

# Cookbook for Cuyahoga Falls City Schools

Created by HPS Menu Planner

# Table of Contents

Fish Sticks

Criss-Cross Sweet Potato Fries

Beef Taco

Grilled Cheese

Stuffed Crust Pizza

Chicken Nuggets

Deli Roasters

Burger

Chicken Taco

Green Beans

French Toast

Fiesta Black Beans

Calzone

Breaded Chicken Sandwich

Crinkle Cut Baked Fries

Curly Twister Fries

Sweet Potato Ribbon cut fries

Waffle Fries

Black Pepper Fries

Triangle Hash Browns

Mini Corn Dog

Mixed Green Salad

Drum Stick

Rice Brown MTG

French Bread Pizza

Popcorn Chicken Bites

Mac & Cheese

Lasagna Roll-ups

Garlic Bread

Chicken Strips

Cucumbers & Tomatoes

Orange

Fresh Blueberry Cup

Meatball Sub

Corn

Fresh Diced Watermelon

BBQ Meatball Bowl

Soft Pretzel

Meatloaf With Cheese

Sausage Links

Celery & Carrot Sticks

Chicken Quesadilla

Fresh Cooked Carrots

Hot Dog on a bun

Baked Beans

Cornbread Muffin

Boneless Wings

Celery & Carrot Sticks

Mashed Potatoes

Breakfast Cereal

Breakfast Pizza

Yogurt & Graham Crisps

Mini Waffles

Fruit Frudels

Breakfast Fruit Muffins

Burger & Cheese Burger on a Bun

Toasted Cheese on a Pretzel Bun

Sweet & Sour Chicken Bowl

Vegetable Eggrolls

BBQ Pulled Pork Sandwich

SRIRACHA CHICKEN

Smokehouse Burger

Breakfast for Lunch

Tomato Soup

Golden Crispy Chicken Sandwich

HS Chicken Nugget

Steamed Broccoli

CHICKEN NUGGETS (HS)

Far East Vegetable Blend

Apple

Kiwi

Fiestada Pizza

Chicken Gravy

Grapes (Fresh)

Pears (Fresh)

Corn & Black Bean Fiesta Blend

Coney Dog on a bun

Italian Meatball Sub

Chicken Egg Rolls

Fish Sandwich on a bun

Chicken Egg Rolls

banana

pancakes

CinnABar

BOSCO BREAKFAST STICKS

Beacon Street Sliders

Frudels

Breakfast Round Ubers

BOSCO BREAKFAST STICKS

WALKING TACO

BROCCOLI FLORETS

Asian Mashed Potatoe Bowl

Every Day Elementary Breakfast

# 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

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

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

Sweet Delicious Baked Sweet Potato Fries

## Nutrition Information

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

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

Soft shell beef tacos

## Nutrition Information

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

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

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

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

## Nutrition Information

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

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

Golden Crispy Crunch Chicken Nuggets with Dipping Sauce

## Nutrition Information

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

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

Baked seasoned cubed potatoes

## Nutrition Information

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

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

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

<b>Servings:</b>	120.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Fresh green Beans

## Nutrition Information

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

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

Breakfast for lunch

## Nutrition Information

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

## Ingredients

**100 Each** FRENCH TST CINN WGRAIN 144-2.9Z PAP

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

<b>Servings:</b>	27.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Seasoned Bush Black Beans

## Nutrition Information

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

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

Baked Beef & Chicken Italian Calzone (NO PORK)

## Nutrition Information

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

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

Baked Home-style Chicken Sandwich Patty

## Nutrition Information

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

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

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

Spiral cut seasoned fries

## Nutrition Information

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

<b>Servings:</b>	60.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Baked Sweet Potato fries

## Nutrition Information

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

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Baked Waffle cut fries

## Nutrition Information

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

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

Baked Black Pepper Seasoned Fries

## Nutrition Information

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

<b>Servings:</b>	120.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Baked Hash Browns

## Nutrition Information

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

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

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

Fresh Mixed Romaine Salad

## Nutrition Information

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

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

Oven Baked Breaded Chicken Drum Stick

## Nutrition Information

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

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

Rice Brown MTG

## Nutrition Information

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

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

French Bread Pizza

## Nutrition Information

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

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

Oven Baked Popcorn Chicken Bites with BBQ dipping sauce

## Nutrition Information

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

## Ingredients

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

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

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

Land-O-Lakes Creamy Baked Mac & Cheese

## Nutrition Information

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

<b>Servings:</b>	110.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Lasagna

## Nutrition Information

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

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

Oven Toasted Garlic Bread

## Nutrition Information

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

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

Oven baked breaded chicken strips

## Nutrition Information

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

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

Fresh sliced Cool Cucumbers mixed with Fresh Cherry Tomatoes

## Nutrition Information

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

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

Fresh Orange

## Nutrition Information

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

## Ingredients

100 Each ORANGES NAVEL/VALENCIA CHC 138CT MRKN

## Preparation Instructions

One whole orange equals one serving

# Fresh Blueberry Cup

<b>Servings:</b>	120.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Fresh Blueberries

## Nutrition Information

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

## Ingredients

3 Gallon BLUEBERRIES FZ WILD IQF 30 COMM

Portion 1/2 cup each serving

## Preparation Instructions

# Meatball Sub

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

MB

## Nutrition Information

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

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

<b>Servings:</b>	120.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Delicious Fresh Watermelon Chunks

## Nutrition Information

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

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

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

Bavarian Style Pretzel

## Nutrition Information

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

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

Comfort food

## Nutrition Information

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

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

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

Crispy Fresh Veggie favorites

## Nutrition Information

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

<b>Servings:</b>	96.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

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

## Nutrition Information

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

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

Fresh Cooked Carrots

## Nutrition Information

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

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

Fully cooked smoked Beef, Pork & Turkey Frank

## Nutrition Information

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

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

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

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

## Nutrition Information

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

## Ingredients

**72 Each** CORNBREAD SNAC FORT WGRAIN IW 72-2Z

One case = 72 servings

## Preparation Instructions

Thaw & Serve.

# Boneless Wings

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

Golden Crispy Boneless Wings

## Nutrition Information

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

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

Fresh Crispy & Crunchy Veggies

## Nutrition Information

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

## Ingredients

25 Pound CARROT CELERY STIX COMBO 2-5# RSS

4 oz. servings

## Preparation Instructions

# Mashed Potatoes

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

Creamy Mashed Potatoes

## Nutrition Information

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

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Assorted Breakfast cereal

## Nutrition Information

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

## Ingredients

50 4-24 GEN MILLS BOWL PACK CEREAL 32415

## Preparation Instructions

# Breakfast Pizza

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Breakfast turkey sausage pizza.

## Nutrition Information

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

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

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

## Ingredients

**50 Package** WAFFLE MINI MAPL IW 72-2.65Z EGGO

## Preparation Instructions

# Fruit Frudels

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

cherry-filled strudel pastries

## Nutrition Information

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

## Ingredients

**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

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Fruit Muffins

## Nutrition Information

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

## Ingredients

50 Each MUFFIN BLUEB IW 80-1.8Z GFS

## Preparation Instructions

# Burger & Cheese Burger on a Bun

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

Smoky Beef steak Patty

## Nutrition Information

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

## Ingredients

**100 Each** BEEF STK SMKY GRLL 100-3Z PIER

BAKE

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

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

## Preparation Instructions

# Toasted Cheese on a Pretzel Bun

**Servings:** 100.00

**Meal Type:** Lunch

**Category:** Entree

**HACCP Process:** Same Day Service

Bavarian Pretzel bun & American Cheese Toasted

## Nutrition Information

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

## Ingredients

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

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

2.5 packs of cheese

## Preparation Instructions

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

# Sweet & Sour Chicken Bowl

**Servings:** 100.00

**Meal Type:** Lunch

**Category:** Entree

**HACCP Process:** Same Day Service

Sweet & Sour popcorn chicken served over brown rice

## Nutrition Information

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

## Ingredients

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

25 orders per bag.

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

## Preparation Instructions

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

**BAKE**

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

**CONVECTION**

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.



# Vegetable Eggrolls

**Servings:** 100.00

**Meal Type:** Lunch

**Category:** Grain

**HACCP Process:** Same Day Service

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

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

BAKE

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

Preparation Notes: Heating time may vary with equipment.

# BBQ Pulled Pork Sandwich

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

Brookwood Farm Pulled Pork

## Nutrition Information

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

## Ingredients

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

3 oz. per sandwich

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

READY\_TO\_EAT

## Preparation Instructions

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

# SRIRACHA CHICKEN

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

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

## Nutrition Information

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

## Ingredients

**400 Each** CHIX BRST CHNK BRD SRIRACHA 4-7.12#

4 EACH PER SERVING

## Preparation Instructions

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

From Frozen:

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



# Smokehouse Burger

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

Smoky burger

## Nutrition Information

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

## Ingredients

**100 Each** BEEF STK SMKY GRLL 100-3Z PIER

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

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

## Preparation Instructions

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

BAKE

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

# Breakfast for Lunch

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

Brunch Lunch

## Nutrition Information

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

## Ingredients

100 Each FRENCH TST CINN WGRAIN 144-2.9Z PAP

## Preparation Instructions

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

# Tomato Soup

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

Comfort Food Heaven

## Nutrition Information

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

## Ingredients

**600 Fluid Ounce SOUP TOMATO 12-5 CAMP**

One serving equals 6 oz.

## Preparation Instructions

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

# Golden Crispy Chicken Sandwich

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

Chik-Fil-it Style Chicken Sandwich

## Nutrition Information

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

## Ingredients

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

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

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

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

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

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

Temp at 165\*

# HS Chicken Nugget

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

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

## Nutrition Information

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

## Ingredients

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

one serving equals 6 pieces

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

# Steamed Broccoli

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

Garden Fresh Crispy Broccoli

## Nutrition Information

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

## Ingredients

100 Cup BROCCOLI FZ 30 COMM

## Preparation Instructions

Steam in a roaster. Do not overcook.

Sprinkle with Veggie seasoning.

# CHICKEN NUGGETS (HS)

**Servings:** 100.00

**Meal Type:** Lunch

**Category:** Entree

**HACCP Process:** Same Day Service

High School serves 6 Chicken Nuggets.

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

# Far East Vegetable Blend

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

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

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

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

Add veggie seasoning.



# Apple

**Servings:** 100.00

**Meal Type:** Lunch

**Category:** Fruit

**HACCP Process:** Same Day Service

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

## Nutrition Information

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

## Ingredients

**100 Each** APPLE DELICIOUS RED 113CT MRKN

## Preparation Instructions

# Kiwi

**Servings:** 100.00

**Meal Type:** Lunch

**Category:** Fruit

**HACCP Process:** Same Day Service

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

## Nutrition Information

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

## Ingredients

**100 Each** KIWI 33-39CT P/L

## Preparation Instructions

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

# Fiestada Pizza

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

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

## Nutrition Information

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

## Ingredients

**72 Each** PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z

each case has 72 servings.

## Preparation Instructions

BAKE

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

2" bun pans.

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

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

# Chicken Gravy

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

Use on Mashed Potatoes

## Nutrition Information

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

## Ingredients

**1 Gallon** Water

UNPREPARED

**4 Tablespoon** STARCH CORN BIB 25 ARGO

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

## Preparation Instructions

FOR BROTH/STOCK:

ADD

3/4 TSP BASE TO 1 CUP WATER

3/4 oz. TO 1QT

3.25 oz. TO 1 GAL

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

GRAVY:

1 gallon of Stock.

4 Tsp. cornstarch

1 cup of water

Bring 1 gallon of stock to a boil.

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

Stir the cornstarch mixture to the boiling stock.

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

# Grapes (Fresh)

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

Fresh Seasonal grapes

## Nutrition Information

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

## Ingredients

100 Cup GRAPES GREEN SEEDLESS 17#AVG MRKN

## Preparation Instructions

Wash before serving.

# Pears (Fresh)

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

Fresh seasonal pears

## Nutrition Information

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

## Ingredients

100 PEAR 95-110CT MRKN

## Preparation Instructions

Wash before serving.

# Corn & Black Bean Fiesta Blend

**Servings:** 60.00

**Meal Type:** Lunch

**Category:** Vegetable

**HACCP Process:** Same Day Service

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

## Nutrition Information

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

## Ingredients

**2 Gallon** CORN & BLK BEAN FLME RSTD 6-2.5

each case has 60 1/2 cup servings

## Preparation Instructions

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



# Coney Dog on a bun

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

Coney Dog on a bun

## Nutrition Information

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

## Ingredients

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

1 oz. per serving

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

**100 Each** BUN HOT DOG WHLWHE 12-12CT ANTMILL

## Preparation Instructions

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

# Italian Meatball Sub

**Servings:** 100.00

**Meal Type:** Lunch

**Category:** Entree

**HACCP Process:** Same Day Service

meatballs, mozzarella, marinara on a ww sub bun

## Nutrition Information

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

## Ingredients

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

4 each sub

**400 Ounce** SAUCE MARINARA A/P 6-10 REDPK

READY\_TO\_EAT

None

**400 Fluid Ounce** CHEESE MOZZ SHRD 4-5# LOL

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

## Preparation Instructions

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

# Chicken Egg Rolls

**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

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

## Ingredients

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

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

2 oz. per serving

## Preparation Instructions

BAKE

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

\*\*Serve with Frank's Sweet Chili sauce

# Fish Sandwich on a bun

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

## Nutrition Information

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

## Ingredients

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

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

## Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

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

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

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

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

# Chicken Egg Rolls

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

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

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

BAKE

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

Serve with Frank's Sweet & Spicy Sauce.

# banana

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

yellow

## Nutrition Information

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

## Ingredients

100 Each BANANA 13-3# P/L

1 per serving

## Preparation Instructions

# pancakes

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Pillsbury whole grain mini maple pancakes IW

## Nutrition Information

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

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Whole Wheat Cinnamon Bar

## Nutrition Information

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

## Ingredients

50 Whole Wheat Cinnamon Bar

BAKE

## Preparation Instructions



# BOSCO BREAKFAST STICKS

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

WW, egg, cheese, & turkey bacon

## Nutrition Information

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

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

## Preparation Instructions

# Beacon Street Sliders

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	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

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

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Breakfast pastry

## Nutrition Information

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

## Ingredients

**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

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

WG Cinn breakfast cookies

## Nutrition Information

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

<b>Servings:</b>	50.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

CHEESE, EGG, TURKEY BACON

## Nutrition Information

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

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.

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

# WALKING TACO

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

TACO BEEF & DORITO WALKING TACO

## Nutrition Information

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

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

BROCCOLI & DIP

## Nutrition Information

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

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

Asian Mashed

## Nutrition Information

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

# Every Day Elementary Breakfast

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

Elementary Breakfast Items

## Nutrition Information

<b>Calories</b>	40.53	<b>Protein</b>	1.00g
<b>Fat</b>	1.14g	<b>SaturatedFat</b>	0.22g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	2.16mg
<b>Carbohydrates</b>	6.84g	<b>Fiber</b>	0.55g
<b>Sugar</b>	2.33g	<b>Sodium</b>	53.00mg
<b>Iron</b>	0.65mg	<b>Vitamin C</b>	0.67mg
<b>Vitamin A</b>	62.26IU	<b>Calcium</b>	20.38mg

## Ingredients

**1 Each** CEREAL CINN TOAST R/S BWL 96CT GENM

READY\_TO\_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

**1 Package** CEREAL LUCKY CHARMS WGRAIN BWL 96CT

READY\_TO\_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

**1 Each** CEREAL CHEERIOS HNYNUT BWL 96CT GENM

READY\_TO\_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

**1 Each** CEREAL FROOT LOOPS R/S BWL 96-1Z KELL

**1 Each** CEREAL APPLE JACKS R/S BWL 96-1Z KELL

**1 Each** CEREAL FRSTD MINI WHE CHOC BWL 96CT

**1 Each** CEREAL COCOA PUFFS WGRAIN R/S 96CT

READY\_TO\_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

**1 Package** CEREAL TRIX R/S WGRAIN BWL 96CT GENM

READY\_TO\_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

**1 Each** BAR CEREAL COCOPUFF WGRAIN 96-1.42Z

READY\_TO\_EAT

Ready to eat cereal bars

**1 Each** BAR CEREAL APPLCINN WGRAIN 96-1.42Z

READY\_TO\_EAT

Ready to eat cereal bars

**1 Each** BAR CEREAL CINN TST WGRAIN 96-1.42Z

READY\_TO\_EAT

Ready to eat cereal bars

**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.

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

#### **1 Whole Wheat Cinnamon Bar**

BAKE

#### **1 Each PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z**

BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN  
INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1

2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time.  
Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and  
temperature may require adjustments.

**1 Piece** PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z

BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1

2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.

**1 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.

**1 Each** PASTRY CHRY FILLD IW 72-2.29Z FRUDEL

BAKE

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

**1 Each** PASTRY APPL 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

**1 Package** WAFFLE MINI MAPL WGRAIN IW 72-2.47Z

BAKE

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.\* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.\* Microwave: Heat for 30-35 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.

**1 Package** PANCAKE MINI BLUEB IW 72-3.03Z EGGO

**1 Package** PANCAKE MINI MAPL IW 72-3.03Z EGGO

**1 Each** MUFFIN BLUEB IW 80-1.8Z GFS

**1 Each** MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z

**1 Each** MUFFIN CHOC WGRAIN IW 60-1.94Z GFS

**1 Each** MUFFIN APPLE CINN IW 80-1.8Z GFS

**1 Each** YOGURT RASPB RNBW L/F 48-4Z TRIX

READY\_TO\_EAT

Ready to eat single serving

**1** YOGURT VAR PK L/F RASPB/PCH 48-4Z

READY\_TO\_EAT

Ready to eat single serving

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

READY\_TO\_EAT

Ready to eat single serving

## Preparation Instructions