00g	Fiber	3.00g
Sugar	4.00g	Sodium	870.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	300.00IU	Calcium	250.00mg

Ingredients

72 Each PIZZA PEPP WDG WGRAIN STFD 72-4.87Z

One case has 72 servings.

Preparation Instructions

1. In a single layer, lay individual pizza slices on a large sheet tray.
2. Bake for about 20 minutes.
3. Be careful not to burn.

Chicken Nuggets

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

Golden Crispy Crunch Chicken Nuggets with Dipping Sauce

Nutrition Information

Calories	210.00	Protein	13.00g
Fat	12.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	13.00g	Fiber	2.00g
Sugar	1.00g	Sodium	320.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	20.00mg

Ingredients

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

4 Bags

Preparation Instructions

Basic Preparation:

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

School Equivalents:

Child Nutrition Label: Yes

Serving Size: 5 Each

Meat/Meat Alternative: n/a

Fruit/Vegetables: n/a

Grain/Breads: n/a

Updated For New Final Rule:

Meat/Meat Alternative: 2 oz

Grain/Breads: 1 oz eq

Deli Roasters

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

Baked seasoned cubed potatoes

Nutrition Information

Calories	130.98	Protein	3.93g
Fat	2.62g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	24.89g	Fiber	2.62g
Sugar	0.00g	Sodium	150.63mg
Iron	0.94mg	Vitamin C	7.86mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

25 Pound POTATO SEAS DELI ROASTERS 6-5# MCC

4 oz. per order

Preparation Instructions

BAKE

PREHEAT OVEN TO 425° F. SPREAD FROZEN ROASTER IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 8 TO 12 MINUTES. SERVE IMMEDIATELY.

CONVECTION

PREHEAT OVEN TO 375° F. SPREAD FROZEN ROASTERS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Burger

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Delicious hamburgers & cheese burgers

Nutrition Information

Calories	303.00	Protein	19.00g
Fat	16.50g	SaturatedFat	5.70g
Trans Fat	0.90g	Cholesterol	60.00mg
Carbohydrates	21.00g	Fiber	5.00g
Sugar	3.00g	Sodium	444.00mg
Iron	2.72mg	Vitamin C	0.00mg
Vitamin A	28.00IU	Calcium	58.00mg

Ingredients

100 Each BEEF PTY CKD W/CHER 2.4Z 6-5# COMM

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

Preparation Instructions

Basic Preparation:

PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AND HEAT IN OVEN AT 350°F FOR APPROX 7-8 MINUTES. BURGERS CAN BE PREPARED IN STEAMER AS WELL. PLACE IN STEAMER AND HEAT FOR APPROX 14 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 165 DEGREES.

Chicken Taco

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Soft Shell Taco, mesquite seasoned diced chicken

Nutrition Information

Calories	248.34	Protein	18.86g
Fat	11.42g	SaturatedFat	6.09g
Trans Fat	0.00g	Cholesterol	55.67mg
Carbohydrates	13.36g	Fiber	0.62g
Sugar	1.00g	Sodium	406.63mg
Iron	1.70mg	Vitamin C	0.02mg
Vitamin A	188.53IU	Calcium	139.74mg

Ingredients

100 Each TORTILLA FLOUR 6 PRSD 24-12CT LAFRO

12 1/2 Pound CHIX DCD 1/2 WHT/DARK CKD 2-5# TYSON

2 oz. per serving

Use a # 16 scoop.

1 Gallon CHEESE CHED MLD SHRD 4-5# COMM

Use 1 oz. per serving.

3 Teaspoon SEASONING MESQ HRB&FAJITA 22Z TRDE

Preparation Instructions

For each 5 # bag of diced chicken add 1 1/2 tablespoons of mesquite seasoning.

Add 1/2 - 1 cup of water. heat in the over until temp. reaches 165* F.

Green Beans

Servings:	120.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Fresh green Beans

Nutrition Information

Calories	14.98	Protein	0.79g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	3.15g	Fiber	1.58g
Sugar	0.79g	Sodium	0.79mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

3 Gallon BEAN GRN FZ 30 COMM

1/2 cup serving

Preparation Instructions

Add green beans to a large roaster.

Add 1/2 gallon of water.

Cover and place in a 350* F. oven for 30 - 45 minutes. (Until internal temperature reaches 145* F.)

Green Beans can be cooked in the Cooker/warmers Timing will vary. Cool until internal temperature reaches 14*F.

French Toast

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

Breakfast for lunch

Nutrition Information

Calories	200.60	Protein	7.80g
Fat	8.00g	SaturatedFat	2.00g
Trans Fat	0.09g	Cholesterol	109.00mg
Carbohydrates	25.00g	Fiber	2.50g
Sugar	11.00g	Sodium	282.70mg
Iron	1.46mg	Vitamin C	0.07mg
Vitamin A	225.12IU	Calcium	73.53mg

Ingredients

100 Each FRENCH TST CINN WGRAIN 144-2.9Z PAP

1 piece per serving

Preparation Instructions

On a sheet tray with parchment paper, lay each piece in a single layer.

Bake in a 350* F. oven for 5-7 minutes.

Fiesta Bleack Beans

Servings:	27.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Seasoned Bush Black Beans

Nutrition Information

Calories	108.44	Protein	4.93g
Fat	0.99g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	19.72g	Fiber	3.94g
Sugar	1.97g	Sodium	463.32mg
Iron	1.77mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	39.43mg

Ingredients

108 Fluid Ounce BEAN BLACK FIESTA TACO 6-10 BUSH

27 4 oz. servings per CAN.

Preparation Instructions

Heat & Serve.

Heat beans to 145* F.

**Black beans in a rich tasty sauce enhanced with a zesty mix of authentic Mexican seasonings.

Calzone

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

Baked Beef & Chicken Italian Calzone (NO PORK)

Nutrition Information

Calories	420.00	Protein	22.00g
Fat	15.00g	SaturatedFat	5.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	51.00g	Fiber	5.00g
Sugar	13.00g	Sodium	970.00mg
Iron	3.24mg	Vitamin C	20.40mg
Vitamin A	1100.00IU	Calcium	290.00mg

Ingredients

100 Each CALZONE ITAL BEEF PEPP WGRAIN 80-5Z
100 Each SAUCE MARINARA DIPN CUP 84-2.5Z REDG

READY_TO_EAT

None

Preparation Instructions

Basic Preparation

PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING TEMPERATURE. THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

Breaded Chicken Sandwich

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

Baked Home-style Chicken Sandwich Patty

Nutrition Information

Calories	195.00	Protein	11.00g
Fat	6.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	12.50mg
Carbohydrates	25.00g	Fiber	5.50g
Sugar	2.00g	Sodium	310.00mg
Iron	1.62mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	60.00mg

Ingredients

100 Each CHIX PATTY HMSTYL 1.45Z 4-50CT TYS

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

10-12 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

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

Preparation Instructions

Crinkle Cut Baked Fries

Servings: 100.00

Meal Type: Breakfast

Category: Entree

HACCP Process: No Cook

Cripy Golden Crinkle cut Fries

Nutrition Information

Calories	173.57	Protein	3.16g
Fat	3.94g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	26.82g	Fiber	3.16g
Sugar	0.00g	Sodium	31.56mg
Iron	0.57mg	Vitamin C	7.57mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

25 Pound FRIES 1/2 C/C OVEN 6-5# MCC

100 orders equals 5 - 5# bags.

1 order equals 4 oz. serving

Preparation Instructions

BAKE

PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Curly Twister Fries

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

Spiral cut seasoned fries

Nutrition Information

Calories	213.76	Protein	3.56g
Fat	10.69g	SaturatedFat	2.67g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	26.72g	Fiber	3.56g
Sugar	0.00g	Sodium	570.02mg
Iron	1.28mg	Vitamin C	6.41mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

25 Pound FRIES TWISTER SEAS 6-5# LAMB

4 oz. per serving

5 bags per 100 orders

Preparation Instructions

Sweet Potato Ribbon cut fries

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

Baked Sweet Potato fries

Nutrition Information

Calories	160.32	Protein	1.34g
Fat	6.01g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	25.38g	Fiber	4.01g
Sugar	6.68g	Sodium	587.83mg
Iron	0.96mg	Vitamin C	3.21mg
Vitamin A	5343.94IU	Calcium	0.00mg

Ingredients

15 Pound FRIES SWT SEASONED RIBCUT 3-5# LAMB

Each case serves 60 4 oz. servings

Preparation Instructions

Basic Preparation

CONVECTION OVEN 8-12 MINUTES AT 400 DEGREES F,

CONVENTIONAL OVEN 30-35 MINUTES AT 400 DEGREES F.

Waffle Fries

Servings:	50.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baked Waffle cut fries

Nutrition Information

Calories	3.71	Protein	0.05g
Fat	0.13g	SaturatedFat	0.03g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.58g	Fiber	0.08g
Sugar	0.00g	Sodium	2.12mg
Iron	0.02mg	Vitamin C	0.10mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

4 Ounce FRIES WAFFLE 6-4.5# MCC

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Preparation Instructions

Black Pepper Fries

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

Baked Black Pepper Seasoned Fries

Nutrition Information

Calories	213.76	Protein	2.67g
Fat	10.69g	SaturatedFat	1.34g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	28.06g	Fiber	2.67g
Sugar	0.00g	Sodium	654.63mg
Iron	0.96mg	Vitamin C	8.02mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

25 Pound FRIES PEPPERED 6-5# X-TREME

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Preparation Instructions

Place 4 oz. fries per order into a boat.

Triangle Hash Browns

Servings:	120.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baked Hash Browns

Nutrition Information

Calories	195.94	Protein	1.78g
Fat	9.80g	SaturatedFat	1.34g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	24.05g	Fiber	1.78g
Sugar	0.89g	Sodium	400.80mg
Iron	0.64mg	Vitamin C	2.14mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

30 Pound POTATO TRIANGLES 2Z 6-5# LAMB

1 case has 120 orders

Preparation Instructions

CONVECTION OVEN: Layer onto a sheet tray. Bake at 400* F. for about 13 minutes.

Mini Corn Dog

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Sweet mini cornbread battered franks

Nutrition Information

Calories	180.00	Protein	7.00g
Fat	8.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	20.00g	Fiber	3.00g
Sugar	4.00g	Sodium	280.00mg
Iron	1.44mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	100.00mg

Ingredients

400 Each CORN DOG CHIX MINI WGRAIN CN 2-5# GFS

4 pieces per serving.

Preparation Instructions

Basic Preparation

REHEATING FROM THAWED STATE IS RECOMMENDED METHOD.

CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES.

FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

Mixed Green Salad

Servings:	100.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook
Fresh Mixed Romaine Salad	

Nutrition Information

Calories	14.15	Protein	0.75g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.98g	Fiber	0.99g
Sugar	1.99g	Sodium	6.73mg
Iron	0.27mg	Vitamin C	7.50mg
Vitamin A	1250.00IU	Calcium	12.46mg

Ingredients

100 Cup LETTUCE BLND ROMAINE MXD 4-5# RSS

1 cup each serving

200 Fluid Ounce TOMATO CHERRY 12-1PT MRKN

equals 2 each

Preparation Instructions

1 cup per serving add 2 cherry tomatoes.

Drum Stick

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

Oven Baked Breaded Chicken Drum Stick

Nutrition Information

Calories	190.00	Protein	16.00g
Fat	11.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	50.00mg
Carbohydrates	5.00g	Fiber	1.00g
Sugar	0.00g	Sodium	450.00mg
Iron	1.08mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	20.00mg

Ingredients

100 Piece CHIX DRMSTX BRD WGRAIN CKD 6-5#

Preparation Instructions

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.

Rice Brown MTG

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

Rice Brown MTG

Nutrition Information

Calories	30.19	Protein	0.71g
Fat	0.18g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	6.57g	Fiber	0.36g
Sugar	0.00g	Sodium	0.00mg
Iron	0.13mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

4 11/25 Cup RICE BRN PARBL WGRAIN 25# GFS

Preparation Instructions

Directions:

WASH HANDS.

1. Bring water to a boil, add rice. Cover tightly and simmer for 20 minutes or until liquid is absorbed.
2. Fluff with fork.

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

Child Nutrition: #8 scoop (1/2 cup) provides= 1 oz eq grain

Updated October 2013

Notes:

French Bread Pizza

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

French Bread Pizza

Nutrition Information

Calories	290.00	Protein	17.00g
Fat	11.00g	SaturatedFat	4.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	33.00g	Fiber	3.00g
Sugar	4.00g	Sodium	560.00mg
Iron	2.70mg	Vitamin C	4.80mg
Vitamin A	750.00IU	Calcium	350.00mg

Ingredients

100 Each FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z

Preparation Instructions

BAKE

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Popcorn Chicken Bites

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

Oven Baked Popcorn Chicken Bites with BBQ dipping sauce

Nutrition Information

Calories	230.00	Protein	14.00g
Fat	13.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	14.00g	Fiber	3.00g
Sugar	1.00g	Sodium	350.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	40.00mg

Ingredients

1100 Each CHIX POPCORN BRD WGRAIN FC .28Z 6-5#

11 pieces per serving

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

One case serves 155 orders.

Mac & Cheese

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

Land-O-Lakes Creamy Baked Mac & Cheese

Nutrition Information

Calories	280.00	Protein	17.00g
Fat	11.00g	SaturatedFat	5.00g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	29.00g	Fiber	2.00g
Sugar	6.00g	Sodium	670.00mg
Iron	1.08mg	Vitamin C	0.00mg
Vitamin A	750.00IU	Calcium	400.00mg

Ingredients

67 Cup ENTREE MAC & CHS WGRAIN 6-5# LOL

1 bag = 13 orders.

Preparation Instructions

Thawing Instructions

REMOVE POUCHES FROM CASE AND THAW UNDER REFRIGERATION OVERNIGHT

Basic Preparation:

1. Empty thawed bags into a roaster pan.
2. Cover and heat in the oven TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.
4. WARMING CABINET HOLDING INSTRUCTIONS: MAINTAIN HOT HOLDING TEMPERATURE AT 145 DEGREES F.

IF PRE-PANNED, KEEP PRODUCT COVERED TIGHTLY. CAN BE HELD UP TO 1.5 HOURS.

** The sturdy bags can be heated in the Cooker Warmers. Add water then carefully submerge the bags in the water. Heating time may vary, test the temperature by carefully folding the bag over the thermometer. Heat until temperature reaches 165* F.

Lasagna Roll-ups

Servings:	110.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Lasagna

Nutrition Information

Calories	254.89	Protein	15.74g
Fat	6.74g	SaturatedFat	3.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	31.23g	Fiber	2.74g
Sugar	6.49g	Sodium	509.14mg
Iron	1.08mg	Vitamin C	8.23mg
Vitamin A	544.45IU	Calcium	305.96mg

Ingredients

110 Each LASAGNA ROLL-UP WGRAIN 110-4.15Z

114 2/3 Ounce SAUCE MARINARA A/P 6-10 REDPK

Use one can.

Preparation Instructions

1. Spray a large sheet tray with vegetable spray, then ladle sauce on the tray.
2. Lay out 35 lasagna rolls, (5 across and 7 down).
3. Ladle more sauce over the lasagna.
4. bake at 350* F. for about 35 minutes.
5. serve in a boat

Garlic Bread

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

Oven Toasted Garlic Bread

Nutrition Information

Calories	80.00	Protein	2.00g
Fat	3.50g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	11.00g	Fiber	1.00g
Sugar	0.00g	Sodium	150.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

100 Slice BREAD GARL TST SLC WGRAIN 12-12CT GFS

1 piece per order

Preparation Instructions

BAKE

Preheat oven to 375 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 5-7 minutes or until heated through.

Chicken Strips

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

Oven baked breaded chicken strips

Nutrition Information

Calories	260.00	Protein	15.00g
Fat	15.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	16.00g	Fiber	3.00g
Sugar	1.00g	Sodium	390.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	40.00mg

Ingredients

300 Piece CHIX TNDR WGRAIN FC 450CT TYS

4 bags

Preparation Instructions

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Cucumbers & Tomatoes

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

Fresh sliced Cool Cucumbers mixed with Fresh Cherry Tomatoes

Nutrition Information

Calories	3.38	Protein	0.13g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.75g	Fiber	0.25g
Sugar	0.50g	Sodium	0.88mg
Iron	0.05mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	1.25mg

Ingredients

12 1/2 Pound CUCUMBER 6CT

2 oz. Sliced per serving

12 1/2 Cup TOMATO CHERRY 11# MRKN

2 oz. whole per serving

Preparation Instructions

Orange

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

Fresh Orange

Nutrition Information

Calories	80.00	Protein	1.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	21.00g	Fiber	7.00g
Sugar	14.00g	Sodium	0.00mg
Iron	0.36mg	Vitamin C	78.00mg
Vitamin A	0.00IU	Calcium	60.00mg

Ingredients

100 Each ORANGES NAVEL/VALENCIA CHC 138CT MRKN

Preparation Instructions

One whole orange equals one serving

Fresh Blueberry Cup

Servings: 120.00

Meal Type: Lunch

Category: Fruit

HACCP Process: No Cook

Fresh Blueberries

Nutrition Information

Calories	31.55	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	7.89g	Fiber	2.37g
Sugar	5.52g	Sodium	1.58mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

3 Gallon BLUEBERRIES FZ WILD IQF 30 COMM

Portion 1/2 cup each serving

Preparation Instructions

Meatball Sub

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

MB

Nutrition Information

Calories	489.00	Protein	22.40g
Fat	12.70g	SaturatedFat	3.60g
Trans Fat	0.60g	Cholesterol	36.00mg
Carbohydrates	72.00g	Fiber	3.40g
Sugar	6.00g	Sodium	844.00mg
Iron	5.82mg	Vitamin C	9.40mg
Vitamin A	105.00IU	Calcium	148.00mg

Ingredients

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

30 orders per 5 # Bag.

100 Each BUN SUB 10 12-4CT GFS

10 Cup SAUCE MARINARA 6-10 REDPK

READY_TO_EAT

None

Preparation Instructions

Basic Preparation

PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES.

Corn

Servings: 100.00

Meal Type: Lunch

Category: Vegetable

HACCP Process: Same Day Service

Side veggie, Corn

Nutrition Information

Calories	63.41	Protein	1.89g
Fat	0.95g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	15.14g	Fiber	1.89g
Sugar	2.84g	Sodium	0.95mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

3 Gallon CORN FZ 30 COMM

3 gallons of corn equals 100 1/2 cup orders of corn.

Preparation Instructions

Add frozen corn to a large roaster pan. Add 1/2 gallon of water. Heat corn until temperature reaches 145* F.

Fresh Diced Watermelon

Servings:	120.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Delicious Fresh Watermelon Chunks

Nutrition Information

Calories	33.89	Protein	0.69g
Fat	0.17g	SaturatedFat	0.02g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	8.53g	Fiber	0.45g
Sugar	7.00g	Sodium	1.13mg
Iron	0.27mg	Vitamin C	9.15mg
Vitamin A	642.69IU	Calcium	7.91mg

Ingredients

3 Gallon WATERMELON RED SDLSS 2CT P/L

1 cup servings

Preparation Instructions

Diced watermelon and portion into cups. Keep refrigerated until serving time.

Basic Preparation

PACKAGING: 2 CT IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE TEMPERATURE IS 45-50 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES.

PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A RECIPE APPLICATION.

BBQ Meatball Bowl

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

Tender Meatballs baked in Sweet Kansas City BBQ

Nutrition Information

Calories	227.15	Protein	15.00g
Fat	11.25g	SaturatedFat	4.38g
Trans Fat	0.75g	Cholesterol	45.00mg
Carbohydrates	15.21g	Fiber	1.25g
Sugar	9.54g	Sodium	462.00mg
Iron	2.50mg	Vitamin C	1.25mg
Vitamin A	6.25IU	Calcium	80.00mg

Ingredients

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

5 meatballs per serving

1/2 Gallon SAUCE BBQ PIT STYL BSE 4-1GAL GFS

Preparation Instructions

Bake or steam meatballs until temperature reaches 165* F.

Stir in 1/2 gallon of BBQ sauce.

Serving with a pretzel stick.

Soft Pretzel

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

Bavarian Style Pretzel

Nutrition Information

Calories	70.00	Protein	2.00g
Fat	0.50g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	14.00g	Fiber	1.00g
Sugar	0.00g	Sodium	40.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

100 Each PRETZEL ROD SFT WHEAT 180-1Z J&J

1 pretzel per serving

Preparation Instructions

Serve at room temperature or keep warm in the warmer.

Meatloaf With Cheese

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

Comfort food

Nutrition Information

Calories	1.90	Protein	0.11g
Fat	0.12g	SaturatedFat	0.06g
Trans Fat	0.01g	Cholesterol	0.40mg
Carbohydrates	0.08g	Fiber	0.01g
Sugar	0.05g	Sodium	3.90mg
Iron	0.01mg	Vitamin C	0.09mg
Vitamin A	2.00IU	Calcium	0.60mg

Ingredients

1 Piece MEATLOAF CKD SLCD W/CHS 100-2.9Z

BAKE

This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.

Preparation Instructions

Sausage Links

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

Turkey Breakfast Sausage Links

Nutrition Information

Calories	60.00	Protein	7.33g
Fat	3.00g	SaturatedFat	0.67g
Trans Fat	0.00g	Cholesterol	33.33mg
Carbohydrates	0.67g	Fiber	0.00g
Sugar	0.67g	Sodium	173.33mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

200 Each SAUSAGE TKY LNK CKD .67Z 12# GFS

2 each per serving

Preparation Instructions

Warm in the oven or steamer until internal temperature reaches 165* F.

Celery & Carrot Sticks

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

Crispy Fresh Veggie favorites

Nutrition Information

Calories	34.29	Protein	1.14g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	6.86g	Fiber	2.29g
Sugar	3.43g	Sodium	85.71mg
Iron	0.41mg	Vitamin C	5.49mg
Vitamin A	9714.29IU	Calcium	45.71mg

Ingredients

400 Ounce CARROT CELERY STIX COMBO 2-5# RSS

2 oz. celery

2 oz. carrots

Preparation Instructions

4 oz. serving

serve with Ranch dipping sauce.

Chicken Quesadilla

Servings:	96.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Whole grain tortilla, tender chicken with a zesty southwest sauce.

Nutrition Information

Calories	150.00	Protein	9.50g
Fat	5.50g	SaturatedFat	2.25g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	15.50g	Fiber	1.50g
Sugar	1.00g	Sodium	280.00mg
Iron	1.35mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	125.00mg

Ingredients

96 Piece QUESADILLA CHIX & MOZZ WGRAIN 96-4.4Z

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Fresh Cooked Carrots

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

Fresh Cooked Carrots

Nutrition Information

Calories	27.00	Protein	0.00g
Fat	1.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	24.00mg
Carbohydrates	6.00g	Fiber	2.00g
Sugar	3.00g	Sodium	43.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

50 Cup CARROT FZ 30 COMM

1/2 servings

Preparation Instructions

Steam or baked until internal temperature reaches 145* F.

Hot Dog on a bun

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

Fully cooked smoked Beef, Pork & Turkey Frank

Nutrition Information

Calories	270.00	Protein	11.00g
Fat	15.00g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	35.00mg
Carbohydrates	26.00g	Fiber	5.00g
Sugar	4.00g	Sodium	585.00mg
Iron	0.61mg	Vitamin C	0.00mg
Vitamin A	0.06IU	Calcium	32.09mg

Ingredients

100 Each FRANKS 3 MEAT CLASSIC 10/ 2-5 GFS

100 Each BUN HOT DOG WHLWHE 12-12CT ANTMILL

Preparation Instructions

Basic Preparation

FULLY COOKED, CAN BE STEAMED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS,

HOLD ABOVE 140 DEG F.

Baked Beans

Servings: 100.00

Meal Type: Lunch

Category: Vegetable

HACCP Process: Same Day Service

These baked beans are prepared from small white beans which have been seasoned and sweetened with brown sugar sauce and bacon.

Nutrition Information

Calories	140.00	Protein	6.00g
Fat	1.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	29.00g	Fiber	5.00g
Sugar	12.00g	Sodium	550.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	40.00mg

Ingredients

50 Cup BEAN BAKED 6-10 BUSH

one can has 27 servings

100 servings = 3.50 cans

Preparation Instructions

EAT & SERVE. WARM IN 350* OVEN FOR 30 MIN,IF DESIRED. CAN BE USED AS AN INGREDIENT IN OTHER RECIPES ALSO. CONTAINS: NAVY BEANS W/BACON IN BROWN SUGAR SAUCE. HOLDS WELL IN STEAMTABLE.

****CONTAINS PORK****

Cornbread Muffin

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

These prebaked, whole grain corn bread snacks can be served as a side.

Nutrition Information

Calories	170.00	Protein	3.00g
Fat	5.00g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	15.00mg
Carbohydrates	29.00g	Fiber	1.00g
Sugar	15.00g	Sodium	90.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

72 Each CORNBREAD SNAC FORT WGRAIN IW 72-2Z

One case = 72 servings

Preparation Instructions

Thaw & Serve.

Boneless Wings

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

Golden Crispy Boneless Wings

Nutrition Information

Calories	160.00	Protein	14.00g
Fat	7.00g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	10.00g	Fiber	2.00g
Sugar	0.00g	Sodium	270.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

400 Each CHIX BNLS WNG GLDNCRSP WGRAIN 6-105CT

Preparation Instructions

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.

Celery & Carrot Sticks

Servings: 100.00

Meal Type: Lunch

Category: Vegetable

HACCP Process: No Cook

Fresh Crispy & Crunchy Veggies

Nutrition Information

Calories	34.35	Protein	1.15g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	6.87g	Fiber	2.29g
Sugar	3.44g	Sodium	85.88mg
Iron	0.41mg	Vitamin C	5.50mg
Vitamin A	9733.60IU	Calcium	45.81mg

Ingredients

25 Pound CARROT CELERY STIX COMBO 2-5# RSS

4 oz. servings

Preparation Instructions

Mashed Potatoes

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

Creamy Mashed Potatoes

Nutrition Information

Calories	120.32	Protein	1.92g
Fat	3.73g	SaturatedFat	0.68g
Trans Fat	1.02g	Cholesterol	0.00mg
Carbohydrates	19.20g	Fiber	1.92g
Sugar	0.00g	Sodium	42.64mg
Iron	0.35mg	Vitamin C	28.80mg
Vitamin A	169.61IU	Calcium	19.22mg

Ingredients

3 Quart POTATO GRANULES NO MILK 6-5.75# GFS

1 full can = 3 quarts

11 1/2 Quart Water

UNPREPARED

2 8/89 Cup MARGARINE UNSLTD SLD 30-1# P/L

2.09 cups = 1-1# block

1 Teaspoon SALT IODIZED 24-26Z GFS

1 Teaspoon SPICE PEPR WHITE GRND 5 TRDE

Preparation Instructions

1. In a large mixer add 1 can of dry granulated potatoes.
2. Add 11.5 quarts of Boiling water (be careful)
3. add Margarine
4. Salt & Pepper

5. Mix well

Hold in the warmer at 140* F.

Breakfast Cereal

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Assorted Breakfast cereal

Nutrition Information

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

Ingredients

50 4-24 GEN MILLS BOWL PACK CEREAL 32415

Preparation Instructions

Breakfast Pizza

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Breakfast turkey sausage pizza.

Nutrition Information

Calories	223.00	Protein	10.60g
Fat	7.50g	SaturatedFat	2.10g
Trans Fat	0.00g	Cholesterol	16.00mg
Carbohydrates	28.00g	Fiber	2.10g
Sugar	6.00g	Sodium	500.00mg
Iron	1.98mg	Vitamin C	0.00mg
Vitamin A	200.00IU	Calcium	160.00mg

Ingredients

50 Each PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z

Preparation Instructions

Basic Preparation

PLACE FROZEN PIZZAS IN 18"X26"X1/2" LIGHTLY GREASED BUN PANS. CONVECTION OVEN: 350F FOR 15 TO 17 MINUTES. CONVENTIONAL OVEN: 400F FOR 16 TO 19 MINUTES. REFRIGERATE OR DISCARD ANY UNUSED PORTION. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS.

Yogurt & Graham Crisps

Servings: 50.00

Meal Type: Breakfast

Category: Entree

HACCP Process: No Cook

Yogurt & Graham Crisps

Nutrition Information

Calories	200.00	Protein	6.00g
Fat	4.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	36.00g	Fiber	1.00g
Sugar	17.00g	Sodium	175.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	1000.00IU	Calcium	240.00mg

Ingredients

50 Each YOGURT STRAWB BAN BASH L/F 48-4Z TRIX

READY_TO_EAT

Ready to eat single serving

50 Package CRACKER GRHM BUG BITES 210CT KEEB

Preparation Instructions

Mini Waffles

Servings: 50.00

Meal Type: Breakfast

Category: Entree

HACCP Process: Same Day Service

Mini maple flavored waffles

Nutrition Information

Calories	200.00	Protein	4.00g
Fat	5.00g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	35.00g	Fiber	4.00g
Sugar	10.00g	Sodium	220.00mg
Iron	2.70mg	Vitamin C	0.00mg
Vitamin A	500.00IU	Calcium	100.00mg

Ingredients

50 Package WAFFLE MINI MAPL IW 72-2.65Z EGGO

Preparation Instructions

Fruit Frudels

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

cherry-filled strudel pastries

Nutrition Information

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

Ingredients

50 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

Breakfast Fruit Muffins

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Fruit Muffins

Nutrition Information

Calories	180.00	Protein	3.00g
Fat	8.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	10.00mg
Carbohydrates	24.00g	Fiber	0.00g
Sugar	12.00g	Sodium	180.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

50 Each MUFFIN BLUEB IW 80-1.8Z GFS

Preparation Instructions

Burger & Cheese Burger on a Bun

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

Smoky Beef steak Patty

Nutrition Information

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

Ingredients

100 Each BEEF STK SMKY GRLL 100-3Z PIER

BAKE

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

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

Preparation Instructions

Toasted Cheese on a Pretzel Bun

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Bavarian Pretzel bun & American Cheese Toasted

Nutrition Information

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

Ingredients

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

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

2.5 packs of cheese

Preparation Instructions

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

Sweet & Sour Chicken Bowl

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Sweet & Sour popcorn chicken served over brown rice

Nutrition Information

Calories	268.40	Protein	14.00g
Fat	13.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	22.96g	Fiber	3.00g
Sugar	8.04g	Sodium	420.40mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	40.00mg

Ingredients

1100 Each CHIX POPCORN BRD WGRAIN FC .28Z 6-5#

25 orders per bag.

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

Preparation Instructions

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

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Vegetable Eggrolls

Servings: 100.00

Meal Type: Lunch

Category: Grain

HACCP Process: Same Day Service

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

Nutrition Information

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

Ingredients

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

Preparation Instructions

BAKE

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

Preparation Notes: Heating time may vary with equipment.

BBQ Pulled Pork Sandwich

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

Brookwood Farm Pulled Pork

Nutrition Information

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

Ingredients

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

3 oz. per sandwich

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

READY_TO_EAT

Preparation Instructions

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

SRIRACHA CHICKEN

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

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

Nutrition Information

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

Ingredients

400 Each CHIX BRST CHNK BRD SRIRACHA 4-7.12#

4 EACH PER SERVING

Preparation Instructions

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

From Frozen:

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

Smokehouse Burger

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

Smoky burger

Nutrition Information

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

Ingredients

100 Each BEEF STK SMKY GRLL 100-3Z PIER

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

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

Preparation Instructions

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

BAKE

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

Breakfast for Lunch

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

Brunch Lunch

Nutrition Information

Calories	200.60	Protein	7.80g
Fat	8.00g	SaturatedFat	2.00g
Trans Fat	0.09g	Cholesterol	109.00mg
Carbohydrates	25.00g	Fiber	2.50g
Sugar	11.00g	Sodium	282.70mg
Iron	1.46mg	Vitamin C	0.07mg
Vitamin A	225.12IU	Calcium	73.53mg

Ingredients

100 Each FRENCH TST CINN WGRAIN 144-2.9Z PAP

Preparation Instructions

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

Tomato Soup

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

Comfort Food Heaven

Nutrition Information

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

Ingredients

600 Fluid Ounce SOUP TOMATO 12-5 CAMP

One serving equals 6 oz.

Preparation Instructions

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

Golden Crispy Chicken Sandwich

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

Chik-Fil-it Style Chicken Sandwich

Nutrition Information

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

Ingredients

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

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

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

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

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

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

Temp at 165*

HS Chicken Nugget

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

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

Nutrition Information

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

Ingredients

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

one serving equals 6 pieces

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Steamed Broccoli

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

Garden Fresh Crispy Broccoli

Nutrition Information

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

Ingredients

100 Cup BROCCOLI FZ 30 COMM

Preparation Instructions

Steam in a roaster. Do not overcook.

Sprinkle with Veggie seasoning.

CHICKEN NUGGETS (HS)

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

High School serves 6 Chicken Nuggets.

Nutrition Information

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

Ingredients

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

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Far East Vegetable Blend

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

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

Nutrition Information

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

Ingredients

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

Preparation Instructions

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

Add veggie seasoning.

Apple

Servings: 100.00

Meal Type: Lunch

Category: Fruit

HACCP Process: Same Day Service

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

Nutrition Information

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

Ingredients

100 Each APPLE DELICIOUS RED 113CT MRKN

Preparation Instructions

Kiwi

Servings: 100.00

Meal Type: Lunch

Category: Fruit

HACCP Process: Same Day Service

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

Nutrition Information

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

Ingredients

100 Each KIWI 33-39CT P/L

Preparation Instructions

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

Fiestada Pizza

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

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

Nutrition Information

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

Ingredients

72 Each PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z

each case has 72 servings.

Preparation Instructions

BAKE

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

2" bun pans.

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

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

Chicken Gravy

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

Use on Mashed Potatoes

Nutrition Information

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

Ingredients

1 Gallon Water

UNPREPARED

4 Tablespoon STARCH CORN BIB 25 ARGO

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

Preparation Instructions

FOR BROTH/STOCK:

ADD

3/4 TSP BASE TO 1 CUP WATER

3/4 oz. TO 1QT

3.25 oz. TO 1 GAL

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

GRAVY:

1 gallon of Stock.

4 Tsp. cornstarch

1 cup of water

Bring 1 gallon of stock to a boil.

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

Stir the cornstarch mixture to the boiling stock.

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

Grapes (Fresh)

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

Fresh Seasonal grapes

Nutrition Information

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

Ingredients

100 Cup GRAPES GREEN SEEDLESS 17#AVG MRKN

Preparation Instructions

Wash before serving.

Pears (Fresh)

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

Fresh seasonal pears

Nutrition Information

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

Ingredients

100 PEAR 95-110CT MRKN

Preparation Instructions

Wash before serving.

Corn & Black Bean Fiesta Blend

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

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

Nutrition Information

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

Ingredients

2 Gallon CORN & BLK BEAN FLME RSTD 6-2.5

each case has 60 1/2 cup servings

Preparation Instructions

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

Coney Dog on a bun

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

Coney Dog on a bun

Nutrition Information

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

Ingredients

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

1 oz. per serving

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

100 Each BUN HOT DOG WHLWHE 12-12CT ANTMILL

Preparation Instructions

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

Italian Meatball Sub

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

meatballs, mozzarella, marinara on a ww sub bun

Nutrition Information

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

Ingredients

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

4 each sub

400 Ounce SAUCE MARINARA A/P 6-10 REDPK

READY_TO_EAT

None

400 Fluid Ounce CHEESE MOZZ SHRD 4-5# LOL

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

Preparation Instructions

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

Chicken Egg Rolls

Servings: 100.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

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

Nutrition Information

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

Ingredients

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

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

2 oz. per serving

Preparation Instructions

BAKE

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

**Serve with Frank's Sweet Chili sauce

Fish Sandwich on a bun

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

Nutrition Information

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

Ingredients

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

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

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

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

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

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

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

Chicken Egg Rolls

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

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

Nutrition Information

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

Ingredients

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

Preparation Instructions

BAKE

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

Serve with Frank's Sweet & Spicy Sauce.

banana

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

yellow

Nutrition Information

Calories	105.00	Protein	1.30g
Fat	0.40g	SaturatedFat	0.10g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	27.00g	Fiber	3.10g
Sugar	14.00g	Sodium	1.20mg
Iron	0.31mg	Vitamin C	10.27mg
Vitamin A	75.52IU	Calcium	5.90mg

Ingredients

100 Each BANANA 13-3# P/L

1 per serving

Preparation Instructions

pancakes

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Pillsbury whole grain mini maple pancakes IW

Nutrition Information

Calories	220.00	Protein	4.00g
Fat	6.00g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	39.00g	Fiber	3.00g
Sugar	12.00g	Sodium	130.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

50 Package PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS

READY_TO_EAT

Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Preparation Instructions

CinnA Bar

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Whole Wheat Cinnamon Bar

Nutrition Information

Calories	140.00	Protein	2.50g
Fat	4.50g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	22.50g	Fiber	2.00g
Sugar	7.50g	Sodium	130.00mg
Iron	5.00mg	Vitamin C	2.00mg
Vitamin A	22.50IU	Calcium	3.00mg

Ingredients

50 Whole Wheat Cinnamon Bar

BAKE

Preparation Instructions

BOSCO BREAKFAST STICKS

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

WW, egg, cheese, & turkey bacon

Nutrition Information

Calories	3.20	Protein	0.18g
Fat	0.12g	SaturatedFat	0.05g
Trans Fat	0.00g	Cholesterol	1.20mg
Carbohydrates	0.34g	Fiber	0.04g
Sugar	0.02g	Sodium	7.40mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	4.00IU	Calcium	0.00mg

Ingredients

1 Each BREADSTICK BKFST WGRAIN 6 72-2.5Z

CONVECTION

Heating Instructions

Convection Oven

1. Preheat convection oven to 350°F with fan on.
2. Place Stick on baking sheet.
3. Thawed: Bake 8-10 minutes or until a minimum temperature of 165°F has been reached
2. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

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

Product is For Food Service Use Only, must be cooked in accordance with the Food Code and or State and Local requirements.

THAW

Heating Instructions

Thawing Instructions

1. Thaw before baking.
2. Keep Sticks covered while thawing.
3. Sticks have 7 day shelf life when refrigerated.

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

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Preparation Instructions

Beacon Street Sliders

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

These breakfast sliders are made with 51 percent whole grain and are topped with savory turkey sausage, egg, and cheese.

Nutrition Information

Calories	80.00	Protein	4.00g
Fat	2.50g	SaturatedFat	0.75g
Trans Fat	0.00g	Cholesterol	15.00mg
Carbohydrates	10.00g	Fiber	1.00g
Sugar	2.50g	Sodium	145.00mg
Iron	0.80mg	Vitamin C	0.00mg
Vitamin A	50.00IU	Calcium	47.50mg

Ingredients

50 Each SAND SLIDER SAUS EGG & CHS IW 72-2CT

BAKE

COOKING GUIDELINES: COOK BEFORE EATING. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. ROTATE PANS ONE HALF TURN HALF WAY THROUGH COOKING TO PREVENT CHEESE FROM BURNING. DUE TO VARIANCES IN OVEN REGULATORS AND NUMBER OF PIZZAS IN AN OVEN, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN (BASED ON FULL OVEN): 1. PREHEAT OVEN TO 350°F. 2. PLACE 48 WRAPPED PIZZAS (2 PIZZAS PER WRAPPER) IN 18" x 26" PAN. 3. BAKE 17-20 MINUTES.

Preparation Instructions

Frudels

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Breakfast pastry

Nutrition Information

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

Ingredients

50 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

Breakfast Round Ubers

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

WG Cinn breakfast cookies

Nutrition Information

Calories	240.00	Protein	5.00g
Fat	6.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	43.00g	Fiber	6.30g
Sugar	17.00g	Sodium	210.00mg
Iron	0.62mg	Vitamin C	0.00mg
Vitamin A	8.55IU	Calcium	29.57mg

Ingredients

50 Each ROUND BKFST UBR 140-2.5Z RICH

Preparation Instructions

BAKE

HANDLING INSTRUCTIONS:

1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES.
2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN.
3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES.
4. REMOVE FROM OVEN AND COOL ON SHEET PAN.

BOSCO BREAKFAST STICKS

Servings:	50.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

CHEESE, EGG, TURKEY BACON

Nutrition Information

Calories	160.00	Protein	9.00g
Fat	6.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	60.00mg
Carbohydrates	17.00g	Fiber	2.00g
Sugar	1.00g	Sodium	370.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	200.00IU	Calcium	0.00mg

Ingredients

50 Each BREADSTICK BKFST WGRAIN 6 72-2.5Z

Preparation Instructions

CONVECTION

Heating Instructions

Convection Oven

1. Preheat convection oven to 350°F with fan on.
2. Place Stick on baking sheet.
3. Thawed: Bake 8-10 minutes or until a minimum temperature of 165°F has been reached
2. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

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

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THAW

Heating Instructions

Thawing Instructions

1. Thaw before baking.
2. Keep Sticks covered while thawing.
3. Sticks have 7 day shelf life when refrigerated.

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

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WALKING TACO

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

TACO BEEF & DORITO WALKING TACO

Nutrition Information

Calories	393.28	Protein	18.08g
Fat	19.09g	SaturatedFat	8.14g
Trans Fat	0.18g	Cholesterol	52.08mg
Carbohydrates	34.15g	Fiber	4.26g
Sugar	1.93g	Sodium	714.16mg
Iron	2.33mg	Vitamin C	34.74mg
Vitamin A	5528.76IU	Calcium	96.57mg

Ingredients

100 Package CHIP NACHO CHS TOP N GO 21-1.4Z DORIT

200 Ounce TACO FILLING BEEF REDC FAT 6-5# COMM

2 oz. per serving.

100 Ounce CHEESE CHED SHRD 6-5 COMM

1 oz. per serving

100 Ounce SALSA 103Z 6-10 REDG

READY_TO_EAT

None

100 Cup LETTUCE ROMN CUT 9-2# P/L

1/2 cup per order

Preparation Instructions

BROCCOLI FLORETS

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

BROCCOLI & DIP

Nutrition Information

Calories	15.00	Protein	1.20g
Fat	0.20g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	3.00g	Fiber	1.10g
Sugar	1.00g	Sodium	14.50mg
Iron	0.32mg	Vitamin C	39.25mg
Vitamin A	290.40IU	Calcium	20.68mg

Ingredients

50 Cup BROCCOLI FLORET BITE SIZE 2-3# RSS

1/2 CUP PER SERVING

Preparation Instructions

1. Wash
2. place into portion cups,
3. serve with Ranch dip

Asian Mashed Potatoe Bowl

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

Asian Mashed

Nutrition Information

Calories	175.50	Protein	11.00g
Fat	8.00g	SaturatedFat	3.50g
Trans Fat	0.00g	Cholesterol	35.00mg
Carbohydrates	11.00g	Fiber	3.00g
Sugar	7.00g	Sodium	420.00mg
Iron	2.11mg	Vitamin C	107.16mg
Vitamin A	2651.46IU	Calcium	20.00mg

Ingredients

200 1/2 Cup POTATO MASHED FRSH 4-6 GFS

400 Each BEEF DIPPERS WONDER BITE 400-.7Z PIER

BAKE

Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes.
Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate

300 Ounce PEPPERS RED DCD 3/8 2-3# RSS

3 1/4 Gallon BROCCOLI FLORET 100-2Z MI LOCAL

Preparation Instructions

WASH HANDS.

1. Cook potatoes according to recipe/package instructions.
2. Bake the beef according to manufacturer instructions.

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

3. Steam or saute the bell peppers until tender.

4. Place 1 cup potatoes in a 16oz container. Evenly place 4 pieces of beef over potatoes. Add 1/2 cup broccoli and 1/4 cup peppers.

5. Serve warm.

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

Child Nutrition information: 1 Bowl provides= 1 c. starchy vegetable, 2 oz meat/meat alternate, 1/4 c. red/orange vegetable, and 1/2 c. dark green vegetable