

Cookbook for Fennville Public Schools

Created by HPS Menu Planner

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V8 V-Fusion, Pomegranate Blueberry 100% Juice

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Juice, 100% Orange, Carton, Suncup

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Milk, 1% LF

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ROLL, WG SWEET YEAST

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Ground Beef, Homemade

Beans, Refried Homemade

Pesto, Homemade

Sandwich, Hot Turkey

Yogurt

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Yogurt

Nutrition Information

Calories	80.00	Protein	4.00g
Fat	0.50g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	15.00g	Fiber	0.00g
Sugar	9.00g	Sodium	60.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	500.00IU	Calcium	140.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Ounce	551760	YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	READY TO EAT, REFRIGERATED.

Preparation Instructions

READY TO EAT

PRODUCT OF USA

Pretzel

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Pretzel

Nutrition Information

Calories	80.00	Protein	2.00g
Fat	1.50g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	15.00g	Fiber	2.00g
Sugar	0.00g	Sodium	200.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	893711	PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	

Preparation Instructions

PRETZELS

PRODUCT OF USA AS OF 10/17

Cheese Stick

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Cheese Stick

Nutrition Information

Calories	80.00	Protein	6.00g
Fat	6.00g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	15.00mg
Carbohydrates	1.00g	Fiber	0.00g
Sugar	0.00g	Sodium	200.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	200.00IU	Calcium	200.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	786580	CHEESE STRING MOZZ IW 168-1Z LOL	None

Preparation Instructions

NO THAWING REQUIRED

PRODUCT OF USA AS OF 10/17

Edamame Beans

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Edamame Beans

Nutrition Information

Calories	160.00	Protein	14.67g
Fat	8.00g	SaturatedFat	0.67g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	12.00g	Fiber	5.33g
Sugar	4.00g	Sodium	20.00mg
Iron	3.60mg	Vitamin C	32.00mg
Vitamin A	0.00IU	Calcium	200.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Ounce	147270	EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	

Preparation Instructions

STOVE: BRING 5 QUARTS WATER TO BOIL ON HIGH IN A 7-QUART POT. ADD 2.5 LBS (ENTIRE BAG) OF FZ VEGETABLES TO WATER. COOK 8 MIN. DRAIN & SERVE. STEAMER: ARRANGE BAG IN A HALF SIZE HOTEL PAN. ADD 1/3 CUP WATER. STEAM FOR 7-8 MIN. DRAIN & SERVE. MICROWAVE (2200 WATTS) PLACE 1.25 LBS (HALF BAG) (half bag) IN A MICROWAVE SAFE CONTAINER. ADD 2 TBSP WATER. COVER TIGHTLY. MICROWAVE ON HIGH FOR 4 MINUTES, STIRRING AFTER 2 MINUTES. DRAIN & SERVE. SAUTE: IN SAUTE PAN HEAT 2 TBSP OIL ON HIGH. ADD HALF BAG TO HOT OIL. SAUTE FOR 5-8 MIN, STIRRING FREQUENTLY, SERVE.

NO DEFINITIVE COUNTRY OF ORIGIN AS OF 10/17

Carrots, Baby

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Carrots, Baby

Nutrition Information

Calories	46.22	Protein	0.89g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	10.67g	Fiber	3.56g
Sugar	5.33g	Sodium	78.22mg
Iron	0.32mg	Vitamin C	6.93mg
Vitamin A	19022.22IU	Calcium	35.56mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Ounce	768146	CARROT BABY WHL PETITE 4-5# RSS	READY FOR RAW USE OR IN A COOKING APPLICATION.

Preparation Instructions

READY FOR RAW USE OR IN A COOKING APPLICATION.

12 Baby Carrots = 1 Cup = 1 Vegetable Equivalent

6 Baby Carrots = 1/2 Cup = 1/2 Vegetable Equivalent

PRODUCT OF USA AS OF 10/17

Romaine Lettuce

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Chopped Romaine Lettuce

Nutrition Information

Calories	10.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.00g	Fiber	1.00g
Sugar	0.00g	Sodium	0.00mg
Iron	0.72mg	Vitamin C	30.00mg
Vitamin A	5000.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	735787	LETTUCE ROMAINE CHOP 6-2# RSS	

Preparation Instructions

LETTUCE

RINSE THOROUGHLY. READY TO USE.

PRODUCT OF USA AS OF 10/17

Celery

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Celery Sticks

Nutrition Information

Calories	8.70	Protein	0.45g
Fat	0.10g	SaturatedFat	0.05g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.00g	Fiber	1.00g
Sugar	1.00g	Sodium	49.60mg
Iron	0.13mg	Vitamin C	1.92mg
Vitamin A	278.38IU	Calcium	24.80mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	781592	CELERY STIX 4-3# RSS	

Preparation Instructions

REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION.

KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES.

PREPARATION: PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.

PRODUCT OF USA AS OF 10/17

Cucumber

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Cucumber

Nutrition Information

Calories	3.90	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	1.00g	Fiber	0.00g
Sugar	-0.50g	Sodium	0.00mg
Iron	0.07mg	Vitamin C	0.73mg
Vitamin A	27.30IU	Calcium	4.16mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	418439	CUCUMBER SELECT 24CT MARKON	

Preparation Instructions

OPTIMUM STORAGE IS 45 -50 F IN RELATIVE HUMIDITY.

KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES.

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

NO DEFINITIVE COUNTRY OF ORIGIN AS OF 10/17

Cherry Tomatoes

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Cherry Tomatoes

Nutrition Information

Calories	13.50	Protein	0.50g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	3.00g	Fiber	1.00g
Sugar	2.00g	Sodium	3.50mg
Iron	0.18mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	5.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	569551	TOMATO CHERRY 11# MRKN	

Preparation Instructions

KEEP AWAY FROM OTHER ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS, AND MELONS.

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

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Discontinue Item - wg roll

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Grain
HACCP Process:	No Cook

Whole Grain Rolls

Nutrition Information

Calories	86.20	Protein	3.20g
Fat	1.00g	SaturatedFat	0.30g
Trans Fat	0.05g	Cholesterol	0.00mg
Carbohydrates	17.00g	Fiber	1.70g
Sugar	3.00g	Sodium	149.00mg
Iron	0.80mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	19.91mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	165342	ROLL DNNR WHT WGRAIN 1.2Z 12-12CT	

Preparation Instructions

ONCE THAWED, SERVE AS DESIRED. CAN BE HEATED AT 350 DEGREES F FOR 2-3 MINUTES IF DESIRED.

Apple, Fresh

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Apple, Fresh

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

Measurement	DistPart #	Description	Preparation Instructions
1 Each	742300	APPLE DELICIOUS RED MI 138CT MRKN	Rinse and Serve

Preparation Instructions

RINSE AND SERVE

NO DEFINITIVE COUNTRY OF ORIGIN AS OF 10/17

Orange, Fresh

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Orange, Fresh

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

Measurement	DistPart #	Description	Preparation Instructions
1 Each	322326	ORANGES NAVEL/VALENCIA CHC 138CT MRKN	

Preparation Instructions

STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; 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 COOKING APPLICATION.

NO DEFINITIVE COUNTRY OF ORIGIN AS OF 10/17

Pear, Fresh

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Pear, Fresh

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

Measurement	DistPart #	Description	Preparation Instructions
1	198056	PEAR 95-110CT MRKN	

Preparation Instructions

PEARS

STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 32-36 F AT HIGH HUMIDITY.

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

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Ketchup

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	No Cook

Ketchup

Nutrition Information

Calories	40.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	10.00g	Fiber	0.00g
Sugar	8.00g	Sodium	320.00mg
Iron	0.00mg	Vitamin C	2.40mg
Vitamin A	200.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Fluid Ounce	819492	KETCHUP DISPENSER PK 2-1.5GAL HNZ	

Preparation Instructions

EASY TO LOAD INTO DISPENSER.

SIMPLY PIERCE THE POUCH FITMENT TO CREATE AN AIRTIGHT SEAL.

ADJUSTABLE PORTIONING: FROM 1/4 OZ TO 1 OZ PORTIONS.

TO ORDER PUMPS PLEASE CALL 1-855-57-HEINZ.

PRODUCT OF USA AS OF 10/17

Mayo

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	No Cook

Mayo Packets

Nutrition Information

Calories	90.00	Protein	0.00g
Fat	10.00g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.00g	Fiber	0.00g
Sugar	0.00g	Sodium	65.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	458630	MAYONNAISE REAL PKT 200-7/16Z KRFT	

Preparation Instructions

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Mustard

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	No Cook

Mustard Packets

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	78.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/5 Fluid Ounce	109908	MUSTARD PKT 200-1/5Z HNZ	

Preparation Instructions

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Barbecue

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	No Cook

Barbecue Sauce Packets

Nutrition Information

Calories	20.60	Protein	0.10g
Fat	0.20g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	5.00g	Fiber	0.10g
Sugar	4.00g	Sodium	87.90mg
Iron	0.09mg	Vitamin C	0.44mg
Vitamin A	34.57IU	Calcium	1.64mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	294659	SAUCE BBQ PKT 200-12GM GFS	

Preparation Instructions

Chicken, Baked Nuggets

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Baked Chicken Nuggets

Nutrition Information

Calories	240.00	Protein	13.00g
Fat	14.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	16.00g	Fiber	3.00g
Sugar	1.00g	Sodium	470.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	40.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
5 Each	558040	CHIX CHUNKS BRD WGRAIN .66Z 6-4.725#	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.

Preparation Instructions

1. CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN.
2. CONVENTIONAL OVEN: 8-10 MINUTES AT 400°F FROM FROZEN.

COOK TO AN INTERNAL TEMPERATURE OF 165

Fries, Baked

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baked Fries

Nutrition Information

Calories	121.83	Protein	1.02g
Fat	4.57g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	17.26g	Fiber	1.02g
Sugar	1.02g	Sodium	137.06mg
Iron	0.37mg	Vitamin C	1.22mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	821128	FRIES C/C COLOSSAL 6-4.5# GEN7	

Preparation Instructions

CONVECTION: BAKE 1 LB AT 400 DEGREES F. FOR 8 MINUTES.

CONVENTION: BAKE 1 LB AT 450 DEGREES F. FOR 12 MINUTES.

Peaches

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Peaches

Nutrition Information

Calories	60.00	Protein	1.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	14.00g	Fiber	1.00g
Sugar	13.00g	Sodium	10.00mg
Iron	0.00mg	Vitamin C	1.20mg
Vitamin A	200.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	268348	PEACH DCD XL/S 6-10 GFS	

Preparation Instructions

PEACHES

THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.

PRODUCT OF USA AS OF 10/17

Cheeseburger on WG Bun

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Cheeseburger on WG Bun

Nutrition Information

Calories	295.00	Protein	18.50g
Fat	16.00g	SaturatedFat	6.50g
Trans Fat	0.50g	Cholesterol	52.50mg
Carbohydrates	22.00g	Fiber	5.00g
Sugar	2.50g	Sodium	520.00mg
Iron	2.16mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	60.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	105880	BEEF PTY DLX CKD 135-2.45Z COMM	
1 Each	676151	BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	
1 Slice	334450	CHEESE SLCD YEL 6-5 COMM	

Preparation Instructions

BEEF PATTY:

Conventional oven: from frozen state, bake in preheated 350 degree f

conventional oven for 12 minutes.

Convection oven: from frozen state, bake in preheated 350 degree f

convection oven for 8 minutes.

Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.

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HAMBURGER BUN

Thaw at room temperature for 24 hours

PRODUCT OF USA AS OF 10/17

SLICED CHEESE

COOK DISHES CONTAINING CHEESE AT LOW TEMPERATURES SINCE CHEESE TOUGHENS AND GETS STRINGY AT HIGH TEMPERATURES

Corn, Steamed

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Steamed Corn

Nutrition Information

Calories	74.63	Protein	2.24g
Fat	0.75g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	15.67g	Fiber	1.49g
Sugar	1.49g	Sodium	3.73mg
Iron	0.27mg	Vitamin C	1.79mg
Vitamin A	74.63IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	285620	CORN CUT IQF 30 GFS	

Preparation Instructions

CORN

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN.

THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING.

BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

PRODUCT OF USA AS OF 10/17

Mandarin Oranges

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Mandarin Oranges

Nutrition Information

Calories	45.00	Protein	0.50g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.00g	Fiber	0.00g
Sugar	9.50g	Sodium	5.00mg
Iron	1.00mg	Vitamin C	15.00mg
Vitamin A	4.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	117897	ORANGES MAND WHL L/S 6-10 GFS	

Preparation Instructions

PRODUCT IS READY TO USE.

PRODUCT OF CHINA AS OF 10/17

NO ALTERNATIVE PROVIDED VIA USA PRODUCT

Pineapple

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Pineapple Tidbits

Nutrition Information

Calories	70.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	18.00g	Fiber	1.00g
Sugar	15.00g	Sodium	0.00mg
Iron	0.36mg	Vitamin C	9.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	189979	PINEAPPLE TIDBITS IN JCE 6-10 GFS	

Preparation Instructions

PINEAPPLE

PRODUCT IS READY TO USE.

PRODUCT OF THAILAND AS OF 10/17

Bananas

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Banana

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

Measurement	DistPart #	Description	Preparation Instructions
1 Each	197769	BANANA TURNING SNGL 150CT 40# P/L	READY FOR RAW USE.

Preparation Instructions

READY FOR RAW USE.

Chicken, Baked Tenders

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Baked Chicken Tenders

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

Measurement	DistPart #	Description	Preparation Instructions
3 Piece	283951	CHIX TNDR WGRAIN FC 450CT TYS	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.

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.

COOK TO AN INTERNAL TEMPERATURE OF 165

Mashed Potatoes and Gravy

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Mashed Potatoes and Gravy

Nutrition Information

Calories	170.00	Protein	1.00g
Fat	5.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	31.00g	Fiber	1.00g
Sugar	0.00g	Sodium	1920.00mg
Iron	0.19mg	Vitamin C	6.38mg
Vitamin A	1.90IU	Calcium	7.09mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
7/10 Ounce	613738	POTATO PRLS EXCEL 12-28Z BAMER	
2 Fluid Ounce	242390	GRAVY MIX CHIX 12-15Z GFS	

Preparation Instructions

MASHED POTATOES

1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN. 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION. 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE. 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

PRODUCT OF USA AS OF 10/17

GRAVY

STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS

DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

NO DEFINITIVE COUNTRY OF ORIGIN AS OF 10/17

Pears

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Pears

Nutrition Information

Calories	3408.48	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	486.93mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	290203	PEAR DCD XL/S 6-10 GFS	THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.

Preparation Instructions

THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.

Bosco Breadsticks & Marinara Sauce

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Bosco Breadsticks & Marinara Sauce

Nutrition Information

Calories	420.00	Protein	24.00g
Fat	12.00g	SaturatedFat	6.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	50.00g	Fiber	4.00g
Sugar	4.00g	Sodium	540.00mg
Iron	2.88mg	Vitamin C	0.00mg
Vitamin A	400.00IU	Calcium	400.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
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2 Each	555982	BREADSTICK CHS STFD 7 WGRAIN 108CT	<p>CONVECTION</p> <p>Convection Oven</p> <ol style="list-style-type: none">1. Preheat oven to 400° F.2. Place Bosco Stick breadsticks on a baking sheet.3. THAWED: 6-8 minutes.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <p>Oven temperatures may vary. Adjust baking time and</p> <p>or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY</p> <p>Deep Fry</p> <ol style="list-style-type: none">1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <p>Oven temperatures may vary. Adjust baking time and</p> <p>or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW</p> <p>Thawing Instructions</p> <ol style="list-style-type: none">1. Thaw before baking.2. Keep Bosco Stick breadsticks covered while thawing.3. Bosco Stick breadsticks may be thawed in packaging.4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and</p>
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Preparation Instructions

CONVECTION

Convection Oven

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

CAUTION: FILLING MAY BE HOT!

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

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

Apple, sauce

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Applesauce

Nutrition Information

Calories	50.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	13.00g	Fiber	2.00g
Sugar	9.00g	Sodium	10.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	271497	APPLESAUCE UNSWT 6-10 GFS	READY TO SERVE

Preparation Instructions

READY TO SERVE

PRODUCT OF USA AS OF 10/17

Hot Dog on WG Bun

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Hot Dog on WG Bun

Nutrition Information

Calories	270.00	Protein	10.00g
Fat	17.50g	SaturatedFat	6.00g
Trans Fat	0.50g	Cholesterol	35.00mg
Carbohydrates	20.00g	Fiber	4.00g
Sugar	2.00g	Sodium	595.00mg
Iron	1.49mg	Vitamin C	0.00mg
Vitamin A	0.07IU	Calcium	48.89mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	265039	FRANKS BEEF 8/ 2-5 GFS	
1 Each	517830	BUN HOT DOG WHEAT WHL 12-12CT GFS	Thaw and serve.

Preparation Instructions

HOT DOG

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED.

HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS,

HOLD ABOVE 140 DEG F. CONSULT LOCAL PUBLIC CODES FOR LOCAL REQUIREMENTS

PRODUCT OF USA AS OF 10/17

HOT DOG BUN

THAW AND SERVE

PRODUCT OF USA AS OF 10/17

Beans, Vegetarian Baked

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Baked Beans

Nutrition Information

Calories	130.00	Protein	7.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	29.00g	Fiber	5.00g
Sugar	10.00g	Sodium	550.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	40.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	570710	BEAN BAKED VEGTAR 6-10 BUSH	

Preparation Instructions

HEAT AND SERVE.

PRODUCT OF USA AS OF 10/17

Corndogs, Baked Mini

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Baked Mini Corndogs

Nutrition Information

Calories	270.00	Protein	10.50g
Fat	12.00g	SaturatedFat	3.75g
Trans Fat	0.00g	Cholesterol	37.50mg
Carbohydrates	30.00g	Fiber	4.50g
Sugar	6.00g	Sodium	420.00mg
Iron	2.16mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	150.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
6 Each	497360	CORN DOG CHIX MINI WGRAIN CN 2-5# GFS	

Preparation Instructions

REHEATING FROM THAWED STATE IS RECOMMENDED METHOD.

1. CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES.
2. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING.
3. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F

Steamed Green Beans

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Steamed Green Beans

Nutrition Information

Calories	30.00	Protein	1.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	6.00g	Fiber	2.00g
Sugar	2.00g	Sodium	0.00mg
Iron	0.72mg	Vitamin C	2.40mg
Vitamin A	200.00IU	Calcium	40.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
67/100 Cup	360191	BEAN GREEN CUT IQF 30 KE	PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

Preparation Instructions

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

Popcorn Chicken

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Popcorn Chicken

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

Measurement	DistPart #	Description	Preparation Instructions
11 Each	327120	CHIX POPCORN BRD WGRAIN FC .28Z 6-5#	

Preparation Instructions

POPCORN CHICKEN

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.

PRODUCT OF USA AS OF 10/17

Tater Tots

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Tater Tots

Nutrition Information

Calories	138.89	Protein	1.98g
Fat	6.94g	SaturatedFat	1.49g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	15.87g	Fiber	1.98g
Sugar	0.00g	Sodium	277.78mg
Iron	0.71mg	Vitamin C	2.38mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 1/2 Ounce	233404	POTATO TATER TOTS 6-5# LMBSUPR	

Preparation Instructions

OVEN RECONSTITUTION: CONVECTION: BAKE 1 LB AT 400 DEGREES F. FOR 10 MINUTES.

CONVENTION: BAKE 1 LB AT 450 DEGREES F. FOR 15 MINUTES.

PRODUCT OF USA AS OF 10/17

Baked Potato Wedges

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baked Potato Wedges

Nutrition Information

Calories	135.47	Protein	2.09g
Fat	6.06g	SaturatedFat	1.57g
Trans Fat	0.11g	Cholesterol	0.00mg
Carbohydrates	17.77g	Fiber	1.99g
Sugar	0.00g	Sodium	271.78mg
Iron	1.31mg	Vitamin C	6.04mg
Vitamin A	0.00IU	Calcium	15.24mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Ounce	457558	FRIES WEDGE SEAS 6-5# LAMB	

Preparation Instructions

Mac and Cheese

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service
Mac and Cheese	

Nutrition Information

Calories	105840.00	Protein	6300.00g
Fat	4032.00g	SaturatedFat	2268.00g
Trans Fat	126.00g	Cholesterol	11340.00mg
Carbohydrates	11592.00g	Fiber	504.00g
Sugar	2268.00g	Sodium	367920.00m
Iron	272.16mg	Vitamin C	0.00mg
Vitamin A	252000.00IU	Calcium	126000.00m

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
252 Gram	119122	ENTREE MACAR & CHS R/F WGRAIN 6-5#	SERVING SIZE = 1 CUP

Preparation Instructions

THE PLASTIC POUCH IS STURDY ENOUGH TO WITHSTAND HEATING IN A STEAMER OR BOILING WATER.

HEATING TIMES CAN VARY WITH TYPE OF EQUIPMENT USE AND NUMBER OF POUCHES HEATED.

TAKE INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH.

BOILING WATER, PLACE THAWED UNOPENED POUCH IN BOILING WATER AND HEAT FOR 40 MINUTE, OR FOR FROZEN POUCH HEAT 50 MINUTES.

INTERNAL TEMPERATURE OF 165 DEGREES F.

STEAMER: THE PREFERRED METHOD IS TO PLACE THAWED, UNOPENED POUCH IN STEAMER AND HEAT FOR 35 MINUTES OR 50 MINUTES FROM FROZEN.

HEAT INTERNAL TEMPERATURE TO 165 DEGREES F.

WHEN POSSIBLE KEEP PRODUCT IN HEATED POUCHES UNTIL SERVING, THEN POUCHES CAN BE CUT AND PRODUCT CAN BE Poured INTO SERVING PANS.

IF PRE-PANDED, KEEP PRODUCT COVERED TIGHTLY.

PRODUCT OF USA AS OF 10/17

WG Breadstick

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Grain
HACCP Process:	Same Day Service

WG Breadstick

Nutrition Information

Calories	90.00	Protein	3.00g
Fat	1.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	17.00g	Fiber	2.00g
Sugar	2.00g	Sodium	150.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	152211	BREADSTICK WGRAIN 1.31Z 10-20CT	

Preparation Instructions

THAW & SERVE FOR 1-2 HOURS. HEAT AT 350 FOR 2-3 MINUTES IF DESIRED.

PRODUCT OF USA AS OF 10/17

Broccoli

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Steamed Broccoli

Nutrition Information

Calories	34.00	Protein	2.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	5.00g	Fiber	2.00g
Sugar	2.00g	Sodium	23.00mg
Iron	0.00mg	Vitamin C	30.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	285590	BROCCOLI CUTS IQF 30 GFS	PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

Preparation Instructions

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

PRODUCT OF MEXICO AS OF 10/17

Steamed Carrots

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Steamed Carrots

Nutrition Information

Calories	22.39	Protein	0.00g
Fat	0.37g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	5.22g	Fiber	2.24g
Sugar	2.24g	Sodium	37.31mg
Iron	0.27mg	Vitamin C	1.79mg
Vitamin A	10820.90IU	Calcium	14.93mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	359020	CARROT SLCD C/C LRG 30 KE	

Preparation Instructions

CARROTS

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN.

THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER.

AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

PRODUCT OF USA AS OF 2017

Grilled Cheese

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Grilled Cheese

Nutrition Information

Calories	440.00	Protein	10.00g
Fat	33.00g	SaturatedFat	19.50g
Trans Fat	0.00g	Cholesterol	85.00mg
Carbohydrates	26.00g	Fiber	3.00g
Sugar	4.00g	Sodium	440.00mg
Iron	1.44mg	Vitamin C	0.00mg
Vitamin A	800.00IU	Calcium	60.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Each	710650	BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	
2 Slice	334450	CHEESE SLCD YEL 6-5 COMM	
2 Tablespoon	299405	BUTTER PRINT UNSLTD GRD AA 36- 1# GFS	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination.

Soup, Tomato

Servings:	16.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Soup, Tomato

Nutrition Information

Calories	69.31	Protein	1.54g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	15.40g	Fiber	0.77g
Sugar	9.24g	Sodium	369.67mg
Iron	0.55mg	Vitamin C	4.62mg
Vitamin A	308.06IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Fluid Ounce	101427	SOUP TOMATO 12-5 CAMP	
50 Fluid Ounce	686860	WATER SPRNG 4-1GAL GFS	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. STIR SOUP IN PAN. SLOWLY STIR IN 1 CAN WATER. HEAT TO SIMMER,STIRRING OCCASIONALLY.

Goldfish Crackers

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Grain
HACCP Process:	No Cook

Goldfish Crackers, individual packages

Nutrition Information

Calories	100.00	Protein	2.00g
Fat	4.00g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	14.00g	Fiber	1.00g
Sugar	0.00g	Sodium	170.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	736280	CRACKER GLDFSH CHED WGRAIN 300-.75Z	READY TO SERVE

Preparation Instructions

READY TO SERVE

PRODUCT OF USA AS OF 10/17

Chicken Patty on WG Bun

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Patty on WG Bun

Nutrition Information

Calories	340.00	Protein	18.00g
Fat	14.50g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	34.00g	Fiber	7.00g
Sugar	3.00g	Sodium	555.00mg
Iron	2.52mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	80.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	558061	CHIX PTY BRD WGRAIN 3.26Z 6-5#	PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400°F FROM FROZEN.
1 Each	676151	BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	

Preparation Instructions

CHICKEN PATTY

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY.

CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN.

CONVENTIONAL OVEN: 8-10 MINUTES AT 400°F FROM FROZEN.

COOK TO INTERNAL TEMPERATURE OF 165 DEGREES F

PRODUCT OF USA AS OF 10/17

BUN

Thaw at room temperature for 24 hours.

PRODUCT OF USA AS OF 10/17

Peas

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Peas

Nutrition Information

Calories	52.24	Protein	3.73g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	8.96g	Fiber	2.99g
Sugar	2.99g	Sodium	74.63mg
Iron	0.00mg	Vitamin C	4.48mg
Vitamin A	298.51IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	283760	PEAS GREEN IQF 30 KE	

Preparation Instructions

PEAS

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN.

THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING.

BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

PRODUCT OF USA AS OF 10/17

French Toast Sticks

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

French Toast Sticks

Nutrition Information

Calories	151.10	Protein	7.60g
Fat	3.60g	SaturatedFat	1.10g
Trans Fat	0.00g	Cholesterol	105.00mg
Carbohydrates	22.00g	Fiber	2.40g
Sugar	8.00g	Sodium	265.40mg
Iron	1.37mg	Vitamin C	0.00mg
Vitamin A	154.05IU	Calcium	70.02mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Each	646222	FRENCH TST STIX WGRAIN 300-.867Z PAP	

Preparation Instructions

Heat using a microwave, oven, or flattop, until product reaches 140 degrees F.

PRODUCT OF USA AS OF 10/17

Sausage Patties

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Sausage Patties

Nutrition Information

Calories	70.00	Protein	7.00g
Fat	5.00g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	0.00g	Fiber	0.00g
Sugar	0.00g	Sodium	260.00mg
Iron	0.36mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	109000	SAUSAGE PTY CKD 250-1.2Z COMM	

Preparation Instructions

SAUSAGE PATTIES

Conventional oven: from frozen state, bake in preheated 350 degree f for 8-10 minutes.

Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes.

Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.

PRODUCT OF USA AS OF 10/17

Watermelon

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Watermelon

Nutrition Information

Calories	1355.40	Protein	27.60g
Fat	6.80g	SaturatedFat	0.70g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	341.00g	Fiber	18.10g
Sugar	280.00g	Sodium	45.20mg
Iron	10.84mg	Vitamin C	365.96mg
Vitamin A	25707.42IU	Calcium	316.26mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Ounce	326089	WATERMELON RED SDLSS 2CT P/L	

Preparation Instructions

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.

NO DEFINITIVE COUNTRY OF ORIGIN

Fruit Slush Cup

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	Same Day Service

Fruit Slush

Nutrition Information

Calories	90.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	22.00g	Fiber	0.00g
Sugar	18.00g	Sodium	30.00mg
Iron	0.00mg	Vitamin C	60.00mg
Vitamin A	1000.00IU	Calcium	80.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	794181	SLUSHIE BL RASP/LEM 84CT SIDEKICKS	

Preparation Instructions

READY_TO_EAT

Remove from freezer and let sit out a short time before eating

PRODUCT OF USA AS OF 10/17

Grapes, Fresh

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Grapes

Nutrition Information

Calories	60.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	15.33g	Fiber	0.67g
Sugar	13.33g	Sodium	10.00mg
Iron	0.00mg	Vitamin C	0.80mg
Vitamin A	0.00IU	Calcium	13.33mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	280895	GRAPES RED LUNCH BUNCH 21#AVG MRKN	READY FOR RAW USE.

Preparation Instructions

STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION.

STORE IN ORIGINAL CONTAINER.

KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES.

PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE.

NO DEFINITIVE COUNTRY OF ORIGIN AS OF 10/17

WG Garlic Toast

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Grain
HACCP Process:	Same Day Service

WG Garlic Toast

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

Measurement	DistPart #	Description	Preparation Instructions
1 Slice	277862	BREAD GARL TST SLC WGRAIN 12-12CT GFS	

Preparation Instructions

CONVENTIONAL OVEN: PREHEAT TO 450 DEGREES F, PLACE FROZEN TOAST ON A BAKING SHEET, BAKE FOR 4-5 MINUTES OR UNTIL HEATED THROUGH.

CONVECTION OVEN: PREHEAT TO 350 DEGREES F, PLACE FROZEN TOAST ON A BAKING SHEET, BAKE FOR 4-5 MINUTES OR UNTIL HEATED THROUGH.

STOVE TOP: PLACE FROZEN TOAST IN A SKILLET ON MEDIUM HEAT, HEAT FOR 2 MINUTES OR UNTIL HEATED THROUGH.

GRILL: PLACE FROZEN TOAST ON GRILL, HEAT FOR 30 SECONDS OR UNTIL HEATED THROUGH. APPLIANCES VARY, ADJUST ACCORDINGLY.

PRODUCT OF USA AS OF 10/17

Chili Dog

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chili Dog

Nutrition Information

Calories	340.00	Protein	13.00g
Fat	19.50g	SaturatedFat	6.50g
Trans Fat	0.50g	Cholesterol	35.00mg
Carbohydrates	31.00g	Fiber	5.00g
Sugar	2.00g	Sodium	915.00mg
Iron	1.85mg	Vitamin C	0.00mg
Vitamin A	200.07IU	Calcium	48.89mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/4 Cup	233684	CHILI HOT DOG W/MT 6-10 CHEFM	
1 Each	265039	FRANKS BEEF 8/ 2-5 GFS	
1 Each	517830	BUN HOT DOG WHEAT WHL 12-12CT GFS	DEFROST

Preparation Instructions

CHILI DOG SAUCE

HEAT & SERVE

PRODUCT OF USA AS OF 10/17

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED,

HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.

CONSULT LOCAL PUBLIC CODES FOR LOCAL REQUIREMENTS

PRODUCT OF USA AS OF 10/17

BUN

DEFROST; READY TO USE

PRODUCT OF USA AS OF 10/17

Chicken and French Toast

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken and French Toast

Nutrition Information

Calories	311.10	Protein	21.60g
Fat	10.60g	SaturatedFat	2.60g
Trans Fat	0.00g	Cholesterol	125.00mg
Carbohydrates	32.00g	Fiber	4.40g
Sugar	8.00g	Sodium	535.40mg
Iron	2.09mg	Vitamin C	0.00mg
Vitamin A	154.05IU	Calcium	70.02mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Each	561301	CHIX BNLS WNG GLDNCRSP WGRAIN 6- 105CT	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.
3 Each	646222	FRENCH TST STIX WGRAIN 300-.867Z PAP	Heat using a microwave, oven, flattop, or fryer until product reaches 140 degrees F.

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.

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F

PRODUCT OF USA AS OF 10/17

Heat using a microwave, oven, flattop, or fryer until product reaches 140 degrees F.

PRODUCT OF USA AS OF 10/17

Graham Crackers

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Grain
HACCP Process:	No Cook

Graham Crackers

Nutrition Information

Calories	60.00	Protein	1.00g
Fat	1.50g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	11.00g	Fiber	1.00g
Sugar	3.00g	Sodium	70.00mg
Iron	0.36mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	256137	CRACKER GRHM HNY L/F 200-2CT NAB	

Preparation Instructions

Chicken Alfredo Over Pasta W Breadstick

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Alfredo Over Pasta W Breadstick

Nutrition Information

Calories	357.00	Protein	24.50g
Fat	8.75g	SaturatedFat	3.00g
Trans Fat	0.00g	Cholesterol	61.00mg
Carbohydrates	42.50g	Fiber	4.00g
Sugar	6.00g	Sodium	580.00mg
Iron	1.62mg	Vitamin C	0.00mg
Vitamin A	225.00IU	Calcium	220.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/4 Cup	155661	SAUCE ALFREDO FZ 6-5# JTM	PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.
2 Ounce	110530	CHIX DCD 40 COMM	TO THAW: KEEP DICED CHICKEN IN THE BAG OR POUR INTO A CLEAN COVERED CONTAINER. THAW IN THE REFRIGERATOR AT 36 TO 41* F FOR 24 HOURS. KEEP THAWED CHICKEN IN THE REFRIGERATOR UNTIL NEEDED. USE WITHIN 2 DAYS AFTER THAWING.

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	221482	PASTA PENNE RIGATE 51% WGRAIN 2-10#	FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PERFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES
1 Each	152211	BREADSTICK WGRAIN 1.31Z 10-20CT	THAW & SERVE FOR 1-2 HOURS. HEAT AT 350 FOR 2-3 MINUTES IF DESIRED.

Preparation Instructions

ALFREDO SAUCE

PLACE SEALED BAG IN STEAMER OR BOILING WATER.

HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE.

CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

DICED CHICKEN

TO THAW: KEEP DICED CHICKEN IN THE BAG OR POUR INTO A CLEAN COVERED CONTAINER.

THAW IN THE REFRIGERATOR AT 36 TO 41* F FOR 24 HOURS.

KEEP THAWED CHICKEN IN THE REFRIGERATOR UNTIL NEEDED. USE WITHIN 2 DAYS AFTER THAWING.

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F

PASTA

FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PERFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES

BREADSTICK

THAW & SERVE FOR 1-2 HOURS.

HEAT AT 350 FOR 2-3 MINUTES IF DESIRED.

Oriental Vegetables

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Oriental Vegetable Blend

Nutrition Information

Calories	35.00	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	15.00mg
Iron	0.00mg	Vitamin C	1.20mg
Vitamin A	100.00IU	Calcium	200.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	285720	VEG BLND ORIENTAL 30 GFS	

Preparation Instructions

PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN.

THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING.

BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

NO DEFINITIVE COUNTRY OF ORIGIN AS OF 10/17

Chicken Caesar Salad With Romaine Lettuce

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Caesar Salad With Romaine Lettuce

Nutrition Information

Calories	147.00	Protein	12.00g
Fat	9.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	44.50mg
Carbohydrates	2.50g	Fiber	1.00g
Sugar	0.50g	Sodium	136.00mg
Iron	0.72mg	Vitamin C	30.00mg
Vitamin A	5000.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Tablespoon	132141	DRESSING CAESAR 4-1GAL LTHSE	READY FOR USE
1 Cup	735787	LETTUCE ROMAINE CHOP 6-2# RSS	RINSE THOROUGHLY. READY TO USE.
2 Ounce	110530	CHIX DCD 40 COMM	TO THAW: KEEP DICED CHICKEN IN THE BAG OR POUR INTO A CLEAN COVERED CONTAINER. THAW IN THE REFRIGERATOR AT 36 TO 41* F FOR 24 HOURS. KEEP THAWED CHICKEN IN THE REFRIGERATOR UNTIL NEEDED. USE WITHIN 2 DAYS AFTER THAWING.

Preparation Instructions

DRESSING

READY FOR USE

PRODUCT OF USA AS OF 10/17

LETTUCE

RINSE THOROUGHLY. READY TO USE.

PRODUCT OF USA AS OF 10/17

COMMODITY DICED CHICKEN

TO THAW: KEEP DICED CHICKEN IN THE BAG OR POUR INTO A CLEAN COVERED CONTAINER.

THAW IN THE REFRIGERATOR AT 36 TO 41* F FOR 24 HOURS.

KEEP THAWED CHICKEN IN THE REFRIGERATOR UNTIL NEEDED. USE WITHIN 2 DAYS AFTER THAWING.

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F

Cereal, Lucky Charms

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Cereal, Lucky Charms

Nutrition Information

Calories	110.00	Protein	2.00g
Fat	1.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	23.00g	Fiber	2.00g
Sugar	10.00g	Sodium	180.00mg
Iron	4.50mg	Vitamin C	6.00mg
Vitamin A	500.00IU	Calcium	100.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	265811	CEREAL LUCKY CHARMS WGRAIN BWL 96CT	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.

Preparation Instructions

Muffin, Blueberry and Cheese Stick

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Blueberry Muffin and Cheese Stick

Nutrition Information

Calories	270.00	Protein	9.00g
Fat	12.00g	SaturatedFat	6.00g
Trans Fat	0.00g	Cholesterol	55.00mg
Carbohydrates	32.00g	Fiber	2.00g
Sugar	16.00g	Sodium	330.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	300.00IU	Calcium	220.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	557970	MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	
1 Each	786580	CHEESE STRING MOZZ IW 168-1Z LOL	

Preparation Instructions

STRING CHEESE

PRODUCT OF USA AS OF 10/17

BLUEBERRY MUFFIN

PRODUCT OF USA AS OF 10/17

Muffin, Banana Nut and Cheese Stick

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Muffin, Banana Nut and Cheese Stick

Nutrition Information

Calories	270.00	Protein	9.00g
Fat	12.00g	SaturatedFat	6.00g
Trans Fat	0.00g	Cholesterol	55.00mg
Carbohydrates	32.00g	Fiber	2.00g
Sugar	17.00g	Sodium	330.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	300.00IU	Calcium	240.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	786580	CHEESE STRING MOZZ IW 168-1Z LOL	
1 Each	557981	MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	

Preparation Instructions

STRING CHEESE

PRODUCT OF USA AS OF 10/17

BANANA MUFFIN

PRODUCT OF USA AS OF 10/17

Muffin, Chocolate/Chocolate Chip and Cheese Stick

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Muffin, Chocolate/Chocolate Chip and Cheese Stick

Nutrition Information

Calories	280.00	Protein	10.00g
Fat	12.00g	SaturatedFat	6.00g
Trans Fat	0.00g	Cholesterol	55.00mg
Carbohydrates	33.00g	Fiber	2.00g
Sugar	17.00g	Sodium	330.00mg
Iron	1.08mg	Vitamin C	0.00mg
Vitamin A	300.00IU	Calcium	240.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	557991	MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	
1 Each	786580	CHEESE STRING MOZZ IW 168-1Z LOL	

Preparation Instructions

STRING CHEESE

PRODUCT OF USA AS OF 10/17

CHOCOLATE MUFFIN

PRODUCT OF USA AS OF 10/17

Pizza, Breakfast

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Pizza, Breakfast

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

Measurement	DistPart #	Description	Preparation Instructions
1 Each	160432	PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	

Preparation Instructions

BREAKFAST PIZZA

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.

PRODUCT OF USA AS OF 10/17

Pancake on a Stick

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Pancake on a Stick

Nutrition Information

Calories	360.00	Protein	7.00g
Fat	15.00g	SaturatedFat	4.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	49.00g	Fiber	2.00g
Sugar	23.00g	Sodium	360.00mg
Iron	1.44mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	497202	PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	
1 Each	160090	SYRUP PANCK CUP 200-1.5Z GFS	

Preparation Instructions

PANCAKE STIX

MICROWAVE: THAWED, 30 SECONDS. FROZEN, 55 SECONDS.

CONVENTIONAL OVEN: 350 DEGREE F. FROZEN, 32 MINUTES. THAWED, 24 MINUTES.

CONVECTION OVEN: 350 DEGREES F. FROZEN, 20 MINUTES. THAWED 13 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING. HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

PRODUCT OF USA AS OF 10/17

SYRUP

NO DEFINITIVE COUNTRY OF ORIGIN AS OF 10/17

Bosco Breakfast Stick

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Bosco Breakfast Stick

Nutrition Information

Calories	160.00	Protein	8.00g
Fat	7.00g	SaturatedFat	3.00g
Trans Fat	0.00g	Cholesterol	55.00mg
Carbohydrates	17.00g	Fiber	2.00g
Sugar	2.00g	Sodium	340.00mg
Iron	1.00mg	Vitamin C	0.00mg
Vitamin A	300.00IU	Calcium	137.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	856051	BREADSTICK BKFST WGRAIN 6 IW 72-2.2Z	

Preparation Instructions

CN portion is 1 stick = 1 m/ma & 1 oz. grain eq

CONVECTION

Heating Instructions

For best results, thaw before heating. Heating times may vary.

Convection Oven

Bake from thaw

1. Preheat convection oven to 350°F with fan on.
2. Place wrapped breadstick on baking sheet.
3. For a crispy crust open one end of wrapper before baking.
4. Thawed: Bake 10-12 minutes or until a minimum internal temperature of 165°F has been reached.
5. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Individually wrapped Breakfast Sticks have 7 day shelf life when refrigerated.

Oven temperatures may vary.

Adjust baking times and

or temperatures as necessary.

THAW

Heating Instructions

For best results, thaw before heating. Heating times may vary.

Thawing Instructions

1. Remove product from case.
2. Place wrapped breadstick in a single layer on trays.
3. Thaw for 12 hours or overnight in refrigerator.

Individually wrapped Breakfast Sticks have 7 day shelf life when refrigerated.

Oven temperatures may vary.

Adjust baking times and

or temperatures as necessary.

Bagel, Whole Grain, Cream Cheese, and Hashbrowns

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Bagel, Whole Grain, Cream Cheese, and Hashbrowns

Nutrition Information

Calories	375.00	Protein	9.00g
Fat	17.50g	SaturatedFat	6.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	44.50g	Fiber	5.50g
Sugar	5.00g	Sodium	505.00mg
Iron	2.16mg	Vitamin C	3.00mg
Vitamin A	300.00IU	Calcium	70.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	217911	BAGEL WHT WGRAIN IW 72-2Z LENDER	
1 Each	228427	CHEESE CREAM CUP 100-1Z GFS	
1 Each	201146	HASHBROWN PTY 120-2.25Z OREI	

Preparation Instructions

HASH-BROWN

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

Bagel, WG Raisin, Cream Cheese, and Hashbrowns

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Bagel, WG Raisin, Cream Cheese, and Hashbrowns

Nutrition Information

Calories	405.00	Protein	10.00g
Fat	17.50g	SaturatedFat	6.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	50.50g	Fiber	6.50g
Sugar	9.00g	Sodium	505.00mg
Iron	2.16mg	Vitamin C	3.00mg
Vitamin A	300.00IU	Calcium	70.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	228427	CHEESE CREAM CUP 100-1Z GFS	
1 Each	201146	HASHBROWN PTY 120-2.25Z OREI	
1 Each	672141	BAGEL CINN RAISIN WGRAIN IW 72-2.25Z	

Preparation Instructions

HASH-BROWN

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

Pancakes, Mini and Syrup

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Pancakes, Mini and Syrup

Nutrition Information

Calories	475.00	Protein	5.00g
Fat	13.50g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	85.50g	Fiber	4.50g
Sugar	31.00g	Sodium	380.00mg
Iron	1.08mg	Vitamin C	3.00mg
Vitamin A	0.00IU	Calcium	30.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	269220	PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	
1 Each	160090	SYRUP PANCK CUP 200-1.5Z GFS	
1 Each	201146	HASHBROWN PTY 120-2.25Z OREI	

Preparation Instructions

PANCAKE

PREHEAT OVEN TO 350 DEGREES F.

PLACE 12 (3X4) POUCHES ON A BAKING SHEET.

CONVECTION OVEN: BAKE FOR 8-10 MINUTES IF FROZEN; 4-5 MINUTES IF THAWED.

CONVENTIONAL OVEN: BAKE FOR 13-15 MINUTES IF FROZEN; 7-8 MINUTES IF THAWED.

PANCAKES CAN BE HELD IN WARMER FOR UP TO 3 HOURS AT 150 DEGREES F.

PRODUCT OF USA AS OF 10/17

SYRUP

NO DEFINITIVE COUNTRY OF ORIGIN AS OF 10/17

HASHBROWN

FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

CONVECTION OVEN: BAKE AT 425F FOR 10-15 MINUTES. SPREAD PATTIES EVENLY ON A SHALLOW BAKING PAN. TURN ONCE FOR UNIFORM COOKING.

PRODUCT OF USA AS OF 10/17

Waffles Maple, Syrup and Hashbrown

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Waffles, Maple, Syrup and Hashbrown

Nutrition Information

Calories	455.00	Protein	5.00g
Fat	12.50g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	81.50g	Fiber	5.50g
Sugar	29.00g	Sodium	470.00mg
Iron	3.06mg	Vitamin C	3.00mg
Vitamin A	500.00IU	Calcium	110.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	284811	WAFFLE MINI MAPL IW 72-2.65Z EGGO	
1 Each	160090	SYRUP PANCK CUP 200-1.5Z GFS	
1 Each	201146	HASHBROWN PTY 120-2.25Z OREI	

Preparation Instructions

WAFFLES

HEAT IN OVEN-ABLE POUCH.

CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. PLACE POUCHES FLAT ON A BAKING SHEET AND HEAT FOR 7-9 MINUTES.

CONVENTIONAL OVEN: PREHEAT OVEN TO 350 DEGREES F. PLACE POUCHES FLAT ON A BAKING SHEET AND HEAT FOR 11-13 MINUTES.

MICROWAVE: HEAT FOR 30 SECONDS ON HIGH.

DO NOT PLACE POUCHES DIRECTLY ON OVEN RACK OR LET POUCHES TOUCH OVEN SIDES.
APPLIANCES MAY VARY, ADJUST ACCORDINGLY.

PRODUCT OF USA AS OF 10/17

HASHBROWNS

CONVECTION

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

PRODUCT OF USA AS OF 10/17

Waffles Blueberry, Syrup and Hashbrown

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Waffles, Blueberry, Syrup and Hashbrown

Nutrition Information

Calories	455.00	Protein	5.00g
Fat	13.50g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	82.50g	Fiber	4.50g
Sugar	29.00g	Sodium	420.00mg
Iron	1.08mg	Vitamin C	3.00mg
Vitamin A	0.00IU	Calcium	30.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	269240	WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	
1 Each	160090	SYRUP PANCK CUP 200-1.5Z GFS	
1 Each	201146	HASHBROWN PTY 120-2.25Z OREI	

Preparation Instructions

WAFFLES

HEAT IN OVEN-ABLE POUCH.

CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. PLACE POUCHES FLAT ON A BAKING SHEET AND HEAT FOR 7-9 MINUTES.

CONVENTIONAL OVEN: PREHEAT OVEN TO 350 DEGREES F. PLACE POUCHES FLAT ON A BAKING SHEET AND HEAT FOR 11-13 MINUTES.

MICROWAVE: HEAT FOR 30 SECONDS ON HIGH.

DO NOT PLACE POUCHES DIRECTLY ON OVEN RACK OR LET POUCHES TOUCH OVEN SIDES. APPLIANCES MAY VARY, ADJUST ACCORDINGLY.

PRODUCT OF USA AS OF 10/17

HASHBROWNS

FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

CONVECTION OVEN: BAKE AT 425F FOR 10-15 MINUTES. SPREAD PATTIES EVENLY ON A SHALLOW BAKING PAN. TURN ONCE FOR UNIFORM COOKING.

PRODUCT OF USA AS OF 10/17

Switch, Black Cherry 100% Sparkling Juice

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	No Cook

Switch, Black Cherry 100% Sparkling Juice

Nutrition Information

Calories	120.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	30.00g	Fiber	0.00g
Sugar	29.00g	Sodium	5.00mg
Iron	0.00mg	Vitamin C	60.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	667761	JUICE SPRKLG BLK CHRY 24-8FLZ SWITCH	

Preparation Instructions

Switch, Grape 100% Sparkling Juice

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	No Cook

Switch, Grape 100% Sparkling Juice

Nutrition Information

Calories	120.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	30.00g	Fiber	0.00g
Sugar	28.00g	Sodium	5.00mg
Iron	0.00mg	Vitamin C	60.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	389031	JUICE SPRKLG GRP 24-8FLZ SWITCH	

Preparation Instructions

Switch, Orange Tangerine 100% Sparkling Juice

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	No Cook

Switch, Orange Tangerine 100% Sparkling Juice

Nutrition Information

Calories	120.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	30.00g	Fiber	0.00g
Sugar	29.00g	Sodium	5.00mg
Iron	0.00mg	Vitamin C	60.00mg
Vitamin A	1000.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	667801	JUICE SPRKLG ORNG TANGR 24-8FLZ	

Preparation Instructions

Switch, Kiwi Berry 100% Sparkling Juice

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	No Cook

Switch, Kiwi Berry 100% Sparkling Juice

Nutrition Information

Calories	120.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	30.00g	Fiber	0.00g
Sugar	29.00g	Sodium	5.00mg
Iron	0.00mg	Vitamin C	60.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	667783	JUICE SPRKLG KW BRY 24-8FLZ SWITCH	

Preparation Instructions

Switch, Fruit Punch 100% Sparkling Juice

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	No Cook

Switch, Fruit Juice 100% Sparkling Juice

Nutrition Information

Calories	120.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	30.00g	Fiber	0.00g
Sugar	28.00g	Sodium	5.00mg
Iron	0.00mg	Vitamin C	60.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	667771	JUICE SPRKLG FRT PNCH 24-8FLZ SWITCH	

Preparation Instructions

V8 V-Fusion, Strawberry Banana 100% Juice

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	No Cook

V8 V-Fusion, Strawberry Banana 100% Juice

Nutrition Information

Calories	110.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	28.00g	Fiber	0.00g
Sugar	22.00g	Sodium	70.00mg
Iron	0.36mg	Vitamin C	60.00mg
Vitamin A	2500.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	891650	JUICE V8 FUSION STRAWB BAN 24-8FLZ	

Preparation Instructions

ACCORDING TO CUSTOMER SERVICE THIS PRODUCT IS NOT SOURCED COMPLETELY FROM USA

V8 V-Fusion, Pomegranate Blueberry 100% Juice

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	No Cook

V8 V-Fusion, Pomegranate Blueberry 100% Juice

Nutrition Information

Calories	100.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	25.00g	Fiber	0.00g
Sugar	22.00g	Sodium	65.00mg
Iron	0.36mg	Vitamin C	60.00mg
Vitamin A	500.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	891670	JUICE V8 FUSION POMGRNTE BLUB 24-8FLZ	

Preparation Instructions

ACCORDING TO CUSTOMER SERVICE THIS IS NOT FULLY SOURCED FROM USA

WOW Butter and Jelly Sandwich

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

WOW Butter and Jelly Sandwich

Nutrition Information

Calories	215.00	Protein	6.00g
Fat	8.50g	SaturatedFat	1.75g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	29.00g	Fiber	3.00g
Sugar	15.50g	Sodium	140.00mg
Iron	1.22mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	40.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Tablespoon	544231	SOY BUTTER NUT FREE 2-4.41# WOWBTR	
1 Tablespoon	100927	JELLY APPLE-GRAPE 6-10 GFS	
1 Each	710650	BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	

Preparation Instructions

WOWBUTTER

READY TO USE AS A REPLACEMENT FOR PEANUT BUTTER

PRODUCT OF CANADA AS OF 10/17

JELLY

PRODUCT IS READY TO USE UPON OPENING.

PRODUCT OF USA AS OF 10/17

BREAD

THAW AND SERVE

PRODUCT OF USA AS OF 10/17

Juice, 100% Grape, Carton, Suncup

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Condiments or Other
HACCP Process:	No Cook

Juice, 100% Grape, Carton, Suncup

Nutrition Information

Calories	80.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	19.00g	Fiber	0.00g
Sugar	18.00g	Sodium	20.00mg
Iron	0.36mg	Vitamin C	1.20mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	403040	JUICE GRP 100 70-4FLZ SNCUP	

Preparation Instructions

ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.

PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS

PRODUCT OF USA AS OF 10/17

Juice, 100% Fruit Punch, Carton, Suncup

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Condiments or Other
HACCP Process:	No Cook

Juice, 100% Fruit Punch, Carton, Suncup

Nutrition Information

Calories	60.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	14.00g	Fiber	0.00g
Sugar	15.00g	Sodium	15.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	355900	JUICE FRT PNCH 100 70-4FLZ SNCUP	

Preparation Instructions

ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.

PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS

PRODUCT OF USA AS OF 10/17

Juice, 100% Apple, Carton, Suncup

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Condiments or Other
HACCP Process:	No Cook

Juice, 100% Apple, Carton, Suncup

Nutrition Information

Calories	50.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	13.00g	Fiber	0.00g
Sugar	12.00g	Sodium	0.00mg
Iron	0.00mg	Vitamin C	1.20mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	207990	JUICE APPL 100 70-4FLZ SNCUP	

Preparation Instructions

ALWAYS KEEP CHILLED/FROZEN AND USE BY 10 DAYS AFTER THAWING.

PRODUCT OF USA AS OF 10/17

Juice, 100% Orange-Pineapple, Carton, Suncup

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Condiments or Other
HACCP Process:	No Cook

Juice, 100% Orange-Pineapple, Carton, Suncup

Nutrition Information

Calories	60.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	14.00g	Fiber	0.00g
Sugar	12.00g	Sodium	0.00mg
Iron	0.00mg	Vitamin C	33.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	403021	JUICE ORNG/PINEAP 100 70-4FLZ SNCUP	

Preparation Instructions

ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.

PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS

PRODUCT OF USA AS OF 10/17

Juice, 100% Orange, Carton, Suncup

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Condiments or Other
HACCP Process:	No Cook

Juice, 100% Orange, Carton, Suncup

Nutrition Information

Calories	60.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	13.00g	Fiber	0.00g
Sugar	12.00g	Sodium	0.00mg
Iron	0.00mg	Vitamin C	42.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	207980	JUICE ORNG 100% 70-4FLZ SNCUP	

Preparation Instructions

ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.

PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS

PRODUCT OF USA AS OF 10/17

Boom Boom Hawk Wrap

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Boom Boom Hawk Wrap

Nutrition Information

Calories	423.10	Protein	12.17g
Fat	23.17g	SaturatedFat	6.25g
Trans Fat	0.00g	Cholesterol	19.17mg
Carbohydrates	41.58g	Fiber	3.00g
Sugar	4.58g	Sodium	817.50mg
Iron	2.88mg	Vitamin C	21.92mg
Vitamin A	2958.18IU	Calcium	67.83mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Piece	283951	CHIX TNDR WGRAIN FC 450CT TYS	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.
2 Slice	563315	BACON CKD SLCD 2-150CT ARMR	

Measurement	DistPart #	Description	Preparation Instructions
1 Tablespoon	877930	SAUCE BOOM BOOM 4-1GAL KENS	
1/2 Cup	735787	LETTUCE ROMAINE CHOP 6-2# RSS	
1/4 Cup	199036	TOMATO 6X6 LRG 25# MRKN	
1 Each	713340	TORTILLA FLOUR 10 SFST 12- 12CT GRSZ	

Preparation Instructions

BBQ Rib

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

BBQ Rib

Nutrition Information

Calories	200.00	Protein	14.00g
Fat	10.00g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	13.00g	Fiber	2.00g
Sugar	10.00g	Sodium	670.00mg
Iron	1.80mg	Vitamin C	1.20mg
Vitamin A	400.00IU	Calcium	40.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	451410	BEEF RIB BBQ HNY 100-3.24Z PIER	

Preparation Instructions

1. Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes.

Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F

Pasta with Alfredo or Meat Sauce

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Pasta with Alfredo or Meat Sauce

Nutrition Information

Calories	335.00	Protein	17.50g
Fat	11.25g	SaturatedFat	6.00g
Trans Fat	0.00g	Cholesterol	38.00mg
Carbohydrates	41.50g	Fiber	4.00g
Sugar	14.00g	Sodium	1428.00mg
Iron	1.62mg	Vitamin C	9.00mg
Vitamin A	950.00IU	Calcium	410.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	221482	PASTA PENNE RIGATE 51% WGRAIN 2-10#	
1/2 Cup	155661	SAUCE ALFREDO FZ 6-5# JTM	
1/2 Cup	247001	SAUCE SPAGHETTI VINE RIPE 6- 10 KE	

Preparation Instructions

PASTA

FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING.

TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS.

PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY.

IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES

PRODUCT OF USA AS OF 10/17

ALFREDO SAUCE

PLACE SEALED BAG IN STEAMER OR BOILING WATER.

HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE.

CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

PRODUCT OF USA AS OF 10/17

SPAGHETTI SAUCE

READY TO USE.

PRODUCT OF USA AS OF 10/17

Burrito Bar

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Burrito Bar

Nutrition Information

Calories	190.00	Protein	4.00g
Fat	5.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	32.00g	Fiber	1.00g
Sugar	2.00g	Sodium	390.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	40.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	713340	TORTILLA FLOUR 10 SFST 12-12CT GRSZ	

Preparation Instructions

Seasoned Black Beans

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Seasoned Black Beans

Nutrition Information

Calories	240.00	Protein	14.00g
Fat	1.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	46.00g	Fiber	12.00g
Sugar	2.00g	Sodium	280.00mg
Iron	3.60mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	120.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	231981	BEANS BLACK LO SOD 6-10 BUSH	

Preparation Instructions

Chicken or Beef Taco Salad Bowl

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken or Beef Taco Salad Bowl

Nutrition Information

Calories	280.00	Protein	4.00g
Fat	17.00g	SaturatedFat	3.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	28.00g	Fiber	2.00g
Sugar	0.00g	Sodium	210.00mg
Iron	1.44mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	720526	TORTILLA SHELL SAL ULTRGR 10 BK 24-6	

Preparation Instructions

Nacho Supreme

Servings:	120.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Nacho Supreme

Nutrition Information

Calories	350.42	Protein	10.15g
Fat	19.91g	SaturatedFat	9.17g
Trans Fat	0.00g	Cholesterol	39.57mg
Carbohydrates	29.88g	Fiber	3.75g
Sugar	1.79g	Sodium	685.71mg
Iron	2.24mg	Vitamin C	28.19mg
Vitamin A	3183.10IU	Calcium	282.71mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1320 Piece	163020	CHIP TORTL RND YEL 5-1.5# KE	
15 Cup	324531	OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	
30 Cup	119024	MUSHROOM STEMS & PCS DOM 6-10 GFS	
120 Ounce	452841	SALSA 103Z 6-10 REDG	READY_TO_EAT None
120 Tablespoon	534331	SOUR CREAM L/F 4-5# RGNLBRND	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly
480 Tablespoon	150250	CHEESE CHED MLD SHRD 4-5# COMM	

Measurement	DistPart #	Description	Preparation Instructions
15 Cup	199036	TOMATO 6X6 LRG 25# MRKN	
60 Cup	735787	LETTUCE ROMAINE CHOP 6-2# RSS	

Preparation Instructions

Chicken Stir Fry

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Stir Fry

Nutrition Information

Calories	787.00	Protein	29.00g
Fat	6.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	42.00mg
Carbohydrates	153.00g	Fiber	10.00g
Sugar	2.00g	Sodium	71.00mg
Iron	2.88mg	Vitamin C	1.20mg
Vitamin A	100.00IU	Calcium	200.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	285720	VEG BLND ORIENTAL 30 GFS	
1 Cup	516371	RICE BRN PARBL WGRAIN 25# GFS	
2 Ounce	110530	CHIX DCD 40 COMM	

Preparation Instructions

ORIENTAL VEGETABLES

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN.

THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING.

BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

NO DEFINITIVE ORIGIN AS OF 10/17

RICE

STOCKPOT METHOD: COMBINE RICE, WATER, AND OPTIONAL SALT AND BUTTER. IN A STOCKPOT AND BRING TO A HARD BOIL. COVER AND REDUCE HEAT TO MEDIUM-LOW AND COOK FOR 25 MINUTES. TURNOUT TO STEAM TRAY.

TRADITIONAL OVEN: PLACE RICE AND OPTIONAL SALT AND BUTTER IN PAN. ADD BOILING WATER. COVER RIGHTLY AND BAKE AT 350 DEGREES FOR 30-35 MINUTES. STEAMER METHOD: PLACE RICE AND OPTIONAL BUTTER AND SALT, WITH BOILING WATER IN STEAMER PAN OR SHALLOW PAN. STIR. PLACE UNCOVERED PAN IN STEAMER AND COOK ACCORDING TO MANUFACTURER'S DIRECTION.

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DICED CHICKEN

TO THAW: KEEP DICED CHICKEN IN THE BAG OR POUR INTO A CLEAN COVERED CONTAINER.

THAW IN THE REFRIGERATOR AT 36 TO 41* F FOR 24 HOURS.

KEEP THAWED CHICKEN IN THE REFRIGERATOR UNTIL NEEDED.

USE WITHIN 2 DAYS AFTER THAWING.

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F

Beef Tacos, 2

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Beef Tacos, 2

Nutrition Information

Calories	420.00	Protein	18.00g
Fat	23.00g	SaturatedFat	14.50g
Trans Fat	0.00g	Cholesterol	60.00mg
Carbohydrates	36.00g	Fiber	2.00g
Sugar	2.00g	Sodium	770.00mg
Iron	2.90mg	Vitamin C	30.00mg
Vitamin A	5562.00IU	Calcium	464.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	713340	TORTILLA FLOUR 10 SFST 12-12CT GRSZ	
1 Cup	735787	LETTUCE ROMAINE CHOP 6-2# RSS	
1/2 Cup	150250	CHEESE CHED MLD SHRD 4-5# COMM	

Preparation Instructions

Asian Beef and Noodle Bowl

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Asian Beef and Noodle Bowl

Nutrition Information

Calories	363.10	Protein	20.90g
Fat	9.40g	SaturatedFat	3.40g
Trans Fat	0.52g	Cholesterol	40.00mg
Carbohydrates	49.00g	Fiber	8.00g
Sugar	6.00g	Sodium	418.50mg
Iron	3.60mg	Vitamin C	15.00mg
Vitamin A	750.00IU	Calcium	30.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Ounce	720861	BEEF STK PHLL SEAS CKD 2.92Z 6- 5# JTM	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROX 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE.

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	654580	PASTA LINGUINE 100% WHLWHE 2- 5# GFS	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.
1 Cup	491209	VEG BLND FAR EAST 12- 2 GFS	PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR.

Preparation Instructions

BEEF

1. PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROX 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE.

PASTA

1. USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.

VEGETABLES

1.PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR.

Chicken Fajita Bowl

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Chicken Fajita Bowl

Nutrition Information

Calories	1143.55	Protein	50.38g
Fat	37.62g	SaturatedFat	15.12g
Trans Fat	0.00g	Cholesterol	93.10mg
Carbohydrates	149.20g	Fiber	29.59g
Sugar	10.33g	Sodium	1905.05mg
Iron	8.55mg	Vitamin C	5.58mg
Vitamin A	713.38IU	Calcium	380.43mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	154900	CHIX FAJT 30 COMM	
1 Each	720526	TORTILLA SHELL SAL ULTRGR 10 BK 24-6	
4 Tablespoon	150250	CHEESE CHED MLD SHRD 4-5# COMM	
1 Ounce	847208	PEPPERS & ONION FLME RSTD 6-2.5	
4 Tablespoon	516371	RICE BRN PARBL WGRAIN 25# GFS	
1 Gallon	686860	WATER SPRNG 4-1GAL GFS	
2 Tablespoon	534331	SOUR CREAM L/F 4-5# RGNLBRND	
1 Ounce	452841	SALSA 103Z 6-10 REDG	
4 Ounce	183900	BEAN SEAS BLK DEHY 6-26.9Z	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare taco shells by baking ahead of time. 3. Prepare black beans in accordance to black beans, homemade recipe ahead of time. 4. Steam 7 pounds of rice with 2 gallons of water for 30 minutes; leave in steamer for 20 minutes and fluff. 5. Keep all foods at temperature while serving.

Sloppy Joe

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Complex Food Prep

Sloppy Joe

Nutrition Information

Calories	160.00	Protein	6.00g
Fat	2.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.00g	Fiber	2.00g
Sugar	4.00g	Sodium	190.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1		4 inch whole grain hamburger buns - 30 ct	

Preparation Instructions

Waffle Fries

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Waffle Fries

Nutrition Information

Calories	110.09	Protein	0.92g
Fat	5.50g	SaturatedFat	1.38g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	12.84g	Fiber	0.92g
Sugar	0.00g	Sodium	238.53mg
Iron	0.33mg	Vitamin C	3.30mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	457566	FRIES CRISSCUT SEAS 6-4.5# LAMB	

Preparation Instructions

CONVECTION OVEN: BAKE AT 400 DEGREES F FOR 11-13 MINUTES.

CONVENTIONAL OVEN: 345-350 DEGREES F FOR 25-30 MINUTES.

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Boneless Chicken Wings

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Boneless Chicken 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

Measurement	DistPart #	Description	Preparation Instructions
4 Each	561301	CHIX BNLS WNG GLDNCRSP WGRAIN 6- 105CT	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.

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.

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F

Curly Fries, Baked

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Curly Fries, Baked

Nutrition Information

Calories	120.00	Protein	2.00g
Fat	6.00g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	15.00g	Fiber	2.00g
Sugar	0.00g	Sodium	320.00mg
Iron	0.72mg	Vitamin C	3.60mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 1/4 Ounce	182600	FRIES TWISTER SEAS 6-5# LAMB	

Preparation Instructions

PREPARE FROM FROZEN STATE

CONVECTION OVEN AT 400 DEGREES F FOR 8 - 11 MINUTES

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Flatbread, BBQ Chicken

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Flatbread, BBQ Chicken

Nutrition Information

Calories	542.00	Protein	30.00g
Fat	17.00g	SaturatedFat	7.00g
Trans Fat	0.00g	Cholesterol	72.00mg
Carbohydrates	62.00g	Fiber	3.00g
Sugar	33.00g	Sodium	1191.00mg
Iron	2.30mg	Vitamin C	7.20mg
Vitamin A	290.00IU	Calcium	490.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	220462	BREAD ULTRA LOCO SQUARED 12-12CT TFT	
2 Ounce	110530	CHIX DCD 40 COMM	
1/2 Cup	645170	CHEESE MOZZ SHRD 4-5# LOL	
2 Fluid Ounce	655937	SAUCE BBQ 4-1GAL SWTBRAY	

Preparation Instructions

FLATBREAD

1. THE ULTRA LOCO BREAD SQUARED IS FULLY COOKED AND IS BEST IF SLIGHTLY WARMED.
2. PLACE IN CONVECTION OVEN AT 350 DEGREES F FOR APPROXIMATELY 1 MINUTE THAWED, OR 2 MINUTES IF FROZEN.

PLACE IN WARMING BOX FOR 15 MINUTES (WILL HOLD FOR 2 HOURS). CAN ALSO MICROWAVE FOR 15-30 SECONDS.

DICED CHICKEN

1. TO THAW: KEEP DICED CHICKEN IN THE BAG OR POUR INTO A CLEAN COVERED CONTAINER. THAW IN THE REFRIGERATOR AT 36 TO 41* F FOR 24 HOURS.
2. KEEP THAWED CHICKEN IN THE REFRIGERATOR UNTIL NEEDED. USE WITHIN 2 DAYS AFTER THAWING.
3. TOP (1) FLATBREAD WITH DICED CHICKEN (2OZ) AND MOZZ CHEESE (1/2C) AND BAKE FOR

Crispy Fish Fillet

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Crispy Fish Fillet

Nutrition Information

Calories	180.00	Protein	11.00g
Fat	8.00g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	35.00mg
Carbohydrates	16.00g	Fiber	2.00g
Sugar	1.00g	Sodium	240.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	519420	POLLOCK BRD FLLT WGRAIN MSC 3.6Z 10#	

Preparation Instructions

TO BAKE: HEAT AT 400°F FOR 14-16 MIN.

IN CONVECTION OVEN, OR AT 425°F FOR 18-20 MIN. IN CONVENTIONAL OVEN.

Fish is fully cooked when it reaches an internal temperature of 165°F

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Coleslaw

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Coleslaw

Nutrition Information

Calories	79.00	Protein	0.67g
Fat	4.50g	SaturatedFat	0.75g
Trans Fat	0.00g	Cholesterol	2.50mg
Carbohydrates	8.83g	Fiber	1.33g
Sugar	6.33g	Sodium	207.00mg
Iron	0.24mg	Vitamin C	4.00mg
Vitamin A	700.00IU	Calcium	26.67mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	198226	COLE SLAW SHRED SEP BAG 1/8 4-5# RSS	
1 Tablespoon	132151	DRESSING COLESLAW 4-1GAL LTHSE	READY_TO_EAT Open, pour and enjoy!

Preparation Instructions

Smoothie, Fresh Fruit

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Smoothie, Fresh Fruit

Nutrition Information

Calories	95.00	Protein	0.88g
Fat	0.19g	SaturatedFat	0.13g
Trans Fat	0.00g	Cholesterol	0.63mg
Carbohydrates	22.63g	Fiber	1.63g
Sugar	17.75g	Sodium	26.25mg
Iron	0.59mg	Vitamin C	72.00mg
Vitamin A	125.00IU	Calcium	35.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	244630	STRAWBERRY WHL IQF 4-5# GFS	
1 Ounce	811500	YOGURT VAN L/F PARFPR 6- 4# YOPL	READY_TO_EAT Ready to use with pouch & serving tip.
3 Fluid Ounce	100374	JUICE APPLE 100% 12-46FLZ HV	

Preparation Instructions

Egg, Sausage, and Cheese Muffin

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

Egg, Sausage, and Cheese Muffin

Nutrition Information

Calories	401.67	Protein	15.50g
Fat	26.00g	SaturatedFat	9.17g
Trans Fat	0.00g	Cholesterol	139.17mg
Carbohydrates	27.00g	Fiber	2.00g
Sugar	2.50g	Sodium	811.67mg
Iron	1.68mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	113.33mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	592625	EGG SCRMBD PTY RND 3.5 165-1.25Z GFS	
1 Each	112620	SAUSAGE PTY CKD IQF 1.5Z 12# GFS	
1 Slice	334450	CHEESE SLCD YEL 6-5 COMM	
1 Each	687131	MUFFIN ENG WGRAIN 2.2Z 12-12CT BKCRFT	

Preparation Instructions

COMMODITY EGG SCRAMBLE PATTY

CONVECTION: HEAT OVEN TO 250F.

PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY.

DO NOT COVER. THAWED 10-12 MIN. FROZEN 18-20 MIN.

SAUSAGE PATTY

FULLY COOKED, WARM TO INTERNAL TEMPERATURE OF 135 DEGREES F.

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COMM CHEESE SLICE

ENGLISH MUFFIN

READY_TO_EAT

Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours

or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.

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Milk, FF, Chocolate

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Milk
HACCP Process:	No Cook

Milk, FF, Chocolate

Nutrition Information

Calories	130.00	Protein	8.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	23.00g	Fiber	0.00g
Sugar	22.00g	Sodium	200.00mg
Iron	0.23mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	250.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	04404100214	Milk, FF, Chocolate	

Preparation Instructions

PRODUCT OF USA AS OF 10/17

Milk, 1% LF

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Milk
HACCP Process:	No Cook

Milk, 1% LF

Nutrition Information

Calories	100.00	Protein	8.00g
Fat	2.50g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	10.00mg
Carbohydrates	12.00g	Fiber	0.00g
Sugar	12.00g	Sodium	125.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	250.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	044041001442	Milk, LF 1%	

Preparation Instructions

PRODUCT OF USA AS OF 10/17

Cereal, Trix

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Cereal, Trix

Nutrition Information

Calories	110.00	Protein	1.00g
Fat	1.50g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	24.00g	Fiber	1.00g
Sugar	7.00g	Sodium	140.00mg
Iron	4.50mg	Vitamin C	4.80mg
Vitamin A	400.00IU	Calcium	80.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	265782	CEREAL TRIX R/S WGRAIN BWL 96CT GENM	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.

Preparation Instructions

Cereal, Golden Grahams

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Cereal, Golden Grahams

Nutrition Information

Calories	100.00	Protein	1.00g
Fat	1.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	24.00g	Fiber	1.00g
Sugar	8.00g	Sodium	220.00mg
Iron	3.60mg	Vitamin C	4.80mg
Vitamin A	400.00IU	Calcium	80.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	509434	CEREAL GLDN GRAHAMS BWL 96CT GENM	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.

Preparation Instructions

Cereal, Chex

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Cereal, Chex

Nutrition Information

Calories	100.00	Protein	2.00g
Fat	0.50g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	24.00g	Fiber	1.00g
Sugar	2.00g	Sodium	250.00mg
Iron	9.00mg	Vitamin C	6.00mg
Vitamin A	500.00IU	Calcium	100.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	268711	CEREAL RICE CHEX WGRAIN BWL 96CT GENM	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.

Preparation Instructions

Cereal, Cocoa Puffs

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Cereal, Cocoa Puffs

Nutrition Information

Calories	110.00	Protein	2.00g
Fat	1.50g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	25.00g	Fiber	2.00g
Sugar	8.00g	Sodium	120.00mg
Iron	4.50mg	Vitamin C	6.00mg
Vitamin A	500.00IU	Calcium	100.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	270401	CEREAL COCOA PUFFS WGRAIN R/S 96CT	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.

Preparation Instructions

Cereal, Cheerios

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Cereal, Cheerios

Nutrition Information

Calories	100.00	Protein	3.00g
Fat	2.00g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	20.00g	Fiber	3.00g
Sugar	1.00g	Sodium	140.00mg
Iron	8.10mg	Vitamin C	6.00mg
Vitamin A	500.00IU	Calcium	100.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	264702	CEREAL CHEERIOS WGRAIN BWL 96CT GENM	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.

Preparation Instructions

Cereal, Cinnamon Toast Crunch

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Cereal, Cinnamon Toast Crunch

Nutrition Information

Calories	110.00	Protein	1.00g
Fat	3.00g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	22.00g	Fiber	3.00g
Sugar	6.00g	Sodium	160.00mg
Iron	3.60mg	Vitamin C	4.80mg
Vitamin A	400.00IU	Calcium	200.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	365790	CEREAL CINN TOAST R/S BWL 96CT GENM	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.

Preparation Instructions

Salad, Chef

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Salad, Chef

Nutrition Information

Calories	187.65	Protein	16.55g
Fat	11.99g	SaturatedFat	7.00g
Trans Fat	0.00g	Cholesterol	69.87mg
Carbohydrates	4.16g	Fiber	0.75g
Sugar	0.75g	Sodium	543.91mg
Iron	1.21mg	Vitamin C	8.66mg
Vitamin A	1544.65IU	Calcium	224.87mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/4 Cup	735787	LETTUCE ROMAINE CHOP 6-2# RSS	
1/4 Cup	150250	CHEESE CHED MLD SHRD 4-5# COMM	
1/4 Cup	418439	CUCUMBER SELECT 24CT MARKON	
1/4 Cup	569551	TOMATO CHERRY 11# MRKN	
2 Ounce	202150	TURKEY HAM DCD 2-5# JENNO	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Combine ingredients in orange container for salads. 3. Store in cooler at a minimum temperature and while serving.

Sandwich, Turkey

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Sandwich, Turkey

Nutrition Information

Calories	260.51	Protein	11.26g
Fat	10.50g	SaturatedFat	5.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	31.17g	Fiber	3.39g
Sugar	5.65g	Sodium	551.30mg
Iron	2.00mg	Vitamin C	6.87mg
Vitamin A	979.42IU	Calcium	163.94mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	276142	BUN SUB SLCD WGRAIN 5 12-8CT GFS	
1 Slice	334450	CHEESE SLCD YEL 6-5 COMM	
1 Slice	861940	CHEESE AMER WHT 160CT SLCD 6-5# LOL	
13/100 Cup	702609	LETTUCE ROMAINE CLND CALIF 2- 5#	
13/100 Cup	199036	TOMATO 6X6 LRG 25# MRKN	

Preparation Instructions

Parfait, Banana

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Parfait, Banana

Nutrition Information

Calories	335.83	Protein	9.54g
Fat	2.65g	SaturatedFat	1.05g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	70.68g	Fiber	4.07g
Sugar	41.82g	Sodium	141.58mg
Iron	2.50mg	Vitamin C	5.14mg
Vitamin A	1037.76IU	Calcium	202.95mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Each	197769	BANANA TURNING SNGL 150CT 40# P/L	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

Bosco Sticks

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Bosco Sticks

Nutrition Information

Calories	420.00	Protein	24.00g
Fat	12.00g	SaturatedFat	6.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	50.00g	Fiber	4.00g
Sugar	4.00g	Sodium	540.00mg
Iron	2.88mg	Vitamin C	0.00mg
Vitamin A	400.00IU	Calcium	400.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
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2 Each	555982	BREADSTICK CHS STFD 7 WGRAIN 108CT	<p>CONVECTION</p> <p>Convection Oven</p> <ol style="list-style-type: none">1. Preheat oven to 400° F.2. Place Bosco Stick breadsticks on a baking sheet.3. THAWED: 6-8 minutes.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <p>Oven temperatures may vary. Adjust baking time and</p> <p>or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY</p> <p>Deep Fry</p> <ol style="list-style-type: none">1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <p>Oven temperatures may vary. Adjust baking time and</p> <p>or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW</p> <p>Thawing Instructions</p> <ol style="list-style-type: none">1. Thaw before baking.2. Keep Bosco Stick breadsticks covered while thawing.3. Bosco Stick breadsticks may be thawed in packaging.4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and</p>
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Preparation Instructions

ROLL, WG SWEET YEAST

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Grain
HACCP Process:	Same Day Service

ROLL, WG SWEET YEAST

Nutrition Information

Calories	150.00	Protein	4.00g
Fat	3.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	10.00mg
Carbohydrates	27.00g	Fiber	2.00g
Sugar	8.00g	Sodium	150.00mg
Iron	1.08mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	233140	ROLL YEAST WHE WGRAIN 1.5Z 4-18CT GFS	

Preparation Instructions

BAKE AT 350 DEGREES FOR 3 - 4 MIN. OR DESIRED COLOR.

BAKE IN CONVECTION OVEN FOR 1 - 2 MIN. ROLLS MAY BE BAKED FROM A FROZEN STAGE FOR 8 MIN. ROLLS ARE FULLY BAKED.

IF DESIRED YOU MAY THAW AT ROOM TEMPERATURE AND SERVE IMMEDIATELY.

PRODUCT OF USA AS OF 10/17

Coleslaw, Homemade

Servings:	85.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Coleslaw, Homemade

Nutrition Information

Calories	58.19	Protein	0.23g
Fat	3.90g	SaturatedFat	0.61g
Trans Fat	0.06g	Cholesterol	6.11mg
Carbohydrates	5.75g	Fiber	0.31g
Sugar	4.51g	Sodium	99.60mg
Iron	0.09mg	Vitamin C	0.95mg
Vitamin A	172.56IU	Calcium	7.25mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
20 Cup	198226	COLE SLAW SHRED SEP BAG 1/8 4-5# RSS	
4 Cup	107042	DRESSING SALAD 4-1GAL GFS	
1 1/2 Cup	108588	SUGAR BEET GRANUL 25# GFS	
1 Fluid Ounce	629640	VINEGAR WHT DISTILLED 5% 4-1GAL GFS	
1 Tablespoon	513679	SPICE CELERY SEED GRND 16Z TRDE	

Preparation Instructions

1. Put coleslaw mixture into pan
2. Mix ingredients in a separate bowl
3. Pour the liquid into the slaw and mix sufficiently

Dressing, Ranch, Homemade

Servings:	160.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	Same Day Service

Dressing, Ranch, Homemade

Nutrition Information

Calories	56.81	Protein	0.08g
Fat	5.15g	SaturatedFat	1.36g
Trans Fat	0.06g	Cholesterol	10.55mg
Carbohydrates	2.18g	Fiber	0.00g
Sugar	1.01g	Sodium	154.22mg
Iron	0.03mg	Vitamin C	0.01mg
Vitamin A	48.92IU	Calcium	9.15mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Cup	107042	DRESSING SALAD 4-1GAL GFS	
4 Cup	534331	SOUR CREAM L/F 4-5# RGNLBRND	
8 Cup	245522	BUTTERMILK 1 9-.5GAL RGNLBRND	
1/2 Tablespoon	825221	SEASONING ORIG 500CT MDASH - Mrs. Dash - M	
4 Tablespoon	513938	SPICE DILL WEED 5Z TRDE	
1 Tablespoon	748590	SALT SEA 36Z TRDE	
2 Tablespoon	513989	SPICE PARSLEY FLAKES 11Z TRDE	
2 Tablespoon	224839	SPICE GARLIC POWDER 21Z TRDE	
2 Tablespoon	126993	SPICE ONION POWDER 19Z TRDE	

Preparation Instructions

Black Beans, Homemade

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Black Beans, Homemade

Nutrition Information

Calories	1050.06	Protein	63.48g
Fat	21.48g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	124.00g	Fiber	51.48g
Sugar	4.00g	Sodium	15990.65mg
Iron	10.80mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	240.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	267601	BEAN BLK DRY PREWSHD 6-5# GFS	
1 Cup	581900	SPICE TANDOORI 24Z TRDE	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Soak beans overnight. 3. Drain the beans with fresh water. 4. Cook until soft (about 2 1/2 hours). 5. Add tandoori spice and mix with blender. 6. Put in shotgun pans and place in warmer.

Pizza Cheese, Homemade

Servings:	8.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Pizza Cheese, Homemade

Nutrition Information

Calories	375.00	Protein	21.50g
Fat	14.00g	SaturatedFat	7.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	39.00g	Fiber	4.30g
Sugar	3.50g	Sodium	765.00mg
Iron	1.35mg	Vitamin C	6.00mg
Vitamin A	440.00IU	Calcium	443.25mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Slice	166762	DOUGH PIZZA SHTD WGRAIN 16 24-22Z	
1 Cup	326194	SAUCE PIZZA DLX 6-10 CONTDN	
4 Cup	645170	CHEESE MOZZ SHRD 4-5# LOL	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Bake pizza crust accordingly. 3. Smooth the pizza sauce evenly on crust. 4. Place cheese evenly on crust. 5. Bake until done. 6. Store in warmer until served.

Pizza Pepperoni, Homemade

Servings:	8.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Pizza Pepperoni, Homemade

Nutrition Information

Calories	375.00	Protein	21.50g
Fat	14.00g	SaturatedFat	7.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	39.00g	Fiber	4.30g
Sugar	3.50g	Sodium	765.00mg
Iron	1.35mg	Vitamin C	6.00mg
Vitamin A	440.00IU	Calcium	443.25mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Slice	166762	DOUGH PIZZA SHTD WGRAIN 16 24-22Z	
1 Cup	326194	SAUCE PIZZA DLX 6-10 CONTDN	
4 Cup	645170	CHEESE MOZZ SHRD 4-5# LOL	
1 Cup	647270	180CT PIZZATAS PEPPERONI 65282	30 slices

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare pizza crust accordingly. 3. Smooth the pizza sauce evenly on crust. 4. Place pepperoni on the sauce and cover evenly with shredded cheese. 5. Cook accordingly to a minimum temperature of 165. 6. Store in warmer until served.

Pizza Sausage, Homemade

Servings:	8.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Pizza Sausage, Homemade

Nutrition Information

Calories	250.63	Protein	11.44g
Fat	5.88g	SaturatedFat	2.06g
Trans Fat	0.00g	Cholesterol	9.38mg
Carbohydrates	37.63g	Fiber	4.36g
Sugar	3.56g	Sodium	475.63mg
Iron	1.29mg	Vitamin C	6.00mg
Vitamin A	222.50IU	Calcium	138.25mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Slice	166762	DOUGH PIZZA SHTD WGRAIN 16 24-22Z	
1 Cup	326194	SAUCE PIZZA DLX 6-10 CONTDN	
1 Cup	645170	CHEESE MOZZ SHRD 4-5# LOL	
1 Ounce	808981	SAUSAGE ITAL CHNK CKD 14/Z 2-5#	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare pizza crust accordingly. *Sausage is pre-cooked and can be placed on the pizza* 3. Place the sauce on the crust and smooth evenly, repeat with the sausage and shredded cheese. 4. Bake until minimum temperature of 165 has been reached. 5. Store in warmer until served.

Pizza Ham and Pineapple, Homemade

Servings:	8.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Pizza Ham and Pineapple, Homemade

Nutrition Information

Calories	416.97	Protein	26.15g
Fat	15.50g	SaturatedFat	7.50g
Trans Fat	0.00g	Cholesterol	49.93mg
Carbohydrates	41.58g	Fiber	4.43g
Sugar	5.38g	Sodium	941.08mg
Iron	1.75mg	Vitamin C	7.52mg
Vitamin A	440.00IU	Calcium	449.89mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Slice	166762	DOUGH PIZZA SHTD WGRAIN 16 24-22Z	
1 Cup	326194	SAUCE PIZZA DLX 6-10 CONTDN	
4 Cup	645170	CHEESE MOZZ SHRD 4-5# LOL	
8 Ounce	202150	TURKEY HAM DCD 2-5# JENNO	
1/2 Cup	189979	PINEAPPLE TIDBITS IN JCE 6-10 GFS	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare pizza crust accordingly. 3. Put sauce, ham, pineapple, and cheese evenly. 4. Bake until the minimum temperature is 165. 5. Keep in warmer until served.

Parfait, Strawberry

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Parfait, Strawberry

Nutrition Information

Calories	308.33	Protein	8.89g
Fat	2.45g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	63.68g	Fiber	4.02g
Sugar	39.32g	Sodium	140.98mg
Iron	2.71mg	Vitamin C	27.00mg
Vitamin A	1000.00IU	Calcium	210.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Cup	244630	STRAWBERRY WHL IQF 4-5# GFS	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

Parfait, Mandarin Orange

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Parfait, Mandarin Orange

Nutrition Information

Calories	328.33	Protein	9.39g
Fat	2.45g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	57.18g	Fiber	2.52g
Sugar	44.32g	Sodium	145.98mg
Iron	3.35mg	Vitamin C	15.00mg
Vitamin A	1004.00IU	Calcium	200.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Cup	117897	ORANGES MAND WHL L/S 6-10 GFS	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

Parfait, Strawberry Banana

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Parfait, Strawberry Banana

Nutrition Information

Calories	322.08	Protein	9.22g
Fat	2.55g	SaturatedFat	1.03g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	67.18g	Fiber	4.04g
Sugar	40.57g	Sodium	141.28mg
Iron	2.60mg	Vitamin C	16.07mg
Vitamin A	1018.88IU	Calcium	206.48mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/4 Each	197769	BANANA TURNING SNGL 150CT 40# P/L	
1/4 Cup	244630	STRAWBERRY WHL IQF 4-5# GFS	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

Parfait, Apple

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Parfait, Apple

Nutrition Information

Calories	319.23	Protein	8.89g
Fat	2.45g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	66.68g	Fiber	4.02g
Sugar	41.82g	Sodium	140.98mg
Iron	2.43mg	Vitamin C	3.17mg
Vitamin A	1037.26IU	Calcium	204.14mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Each	742300	APPLE DELICIOUS RED MI 138CT MRKN	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

Parfait, Peach

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Parfait, Peach

Nutrition Information

Calories	343.33	Protein	9.89g
Fat	2.45g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	71.18g	Fiber	3.52g
Sugar	47.82g	Sodium	150.98mg
Iron	2.35mg	Vitamin C	1.20mg
Vitamin A	1200.00IU	Calcium	200.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Cup	268348	PEACH DCD XL/S 6-10 GFS	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

Parfait, Blueberry

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Parfait, Blueberry

Nutrition Information

Calories	323.33	Protein	8.89g
Fat	2.95g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	65.68g	Fiber	4.52g
Sugar	40.82g	Sodium	140.98mg
Iron	2.35mg	Vitamin C	1.80mg
Vitamin A	1000.00IU	Calcium	200.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Cup	119873	BLUEBERRY FREE-FLOW IQF 30# GFS	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

Parfait, Pineapple

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Parfait, Pineapple

Nutrition Information

Calories	353.33	Protein	8.89g
Fat	2.45g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	75.18g	Fiber	3.52g
Sugar	49.82g	Sodium	140.98mg
Iron	2.71mg	Vitamin C	9.00mg
Vitamin A	1000.00IU	Calcium	200.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Cup	189979	PINEAPPLE TIDBITS IN JCE 6-10 GFS	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

Salad, Veggie

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Salad, Veggie

Nutrition Information

Calories	121.20	Protein	7.25g
Fat	9.00g	SaturatedFat	6.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	3.50g	Fiber	0.75g
Sugar	0.75g	Sodium	191.75mg
Iron	0.50mg	Vitamin C	7.86mg
Vitamin A	1544.65IU	Calcium	211.58mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/4 Cup	735787	LETTUCE ROMAINE CHOP 6-2# RSS	
1/4 Cup	150250	CHEESE CHED MLD SHRD 4-5# COMM	
1/4 Cup	418439	CUCUMBER SELECT 24CT MARKON	
1/4 Cup	569551	TOMATO CHERRY 11# MRKN	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Combine ingredients in orange container for salads. 3. Store in cooler at a minimum temperature and while serving.

Salad, Chicken Caesar

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Salad, Chicken Caesar

Nutrition Information

Calories	168.00	Protein	19.00g
Fat	4.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	63.00mg
Carbohydrates	11.00g	Fiber	3.00g
Sugar	0.00g	Sodium	169.00mg
Iron	2.16mg	Vitamin C	90.00mg
Vitamin A	15000.00IU	Calcium	64.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Cup	735787	LETTUCE ROMAINE CHOP 6-2# RSS	
3 Ounce	110530	CHIX DCD 40 COMM	
6 Each	748510	CROUTON MULTIGR CHS GARL 10- 2# GFS	
1 Ounce	803840	CHEESE PARM IMIT SHRD FCY 4-5 SCHRBR	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Cook chicken accordingly to an internal temperature of 165. 3. Store in shotgun pans for serving.

Ground Beef, Homemade

Servings:	72.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Ground Beef, Homemade

Nutrition Information

Calories	144.71	Protein	12.05g
Fat	9.97g	SaturatedFat	3.32g
Trans Fat	1.66g	Cholesterol	43.20mg
Carbohydrates	1.69g	Fiber	0.00g
Sugar	0.42g	Sodium	240.20mg
Iron	0.15mg	Vitamin C	0.00mg
Vitamin A	422.68IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
20 Pound	110520	BEEF GRND 40 COMM	
1 1/4 Cup	413429	SEASONING TACO 21Z TRDE	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Cook ground beef with taco seasoning to a minimum temperature of 165. 3. Store in warmer for use in tacos, nachos, and bowls.

Beans, Refried Homemade

Servings:	120.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Beans, Refried Homemade

Nutrition Information

Calories	167.70	Protein	9.40g
Fat	0.50g	SaturatedFat	0.10g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	31.00g	Fiber	6.80g
Sugar	2.00g	Sodium	110.30mg
Iron	2.38mg	Vitamin C	4.77mg
Vitamin A	178.00IU	Calcium	66.72mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
30 Cup	501506	BEAN PINTO DRY PREWSHD 50# C&F	
180 Ounce	452841	SALSA 103Z 6-10 REDG	
1/4 Cup	273945	SPICE CUMIN GRND 15Z TRDE	
1/4 Cup	829862	SPICE CORIANDER GRND 14Z TRDE	
3/4 Cup	514047	SPICE GARLIC GRANULATED 7.25# TRDE	
3/4 Cup	138300	SPICE ONION GRANULATED 20Z TRDE	
4 Tablespoon	225045	SPICE PEPR BLK (30 MESH) REG GRIND 5#	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Add beans and all spices to cooker. 3. Cook to a

minimum temperature of 165 for hot holding.

Pesto, Homemade

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	Same Day Service

Pesto, Homemade

Nutrition Information

Calories	1022.53	Protein	0.00g
Fat	113.61g	SaturatedFat	17.85g
Trans Fat	1.95g	Cholesterol	0.00mg
Carbohydrates	0.00g	Fiber	0.00g
Sugar	0.00g	Sodium	2200.00mg
Iron	0.00mg	Vitamin C	6.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
10 Tablespoon	162510	BASIL FRESH 3-1 P/L	
1/2 Cup	292702	OIL SALAD VEG SOY CLR NT 6-1GAL GFS	
2 Teaspoon	514047	SPICE GARLIC GRANULATED 7.25# TRDE	
1 Teaspoon	748590	SALT SEA 36Z TRDE	

Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination.
2. Mix all ingredients together.

Sandwich, Hot Turkey

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Sandwich, Hot Turkey

Nutrition Information

Calories	255.00	Protein	11.00g
Fat	10.50g	SaturatedFat	5.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	30.00g	Fiber	3.00g
Sugar	5.00g	Sodium	550.00mg
Iron	1.85mg	Vitamin C	0.00mg
Vitamin A	134.50IU	Calcium	159.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	276142	BUN SUB SLCD WGRAIN 5 12-8CT GFS	
1 Slice	334450	CHEESE SLCD YEL 6-5 COMM	
1 Slice	861940	CHEESE AMER WHT 160CT SLCD 6-5# LOL	

Preparation Instructions