

# Cookbook for Fennville Public Schools

Created by HPS Menu Planner

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# Yogurt

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Yogurt

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Pretzel

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

PRETZELS

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# Cheese Stick

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Cheese Stick

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

NO THAWING REQUIRED

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# Edamame Beans

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	No Cook

Edamame Beans

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	No Cook

Carrots, Baby

## Nutrition Information

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

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# Romaine Lettuce

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	No Cook

Chopped Romaine Lettuce

## Nutrition Information

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

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# Celery

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	No Cook

Celery Sticks

## Nutrition Information

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

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# Cucumber

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	No Cook

Cucumber

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	No Cook

Cherry Tomatoes

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Grain
<b>HACCP Process:</b>	No Cook

Whole Grain Rolls

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Apple, Fresh

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

RINSE AND SERVE

# Orange, Fresh

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Orange, Fresh

## Nutrition Information

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

## Ingredients

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Pear, Fresh

## Nutrition Information

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

## Ingredients

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Ketchup

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Mayo Packets

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Mustard Packets

## Nutrition Information

<b>Calories</b>	0.00	<b>Protein</b>	0.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	0.00g	<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g	<b>Sodium</b>	78.00mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Barbecue Sauce Packets

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions



# Chicken, Baked Nuggets

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

Baked Chicken Nuggets

## Nutrition Information

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

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

Baked Fries

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Peaches

## Nutrition Information

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

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# Cheeseburger on WG Bun

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Cheeseburger on WG Bun

## Nutrition Information

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

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SLICED CHEESE

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

# Corn, Steamed

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	No Cook

Steamed Corn

## Nutrition Information

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

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# Mandarin Oranges

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Mandarin Oranges

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Pineapple Tidbits

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Banana

## Nutrition Information

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

## Ingredients

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Baked Chicken Tenders

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>3 Piece</b>	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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	No Cook

Mashed Potatoes and Gravy

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>7/10 Ounce</b>	613738	POTATO PRLS EXCEL 12-28Z BAMER	
<b>2 Fluid Ounce</b>	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.

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### 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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Pears

## Nutrition Information

<b>Calories</b>	3408.48	<b>Protein</b>	0.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	0.00g	<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g	<b>Sodium</b>	486.93mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Bosco Breadsticks & Marinara Sauce

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
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<p><b>2 Each</b></p>	<p>555982</p>	<p>BREADSTICK CHS STFD 7 WGRAIN 108CT</p>	<p>CONVECTION</p> <p>Convection Oven</p> <ol style="list-style-type: none"><li>1. Preheat oven to 400° F.</li><li>2. Place Bosco Stick breadsticks on a baking sheet.</li><li>3. THAWED: 6-8 minutes.</li><li>4. Let stand 2 minutes before serving.</li></ol> <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"><li>1. Preheat oil to 350° F.</li><li>2. THAWED ONLY: 1-2 minutes.</li><li>3. Let stand 2 minutes before serving.</li></ol> <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"><li>1. Thaw before baking.</li><li>2. Keep Bosco Stick breadsticks covered while thawing.</li><li>3. Bosco Stick breadsticks may be thawed in packaging.</li><li>4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.</li></ol> <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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Applesauce

## Nutrition Information

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

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# Hot Dog on WG Bun

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

Hot Dog on WG Bun

## Nutrition Information

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

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HOT DOG BUN

THAW AND SERVE

PRODUCT OF USA AS OF 10/17

# Beans, Vegetarian Baked

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Baked Beans

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

HEAT AND SERVE.

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# Corndogs, Baked Mini

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

Baked Mini Corndogs

## Nutrition Information

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

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

Steamed Green Beans

## Nutrition Information

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

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

Popcorn Chicken

## Nutrition Information

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

## Ingredients

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

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

Tater Tots

## Nutrition Information

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

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

Baked Potato Wedges

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

# Mac and Cheese

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service
Mac and Cheese	

## Nutrition Information

<b>Calories</b>	105840.00	<b>Protein</b>	6300.00g
<b>Fat</b>	4032.00g	<b>SaturatedFat</b>	2268.00g
<b>Trans Fat</b>	126.00g	<b>Cholesterol</b>	11340.00mg
<b>Carbohydrates</b>	11592.00g	<b>Fiber</b>	504.00g
<b>Sugar</b>	2268.00g	<b>Sodium</b>	367920.00m
<b>Iron</b>	272.16mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	252000.00IU	<b>Calcium</b>	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-PANED, KEEP PRODUCT COVERED TIGHTLY.

PRODUCT OF USA AS OF 10/17

# WG Breadstick

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

WG Breadstick

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	No Cook

Steamed Broccoli

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service
Steamed Carrots	

## Nutrition Information

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

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

Grilled Cheese

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>2 Each</b>	710650	BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	
<b>2 Slice</b>	334450	CHEESE SLCD YEL 6-5 COMM	
<b>2 Tablespoon</b>	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

<b>Servings:</b>	16.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Soup, Tomato

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Grain
<b>HACCP Process:</b>	No Cook

Goldfish Crackers, individual packages

## Nutrition Information

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

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# Chicken Patty on WG Bun

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

Chicken Patty on WG Bun

## Nutrition Information

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

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BUN

Thaw at room temperature for 24 hours.

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# Peas

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

Peas

## Nutrition Information

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

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

French Toast Sticks

## Nutrition Information

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

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# Sausage Patties

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

Sausage Patties

## Nutrition Information

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

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# Watermelon

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Watermelon

## Nutrition Information

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

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

Fruit Slush

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Grapes

## Nutrition Information

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

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

WG Garlic Toast

## Nutrition Information

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

## Ingredients

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

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

Chili Dog

## Nutrition Information

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

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

Chicken and French Toast

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>4 Each</b>	561301	CHIX BNLS WNG GLDNCRSP WGRAIN 6- 105CT	<b>BAKE</b> 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. <b>CONVECTION</b> 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.
<b>3 Each</b>	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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Grain
<b>HACCP Process:</b>	No Cook

Graham Crackers

## Nutrition Information

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

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

Chicken Alfredo Over Pasta W Breadstick

## Nutrition Information

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

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

Oriental Vegetable Blend

## Nutrition Information

<b>Calories</b>	35.00	<b>Protein</b>	1.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	5.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	2.00g	<b>Sodium</b>	15.00mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	1.20mg
<b>Vitamin A</b>	100.00IU	<b>Calcium</b>	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

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

Chicken Caesar Salad With Romaine Lettuce

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 Tablespoon</b>	132141	DRESSING CAESAR 4-1GAL LTHSE	READY FOR USE
<b>1 Cup</b>	735787	LETTUCE ROMAINE CHOP 6-2# RSS	RINSE THOROUGHLY. READY TO USE.
<b>2 Ounce</b>	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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Cereal, Lucky Charms

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 Package</b>	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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Blueberry Muffin and Cheese Stick

## Nutrition Information

<b>Calories</b>	270.00	<b>Protein</b>	9.00g
<b>Fat</b>	12.00g	<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	55.00mg
<b>Carbohydrates</b>	32.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	16.00g	<b>Sodium</b>	330.00mg
<b>Iron</b>	0.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	300.00IU	<b>Calcium</b>	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 and Cheese Stick

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Muffin, Banana and Cheese Stick

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Muffin, Chocolate/Chocolate Chip and Cheese Stick

## Nutrition Information

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

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

Pizza, Breakfast

## Nutrition Information

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

## Ingredients

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

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

Pancake on a Stick

## Nutrition Information

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

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

Bosco Breakfast Stick

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Bagel, Whole Grain, Cream Cheese, and Hashbrowns

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Bagel, WG Raisin, Cream Cheese, and Hashbrowns

## Nutrition Information

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

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

Pancakes, Mini and Syrup

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 Package</b>	269220	PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	
<b>1 Each</b>	160090	SYRUP PANCK CUP 200-1.5Z GFS	
<b>1 Each</b>	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

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

Waffles, Maple, Syrup and Hashbrown

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 Package</b>	284811	WAFFLE MINI MAPL IW 72-2.65Z EGGO	
<b>1 Each</b>	160090	SYRUP PANCK CUP 200-1.5Z GFS	
<b>1 Each</b>	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

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

Waffles, Blueberry, Syrup and Hashbrown

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 Package</b>	269240	WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	
<b>1 Each</b>	160090	SYRUP PANCK CUP 200-1.5Z GFS	
<b>1 Each</b>	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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Switch, Black Cherry 100% Sparkling Juice

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Switch, Grape 100% Sparkling Juice

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Switch, Orange Tangerine 100% Sparkling Juice

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Switch, Kiwi Berry 100% Sparkling Juice

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Switch, Fruit Juice 100% Sparkling Juice

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

V8 V-Fusion, Strawberry Banana 100% Juice

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

V8 V-Fusion, Pomegranate Blueberry 100% Juice

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

WOW Butter and Jelly Sandwich

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Juice, 100% Grape, Carton, Suncup

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Juice, 100% Fruit Punch, Carton, Suncup

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Juice, 100% Apple, Carton, Suncup

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Juice, 100% Orange-Pineapple, Carton, Suncup

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	No Cook

Juice, 100% Orange, Carton, Suncup

## Nutrition Information

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

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

Boom Boom Hawk Wrap

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 Piece</b>	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.
<b>2 Slice</b>	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

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

BBQ Rib

## Nutrition Information

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

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

Pasta with Alfredo or Meat Sauce

## Nutrition Information

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

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

Burrito Bar

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

# Seasoned Black Beans

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

Seasoned Black Beans

## Nutrition Information

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

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

Chicken or Beef Taco Salad Bowl

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

# Nacho Supreme

<b>Servings:</b>	120.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Nacho Supreme

## Nutrition Information

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

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

## Preparation Instructions

# Chicken Stir Fry

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

Chicken Stir Fry

## Nutrition Information

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

PRODUCT OF USA AS OF 10/17

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

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

Beef Tacos, 2

## Nutrition Information

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

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

Asian Beef and Noodle Bowl

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Chicken Fajita Bowl

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Complex Food Prep

Sloppy Joe

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

# Waffle Fries

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

Waffle Fries

## Nutrition Information

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

PRODUCT OF USA AS OF 10/17



# Boneless Chicken Wings

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

Boneless Chicken Wings

## Nutrition Information

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

## Ingredients

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

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

Curly Fries, Baked

## Nutrition Information

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

PRODUCT OF USA AS OF 10/17

# Flatbread, BBQ Chicken

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

Flatbread, BBQ Chicken

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Crispy Fish Fillet

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Coleslaw

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

# Smoothie, Fresh Fruit

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

Smoothie, Fresh Fruit

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions



# Egg, Sausage, and Cheese Muffin

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

Egg, Sausage, and Cheese Muffin

## Nutrition Information

<b>Calories</b>	401.67	<b>Protein</b>	15.50g
<b>Fat</b>	26.00g	<b>SaturatedFat</b>	9.17g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	139.17mg
<b>Carbohydrates</b>	27.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	2.50g	<b>Sodium</b>	811.67mg
<b>Iron</b>	1.68mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	100.00IU	<b>Calcium</b>	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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# Cereal, Trix

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Cereal, Trix

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 Package</b>	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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Cereal, Golden Grahams

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Cereal, Chex

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 Package</b>	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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Cereal, Cocoa Puffs

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Cereal, Cheerios

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 Package</b>	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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Cereal, Cinnamon Toast Crunch

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Salad, Chef

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Sandwich, Turkey

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Parfait, Banana

## Nutrition Information

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

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

Bosco Sticks

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
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<p><b>2 Each</b></p>	<p>555982</p>	<p>BREADSTICK CHS STFD 7 WGRAIN 108CT</p>	<p>CONVECTION</p> <p>Convection Oven</p> <ol style="list-style-type: none"><li>1. Preheat oven to 400° F.</li><li>2. Place Bosco Stick breadsticks on a baking sheet.</li><li>3. THAWED: 6-8 minutes.</li><li>4. Let stand 2 minutes before serving.</li></ol> <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"><li>1. Preheat oil to 350° F.</li><li>2. THAWED ONLY: 1-2 minutes.</li><li>3. Let stand 2 minutes before serving.</li></ol> <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"><li>1. Thaw before baking.</li><li>2. Keep Bosco Stick breadsticks covered while thawing.</li><li>3. Bosco Stick breadsticks may be thawed in packaging.</li><li>4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.</li></ol> <p>Oven temperatures may vary. Adjust baking time and</p>
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# Preparation Instructions

# ROLL, WG SWEET YEAST

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

ROLL, WG SWEET YEAST

## Nutrition Information

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

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# Coleslaw, Homemade

<b>Servings:</b>	85.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Coleslaw, Homemade

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>20 Cup</b>	198226	COLE SLAW SHRED SEP BAG 1/8 4-5# RSS	
<b>4 Cup</b>	107042	DRESSING SALAD 4-1GAL GFS	
<b>1 1/2 Cup</b>	108588	SUGAR BEET GRANUL 25# GFS	
<b>1 Fluid Ounce</b>	629640	VINEGAR WHT DISTILLED 5% 4-1GAL GFS	
<b>1 Tablespoon</b>	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

<b>Servings:</b>	160.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	Same Day Service

Dressing, Ranch, Homemade

## Nutrition Information

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

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

Black Beans, Homemade

## Nutrition Information

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

<b>Servings:</b>	8.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Pizza Cheese, Homemade

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>8 Slice</b>	166762	DOUGH PIZZA SHTD WGRAIN 16 24-22Z	
<b>1 Cup</b>	326194	SAUCE PIZZA DLX 6-10 CONTDN	
<b>4 Cup</b>	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

<b>Servings:</b>	8.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Pizza Pepperoni, Homemade

## Nutrition Information

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

## Ingredients

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

<b>Servings:</b>	8.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Pizza Sausage, Homemade

## Nutrition Information

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

## Ingredients

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

<b>Servings:</b>	8.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Pizza Ham and Pineapple, Homemade

## Nutrition Information

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

## Ingredients

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

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

Parfait, Strawberry

## Nutrition Information

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

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

Parfait, Mandarin Orange

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Parfait, Strawberry Banana

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Parfait, Apple

## Nutrition Information

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

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

Parfait, Peach

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Parfait, Blueberry

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Parfait, Pineapple

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Salad, Veggie

## Nutrition Information

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

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

Salad, Chicken Caesar

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>3 Cup</b>	735787	LETTUCE ROMAINE CHOP 6-2# RSS	
<b>3 Ounce</b>	110530	CHIX DCD 40 COMM	
<b>6 Each</b>	748510	CROUTON MULTIGR CHS GARL 10- 2# GFS	
<b>1 Ounce</b>	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

<b>Servings:</b>	72.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Ground Beef, Homemade

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>20 Pound</b>	110520	BEEF GRND 40 COMM	
<b>1 1/4 Cup</b>	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

<b>Servings:</b>	120.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Beans, Refried Homemade

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Condiments or Other
<b>HACCP Process:</b>	Same Day Service

Pesto, Homemade

## Nutrition Information

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

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Sandwich, Hot Turkey

## Nutrition Information

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