

# Cookbook for Test School District 2

Created by HPS Menu Planner

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# Beans Baked MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Beans Baked MTG

## Nutrition Information

<b>Calories</b>	176.66	<b>Protein</b>	7.57g
<b>Fat</b>	1.26g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	36.59g	<b>Fiber</b>	6.31g
<b>Sugar</b>	15.14g	<b>Sodium</b>	694.01mg
<b>Iron</b>	2.27mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	50.47mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Gallon	520098	BEAN BAKED 6-10 BUSH	

## Preparation Instructions

WASH HANDS.

,1. Open can and pour beans into steam table pan(s).

,2. Heat through.

,3. Serve.

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

,Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

,Updated December 2013

# Beans Green Sesame MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Beans Green Sesame MTG

## Nutrition Information

<b>Calories</b>	13.23	<b>Protein</b>	0.60g
<b>Fat</b>	0.38g	<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	2.40g	<b>Fiber</b>	1.11g
<b>Sugar</b>	0.60g	<b>Sodium</b>	45.98mg
<b>Iron</b>	0.34mg	<b>Vitamin C</b>	5.38mg
<b>Vitamin A</b>	227.70IU	<b>Calcium</b>	12.21mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>30 Cup</b>	857424	BEAN GREEN BUSHEL 26 P/L	+/- 10 lbs
<b>1 1/4 Tablespoon</b>	348630	OIL SESAME PURE 10-56Z ROLN	SAUTE  Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.
<b>1 1/4 Tablespoon</b>	432061	OIL OLIVE PURE 4- 3LTR GFS	
<b>2 Teaspoon</b>	748590	SALT SEA 36Z TRDE	
<b>1 1/4 Tablespoon</b>	513806	SPICE SESAME SEED HULLED 19Z TRDE	

## Preparation Instructions

WASH HANDS.

,1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

,2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

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,CCP: Hot hold for service at 135°F or above.

,Note: Boil beans within 1 hour of service.

,They tend to overheat and turn grey after 1 hour

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,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

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# Bowl Asian Mashed Potato MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Bowl Asian Mashed Potato MTG

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
200 1/2 Cup	578754	POTATO MASHED FRSH 4-6 GFS	
400 Each	770817	BEEF DIPPERS WONDER BITE 400- .7Z PIER	BAKE Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate
300 Ounce	581992	PEPPERS RED DCD 3/8 2-3 RSS	
3 1/4 Gallon	699673	BROCCOLI FLORET 100-2Z MI LOCAL	

## Preparation Instructions

WASH HANDS.

,1. Cook potatoes according to recipe/package instructions.

,2. Bake the beef according to manufacturer instructions.

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

,3. Steam or saute the bell peppers until tender.

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

,5. Serve warm.

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

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



# Calzone Three Cheese MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Calzone Three Cheese MTG

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	658591	CALZONE 3CHS WGRAIN 60-4.69Z GILARDI	

## Preparation Instructions

Directions:

,0: Wash hands.

,1: 1. Thaw under refrigeration.

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

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

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, Notes:

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# Cauliflower Parslied MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Cauliflower Parslied MTG

## Nutrition Information

<b>Calories</b>	19.67	<b>Protein</b>	0.30g
<b>Fat</b>	1.34g	<b>SaturatedFat</b>	0.85g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	3.65mg
<b>Carbohydrates</b>	1.20g	<b>Fiber</b>	0.30g
<b>Sugar</b>	0.60g	<b>Sodium</b>	7.50mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	6.30mg
<b>Vitamin A</b>	48.69IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
30 Cup	610882	CAULIFLOWER 6-4 GFS	+/- 17 lbs
3/4 Cup	299405	BUTTER PRINT UNSLTD GRD AA 36-1 GFS	
3/4 Cup	513989	SPICE PARSLEY FLAKES 11Z TRDE	

## Preparation Instructions

WASH HANDS.

,1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

,2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

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,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

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

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,3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

,4. Serve using a 4 oz spoodle or menued portion.

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,Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

# Cavatini Cowboy MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Cavatini Cowboy MTG

## Nutrition Information

<b>Calories</b>	238.47	<b>Protein</b>	15.50g
<b>Fat</b>	16.14g	<b>SaturatedFat</b>	6.80g
<b>Trans Fat</b>	1.02g	<b>Cholesterol</b>	54.90mg
<b>Carbohydrates</b>	8.27g	<b>Fiber</b>	1.60g
<b>Sugar</b>	4.74g	<b>Sodium</b>	573.57mg
<b>Iron</b>	2.37mg	<b>Vitamin C</b>	3.79mg
<b>Vitamin A</b>	826.63IU	<b>Calcium</b>	55.53mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	551321	PASTA PENNE PLUS 2-10 BARILLA	BOIL Cooking Time: 10 Minutes // Pre-cooking time: 7 Minutes
17 Pound	158704	BEEF GRND 80/20 3-10 GFS	
2 1/2 Gallon	306347	SAUCE TOMATO MW 6-10 GCHC	
1/4 Cup	748570	SEASONING ANCHO CHILI 21Z TRDE	
4 3/4 Cup	421812	CHEESE MOZZ 2 SHRD FTHR 4-5 PG	

## Preparation Instructions

Wash Hands.

,1. Brown beef and drain.

,CCP: Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.

,2. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes.

,3. Add cooked pasta to meat mixture. Mix well and divide into 2" steam pans.

,4. Sprinkle with mozzarella cheese.

,5. Bake at Convection oven: 325° F for 30-40 minutes or Conventional oven: 350° F for 40-45 minutes.

,6. Serve hot with 6z Spoodle

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,CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

,6z Spoodle provides: 2.25 oz M/MA, 1 oz. eq. of grain and 1/4 cup of red/orange vegetable

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,Updated January 2016

# Fajita Turkey Honey Lime MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Fajita Turkey Honey Lime MTG

## Nutrition Information

<b>Calories</b>	299.85	<b>Protein</b>	20.65g
<b>Fat</b>	8.04g	<b>SaturatedFat</b>	3.36g
<b>Trans Fat</b>	0.04g	<b>Cholesterol</b>	45.09mg
<b>Carbohydrates</b>	34.05g	<b>Fiber</b>	4.21g
<b>Sugar</b>	5.23g	<b>Sodium</b>	741.35mg
<b>Iron</b>	2.02mg	<b>Vitamin C</b>	6.64mg
<b>Vitamin A</b>	27.68IU	<b>Calcium</b>	41.99mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
18 3/4 Pound	848786	TURKEY BRST OVN RST 2-8AVG BRICK	
1 Cup	292702	OIL SALAD VEG SOY CLR NT 6-1GAL GFS	
1/2 Cup	225614	HONEY CLOVER 4-6 GFS	
1/2 Cup	541711	JUICE LIME FRSH 1-32FLZ NAT BRANDS	
1 33/100 Tablespoon	331473	SPICE CHILI POWDER MILD 16Z TRDE	
1 33/100 Tablespoon	224839	SPICE GARLIC POWDER 21Z TRDE	
20 Ounce	198706	ONION SPANISH COLOSS 50 MARKON	
5 Cup	592315	PEPPERS GREEN LRG 5 P/L	

Measurement	DistPart #	Description	Preparation Instructions
200 Each	882690	TORTILLA FLOUR ULTRGR 6 30-12CT	

## Preparation Instructions

WASH HANDS.

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

,1. Cut turkey breast into fajita strips, 1/4" wide by 2-3" long.

,2. Place turkey strips into steam table pan.

,3. Add oil, honey, lime juice, chili powder, & garlic powder.

,4. Mix well to combine.

,5. Cover & marinate in the refrigerator for 2-3 hours.

,6. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake, uncovered, in 325°F convection oven for 25-30 minutes.

,CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.

,7. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.

,8. Warm tortillas in a warmer or steamer.

,9. To serve, put a #8 scoop of hot turkey mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.

,CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER.

,Child Nutrition: 2 Each provides= 1.5 oz meat and 2 oz eq grain

,Updated October 2013

# Fries Sweet Potato Crinkle MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Fries Sweet Potato Crinkle MTG

## Nutrition Information

<b>Calories</b>	119.86	<b>Protein</b>	2.00g
<b>Fat</b>	4.49g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	16.98g	<b>Fiber</b>	3.00g
<b>Sugar</b>	4.99g	<b>Sodium</b>	179.79mg
<b>Iron</b>	0.36mg	<b>Vitamin C</b>	2.40mg
<b>Vitamin A</b>	3495.89IU	<b>Calcium</b>	19.98mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
19 3/4 Pound	628100	FRIES SWT POT DP GROOVE 7/16 6-2.5	

## Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3: 17 oz svg = 1/2 c. red/orange vegetable



# Fruit & Cheese Kabob MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	Same Day Service

Fruit & Cheese Kabob MTG

## Nutrition Information

<b>Calories</b>	56.28	<b>Protein</b>	0.30g
<b>Fat</b>	0.25g	<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.47mg
<b>Carbohydrates</b>	13.95g	<b>Fiber</b>	1.41g
<b>Sugar</b>	11.91g	<b>Sodium</b>	9.07mg
<b>Iron</b>	0.30mg	<b>Vitamin C</b>	151.88mg
<b>Vitamin A</b>	52.02IU	<b>Calcium</b>	18.14mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 3/4 Gallon	212768	STRAWBERRY CLAMSHELL 8 MRKN	
1 3/5 Gallon	596914	GRAPE RED SDLSS 5 P/L	
25 Cup	200565	MELON MUSK CANTALOUPE 12CT MFC	
6 1/4 Pound	471461	CHEESE COLBY JK CUBED 6-1 GFS	

## Preparation Instructions

WASH HANDS.

,WASH FRESH PRODUCE UNDER COOL RUNNING WATER. SCRUB OUTSIDE OF MELONS. RINSE & DRAIN WELL.

,1. Trim strawberries and Melon. Cut melon into bite size chunks using a melon baller or knife (make sure they are large enough to fit onto the skewer).

,2. Using medium-size kabob skewers, place 1/4 cup of each fruit as well as 1 ounce of cheese onto skewers in an alternating pattern. This may take 2-3 skewers.

,3. Serve.

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,CCP: COLD FOOD HELD FOR LATER SERVICE, MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,1 Serving provides: 1 oz. Meat/Meat Alternate, and 3/4 cup fruit

,Updated October 2013  
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# Hamburger Deluxe MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Hamburger Deluxe MTG

## Nutrition Information

<b>Calories</b>	358.56	<b>Protein</b>	18.47g
<b>Fat</b>	16.02g	<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	1.00g	<b>Cholesterol</b>	45.24mg
<b>Carbohydrates</b>	38.90g	<b>Fiber</b>	7.47g
<b>Sugar</b>	9.36g	<b>Sodium</b>	491.87mg
<b>Iron</b>	3.31mg	<b>Vitamin C</b>	11.63mg
<b>Vitamin A</b>	715.30IU	<b>Calcium</b>	100.53mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	100650	BEEF PTY CKD W/SOY CN 90-2.5Z GFS	BAKE  From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.
100 Each	517810	BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	
20 Cup	199001	TOMATO 6X6 LRG 10 MRKN	1 Slice
100 Ounce	307769	LETTUCE ICEBERG FS 4-6CT MRKN	1 Leaf
100 Package	571720	KETCHUP PKT 1000- 9GM FOH CRWNCOLL	

Measurement	DistPart #	Description	Preparation Instructions
1 3/5 Quart	429406	MAYONNAISE LT 4-1GAL GFS	

## Preparation Instructions

WASH HANDS.

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

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

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

,Updated October 2013

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# Hot Dog on WG Bun MTG

<b>Servings:</b>	100.00
<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 MTG

## Nutrition Information

<b>Calories</b>	260.00	<b>Protein</b>	11.00g
<b>Fat</b>	12.50g	<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	50.00mg
<b>Carbohydrates</b>	28.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	7.00g	<b>Sodium</b>	500.00mg
<b>Iron</b>	1.60mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	110.67mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	517830	BUN HOT DOG WHEAT WHL 12-12CT GFS	
100 Each	570662	FRANK TKY/BEEF R/SOD 8/ 4-5 KE	
100 Package	571720	KETCHUP PKT 1000-9GM FOH CRWNCOLL	

## Preparation Instructions

WASH HANDS.

,1. Place 1 hot dog in each bun.

,Convection oven: 350°F

,Conventional oven: 400°F

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

,2. Serve within 3 hours.

,3. Serve with ketchup packet (optional).

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

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

,Updated January 2016

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# Ravioli w/Sauce MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Ravioli w/Sauce MTG

## Nutrition Information

<b>Calories</b>	217.85	<b>Protein</b>	15.95g
<b>Fat</b>	4.42g	<b>SaturatedFat</b>	1.74g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	50.00mg
<b>Carbohydrates</b>	28.20g	<b>Fiber</b>	2.42g
<b>Sugar</b>	4.79g	<b>Sodium</b>	488.93mg
<b>Iron</b>	1.59mg	<b>Vitamin C</b>	0.57mg
<b>Vitamin A</b>	341.95IU	<b>Calcium</b>	168.93mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	405170	PAN COAT SPRAY 6-21Z GFS	Spray to Coat

Measurement	DistPart #	Description	Preparation Instructions
300 Each	553982	RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	BOIL  Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.
1 1/2 Gallon	416096	SAUCE SPAGHETTI NO SALT 6- 106Z PREGO	

## Preparation Instructions

WASH HANDS.

,1. Place ravioli and spaghetti sauce into a hotel pan, lightly coated with cooking spray.

,2. Bake in 350 degree F oven for 20-25 minutes or until heated through.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140 DEGREES F FOR A MINIMUM OF 15 SECONDS.

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

,3. Serve 3 ravioli each, topped off with 1/4 cup of spaghetti sauce.

,Child Nutrition: 1 serving = 2 oz meat/meat alternate, 1 oz eq grain, 1/4 c. red/orange vegetable



# Rolls Mini Cinnamon MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Rolls Mini Cinnamon MTG

## Nutrition Information

<b>Calories</b>	240.00	<b>Protein</b>	5.00g
<b>Fat</b>	7.00g	<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	39.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	15.00g	<b>Sodium</b>	270.00mg
<b>Iron</b>	1.44mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	40.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Package	894291	ROLL MINI CINNIS IW 72-2.29Z PILLS	BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

## Preparation Instructions

WASH HANDS.

1. Preheat oven to 350°F.
2. Place pouches on single layer on baking sheet.
3. Heat for 5-7 minutes for convection oven; heat for 10-12 minutes for conventional oven.

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

,4. Serve.

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

,Serving: 1 each provides 2 oz eq grains

,Updated: 12/15/2014

# Salad Cucumber Creamy MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Salad Cucumber Creamy MTG

## Nutrition Information

<b>Calories</b>	62.93	<b>Protein</b>	0.38g
<b>Fat</b>	2.05g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	19.20mg
<b>Carbohydrates</b>	11.56g	<b>Fiber</b>	0.38g
<b>Sugar</b>	4.52g	<b>Sodium</b>	97.28mg
<b>Iron</b>	0.19mg	<b>Vitamin C</b>	2.02mg
<b>Vitamin A</b>	99.03IU	<b>Calcium</b>	10.65mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Quart	429406	MAYONNAISE LT 4-1GAL GFS	
1 Cup	629640	VINEGAR WHT DISTILLED 5 4-1GAL GFS	
1/2 Cup	513938	SPICE DILL WEED 5Z TRDE	
1 Teaspoon	513776	SPICE PEPR WHITE GRND 17Z TRDE	
1/2 Cup	513997	SPICE ONION MINCED 12Z TRDE	
11 Tablespoon	108642	SUGAR CANE GRANUL 25 GFS	
64 Cup	198587	CUCUMBER SELECT SUPER 45 MRKN	+/- 22 lbs

## Preparation Instructions

WASH HANDS.

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

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

# Salad Mixed Green MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Salad Mixed Green MTG

## Nutrition Information

<b>Calories</b>	18.60	<b>Protein</b>	0.52g
<b>Fat</b>	0.06g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	4.07g	<b>Fiber</b>	1.36g
<b>Sugar</b>	1.45g	<b>Sodium</b>	2.30mg
<b>Iron</b>	0.78mg	<b>Vitamin C</b>	6.78mg
<b>Vitamin A</b>	4496.01IU	<b>Calcium</b>	24.89mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
10 1/2 Pound	305812	LETTUCE ROMAINE 24CT MRKN	+/- 100 Shredded Cups
8 1/2 Cup	199001	TOMATO 6X6 LRG 10 MRKN	+/- 7 lbs
30 Cup	198587	CUCUMBER SELECT SUPER 45 MRKN	+/- 10 lbs

## Preparation Instructions

WASH HANDS.

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

- ,1. Place washed lettuce into a mixing bowl.
- ,2. Core and dice tomatoes.
- ,3. Slice cucumbers into 1/4" slices.
- ,4. Combine tomatoes and cucumbers.
- ,5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

,  
,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

,

# Scoops Fiesta

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Scoops Fiesta

## Nutrition Information

<b>Calories</b>	338.94	<b>Protein</b>	15.62g
<b>Fat</b>	11.31g	<b>SaturatedFat</b>	3.59g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	21.93mg
<b>Carbohydrates</b>	44.15g	<b>Fiber</b>	9.71g
<b>Sugar</b>	2.92g	<b>Sodium</b>	587.72mg
<b>Iron</b>	2.67mg	<b>Vitamin C</b>	12.35mg
<b>Vitamin A</b>	8426.86IU	<b>Calcium</b>	171.75mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Package	696871	CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	
11 1/4 Pound	776548	TACO FILLING BEEF 4-5 GFS	
1 3/5 Gallon	261475	BEAN PINTO 6-10 GFS	
1 3/5 Gallon	598002	BEAN KIDNY RD DK LO SOD 6-10 P/L	
25 Cup	592293	CARROT JUMBO 10 P/L	
1 3/5 Ounce	786543	TOMATO ROMA DCD 3/8 2-5 RSS	
1 3/5 Gallon	451730	LETTUCE ROMAINE RIBBONS 6-2 RSS	
6 1/4 Cup	191043	CHEESE CHED MLD SHRD FINE 4-5 GFS	

## Preparation Instructions

## Wash Hands

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

,1. Mix together meat, beans, carrots and tomatoes.

,CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.

,2. Pour contents of an .875 oz. bag of Baked Tostitos Scoops on a serving plate. Add 1 3/8 cup of the chili mixture, and cover with shredded cheese, lettuce and other desired toppings.

,CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

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

,side and spoon in chili mixture and add toppings.

,1 Serving provides: 1.25 oz eq grain, 1.5 oz meat/meat alternate, 1/2 cup red/orange vegetable, 1/2 cup beans/legumes vegetable and 1/8 cup dark green vegetable

,Updated March 2012



# Salad Spinach Side MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Salad Spinach Side MTG

## Nutrition Information

<b>Calories</b>	12.78	<b>Protein</b>	0.34g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	2.78g	<b>Fiber</b>	1.33g
<b>Sugar</b>	0.55g	<b>Sodium</b>	26.34mg
<b>Iron</b>	0.84mg	<b>Vitamin C</b>	22.07mg
<b>Vitamin A</b>	3228.64IU	<b>Calcium</b>	25.27mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
6 1/4 Gallon	560545	SPINACH BABY CLND 2-2 RSS	
8 1/2 Cup	199001	TOMATO 6X6 LRG 10 MRKN	+/- 7 lbs
30 Cup	592323	CUCUMBER SELECT 6CT P/L	+/- 10 lbs

## Preparation Instructions

WASH HANDS.

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

1. Place spinach into a mixing bowl.
2. Core and dice tomatoes.
3. Chop cucumbers.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

,  
,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

,Updated October 2013

# Sandwich Bagel Turkey & Chs MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Sandwich Bagel Turkey & Chs MTG

## Nutrition Information

<b>Calories</b>	283.24	<b>Protein</b>	24.16g
<b>Fat</b>	7.19g	<b>SaturatedFat</b>	3.33g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	59.26mg
<b>Carbohydrates</b>	30.10g	<b>Fiber</b>	4.30g
<b>Sugar</b>	4.80g	<b>Sodium</b>	368.08mg
<b>Iron</b>	2.66mg	<b>Vitamin C</b>	1.30mg
<b>Vitamin A</b>	733.16IU	<b>Calcium</b>	121.59mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	230264	BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	
12 1/2 Pound	211729	TURKEY PULLED WHT CKD 2-5 GCHC	
100 Slice	271411	CHEESE AMER 160CT SLCD 4-5 GFS	
20 Cup	702595	LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 leaf of lettuce (5 Heads of Lettuce)
20 Each	508616	TOMATO RANDOM 2 25 MRKN	1 thin slice of tomato

## Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

,1. Slice turkey.

,2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.

,3. Place other half of bagel over top.

,4. Serve.

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

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

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

# Sandwich Cheesy Bean Twister WGrain MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Sandwich Cheesy Bean Twister WGrain MTG

## Nutrition Information

<b>Calories</b>	328.15	<b>Protein</b>	14.11g
<b>Fat</b>	6.85g	<b>SaturatedFat</b>	1.51g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	6.00mg
<b>Carbohydrates</b>	52.30g	<b>Fiber</b>	9.66g
<b>Sugar</b>	3.54g	<b>Sodium</b>	850.64mg
<b>Iron</b>	3.65mg	<b>Vitamin C</b>	7.00mg
<b>Vitamin A</b>	438.54IU	<b>Calcium</b>	201.39mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>100 Each</b>	696831	BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	
<b>3 1/4 Gallon</b>	293962	BEAN REFRD 6-10 GRSZ	
<b>1 3/5 Gallon</b>	246131	TOMATO DCD I/JCE MW 6-10 GFS	
<b>5 Cup</b>	191043	CHEESE CHED MLD SHRD FINE 4-5 GFS	

## Preparation Instructions

WASH HANDS.

1. Place bread on parchment-lined or pan-sprayed full sheet pan to thaw.
  2. Spread each piece of bread with 1/2 cup beans to within 1/2 inch from the edge. Top with tomatoes and shredded cheese.
  3. Roll up to form a log. Cut the log in 1/2.
  4. Bake for 11-15 minutes at 350 for a convection oven, or 16-20 minutes at 400 degrees in a standard oven.
- ,CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.

,CCP: Hot food held for later service must maintain a minimum internal temperature of 135°F.

,5. Serve within 3 hours.

,Child Nutrition: 1 Each (2 halves) provides=

,2 oz eq grains, 1/2 cup beans/peas, 1/4 cup red/orange vegetable, and 1 oz meat alternate

,OR

,2 oz eq grains, 3 oz meat/meat alternate, and 1/4 cup red/orange vegetable

,Updated October 2013

# Sandwich Chicken Patty MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Sandwich Chicken Patty MTG

## Nutrition Information

<b>Calories</b>	392.96	<b>Protein</b>	20.47g
<b>Fat</b>	15.00g	<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	25.00mg
<b>Carbohydrates</b>	44.80g	<b>Fiber</b>	9.47g
<b>Sugar</b>	7.33g	<b>Sodium</b>	595.67mg
<b>Iron</b>	3.31mg	<b>Vitamin C</b>	11.54mg
<b>Vitamin A</b>	599.76IU	<b>Calcium</b>	100.53mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	517810	BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	
100 Each	558061	CHIX PTY BRD WGRAIN 3.26Z 4-7.7	
20 Cup	199001	TOMATO 6X6 LRG 10 MRKN	1 slice
100 Ounce	307769	LETTUCE ICEBERG FS 4-6CT MRKN	1 leaf

## Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN. 1. Cook chicken patty as directed on package.

,2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.

,3. Serve.

,4. Allow student to select condiment of choice.

,Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable Updated October

2013

,



# Sandwich Turkey Burger MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Sandwich Turkey Burger MTG

## Nutrition Information

<b>Calories</b>	283.06	<b>Protein</b>	19.81g
<b>Fat</b>	11.00g	<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	40.00mg
<b>Carbohydrates</b>	30.82g	<b>Fiber</b>	6.81g
<b>Sugar</b>	6.01g	<b>Sodium</b>	369.07mg
<b>Iron</b>	2.72mg	<b>Vitamin C</b>	9.17mg
<b>Vitamin A</b>	699.76IU	<b>Calcium</b>	67.33mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	517810	BUN HAMB SLCD WHEAT WHL 4 10- 12 GFS	
100 Each	897690	TURKEY BRGR FLAMEBR 90-2.5Z ADV	BAKE  From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.
20 Cup	199001	TOMATO 6X6 LRG 10 MRKN	1 slice
1 Ounce	307769	LETTUCE ICEBERG FS 4- 6CT MRKN	1 leaf

## Preparation Instructions

WASH HANDS.

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

,

,1. Cook chicken patty as directed on package.

,2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.

,3. Serve.

,4. Allow student to select condiment of choice.

,

,Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013

# Taco Walking MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Taco Walking MTG

## Nutrition Information

<b>Calories</b>	248.00	<b>Protein</b>	10.77g
<b>Fat</b>	11.76g	<b>SaturatedFat</b>	3.86g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	23.53mg
<b>Carbohydrates</b>	24.52g	<b>Fiber</b>	3.01g
<b>Sugar</b>	1.76g	<b>Sodium</b>	440.99mg
<b>Iron</b>	1.36mg	<b>Vitamin C</b>	4.52mg
<b>Vitamin A</b>	628.00IU	<b>Calcium</b>	109.88mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Package	696871	CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	
12 1/2 Pound	776548	TACO FILLING BEEF 4-5 GFS	
6 1/4 Cup	191043	CHEESE CHED MLD SHRD FINE 4-5 GFS	
7 Pound	452841	SALSA 103Z 6-10 REDG	READY_TO_EAT
1 3/5 Ounce	242489	LETTUCE SHRD TACO 1/8CUT 4-5 RSS	

## Preparation Instructions

WASH HANDS.

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

,1. In a tilt-skillet, cook beef and drain fat.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

,2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

,3. Crush individual bags of chips and open.

,3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

,4. Serve.

,Child Nutrition: 1 Each provides=

,1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

,OR

,1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

,Updated October 2013

# Toasted Cheese Sandwich

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Toasted Cheese Sandwich

## Nutrition Information

<b>Calories</b>	304.35	<b>Protein</b>	11.00g
<b>Fat</b>	13.68g	<b>SaturatedFat</b>	6.70g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	32.30mg
<b>Carbohydrates</b>	37.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	7.00g	<b>Sodium</b>	711.91mg
<b>Iron</b>	2.27mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	371.38IU	<b>Calcium</b>	247.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 1/2 Cup	191205	BUTTER PRINT SLTD GRD AA 36-1 GFS	
200 Slice	204822	BREAD WGRAIN HNY WHT 16-24Z GFS	
200 Slice	150260	CHEESE AMER 160CT SLCD 6-5 COMM	

## Preparation Instructions

Directions:

,1: Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5

,2: Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.

,3: Top each slice of bread with 2 slices (2 oz) of cheese.

,4: Cover with remaining bread slices.

,5: Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

,6: Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

,6: CCP: Heat to 140° F or higher.

,7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

,

, Notes:

,1: Comments:

,2: \*See Marketing Guide.

,

# WGrain Mini Strawberry WGrain MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

WGrain Mini Strawberry WGrain MTG

## Nutrition Information

<b>Calories</b>	220.00	<b>Protein</b>	4.00g
<b>Fat</b>	6.00g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	40.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	14.00g	<b>Sodium</b>	130.00mg
<b>Iron</b>	0.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	20.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Package	269230	PANCAKE STRAWB WGRAIN IW 72-3.17Z	READY_TO_EAT  Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

## Preparation Instructions

WASH HANDS.

1. Preheat oven to 350°F.
2. Place pouches on single layer on baking sheet.
3. Heat for 13-15 minutes for convection oven; heat for 8-10 minutes for conventional oven.

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

,4. Serve.

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

,Serving: 1 pouch provides 2 oz eq grains

,Updated: 12/15/2014



# Chicken Wings Boneless WGrain

<b>Servings:</b>	150.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken Wings Boneless WGrain

## Nutrition Information

<b>Calories</b>	250.00	<b>Protein</b>	17.50g
<b>Fat</b>	11.75g	<b>SaturatedFat</b>	2.38g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	25.00mg
<b>Carbohydrates</b>	18.50g	<b>Fiber</b>	2.70g
<b>Sugar</b>	6.00g	<b>Sodium</b>	527.50mg
<b>Iron</b>	0.90mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>750 Each</b>	561301	CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	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.
<b>150 Each</b>	492932	DRESSING HNY MSTRD PKT 100-1FLZ	READY_TO_EAT  fully cooked

## Preparation Instructions

Directions:

WASH HANDS.

APPLIANCES VARY, ADJUST ACCORDINGLY.

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

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

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

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

2. Serve and allow student to select condiment preference.

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

Updated December 2014

Notes:

# Turkey & Cheese Sub on Pretzel Bun

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Turkey and American cheese sandwich on a pretzel b

## Nutrition Information

<b>Calories</b>	196.67	<b>Protein</b>	10.67g
<b>Fat</b>	4.00g	<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.00mg
<b>Carbohydrates</b>	29.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g	<b>Sodium</b>	153.33mg
<b>Iron</b>	1.92mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	20.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	500162	ROLL PRETZEL WGRAIN 120-2.2Z J&J	
200 Ounce	244190	TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	
50 Ounce	666204	American Cheese Sliced RF	

## Preparation Instructions

Assemble bagel sandwich place 2 oz. sliced turkey and 1 slice of American Cheese on a pretzel bun.

# Beef & Cheese Nachos

<b>Servings:</b>	150.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

tortilla chips with seasoned ground beef and chedd

## Nutrition Information

<b>Calories</b>	485.43	<b>Protein</b>	23.11g
<b>Fat</b>	27.64g	<b>SaturatedFat</b>	9.20g
<b>Trans Fat</b>	0.27g	<b>Cholesterol</b>	63.12mg
<b>Carbohydrates</b>	42.73g	<b>Fiber</b>	5.89g
<b>Sugar</b>	1.89g	<b>Sodium</b>	686.25mg
<b>Iron</b>	3.50mg	<b>Vitamin C</b>	5.11mg
<b>Vitamin A</b>	896.14IU	<b>Calcium</b>	279.85mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
450 Ounce	722330	TACO FILLING BEEF REDC FAT 6-5# COMM	
150 Package	682210	TORTILLA YELLOW RND 40-2Z BRRLOFUN	
37 1/2 Cup	150250	CHEESE CHED MLD SHRD 4-5# COMM	

## Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz (1/3 cup or #12 scoop) and 1/4 cup shredded cheese.

# Rolls (Yeast)

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Grain
<b>HACCP Process:</b>	Same Day Service

Rolls (Yeast)

## Nutrition Information

<b>Calories</b>	133.51	<b>Protein</b>	3.59g
<b>Fat</b>	5.19g	<b>SaturatedFat</b>	0.88g
<b>Trans Fat</b>	0.08g	<b>Cholesterol</b>	0.45mg
<b>Carbohydrates</b>	19.13g	<b>Fiber</b>	1.55g
<b>Sugar</b>	4.99g	<b>Sodium</b>	299.75mg
<b>Iron</b>	0.82mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	15.00IU	<b>Calcium</b>	5.79mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Ounce	453722	YEAST DRY 12-2 RDSTR	
1 Gallon	515002	FLOUR ULTRAGRAIN 50 HLCHC	
3 Cup	311065	MILK PWD FF INST 6-5 P/L	
2 Cup	108642	SUGAR CANE GRANUL 25 GFS	
1/4 Cup	108308	SALT IODIZED 24-26Z GFS	
2 Cup	292702	OIL SALAD VEG SOY CLR NT 6-1GAL GFS	
2 Tablespoon	733061	MARGARINE SLD 30-1 GFS	

## Preparation Instructions

Directions:

Dissolve dry yeast in warm water. Let stand for 4-5 minutes

Place flour, dry milk, sugar, and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed.

Add oil and blend for approximately 2 minutes on low speed.

Add water. Mix for 1 minute for 2 minutes on low speed.

Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.

Add dissolved yeast and mix for 2 minutes on low speed.

Place dough in warm area (about 90° F) for 45-60 minutes

Punch down dough to remove air bubbles.

Form rolls from dough by pinching off 2 oz pieces and shaping. Place rolls in rows of 5 across and 10 down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Place in a warm area (about 90° F) until double in size, 30-50 minutes.

Bake until lightly browned: Conventional oven: 400° F for 18-20 minutes Convection oven: 350° F for 12-14 minutes

Optional: Brush lightly with melted margarine (approximately 1 Tbsp per pan) while warm.

Notes:

1: Special Tip:

2: To use high-activity (instant

3: ) yeast, follow di

4: rections below or manufacturer's

5: instructions.

6: For 50 servings, omit step 1. In step

7: 2, add ¼ cup high-activity (instant)

8: yeast. Continue with step

9: 3. In step 4, add 1 qt wa

10: ter (110° F). Omit step 5.

11: In step 6, knead for 10 minute

12: s. Continue with steps 7-12.

13: For 100 servings, omit step 1. In step

14: 2, add 2 ½ oz (½ cup) high-activity

15: (instant) yeast. Continue with step 3. In

16: step 4, add 2 qt water (110° F). Omit

17: step 5. In step 6, knead for 10

18: minutes. Continue with steps 7-12.

19: Variation:

20: A. Frankfurter Rolls

21: 50 and 100 servings: Follow steps 1-8. In step 9, shape 2 oz pieces of dough to approximately 2 1/2" x 6 1/2". Place rolls in rows of 8 down and 4 across on sheet pans which have been lightly coated with pan release spray. Continue with steps 10-12.

22: B. Hamburger Rolls

23: 50 and 100 servings: Follow steps 1-8. In step 9, shape and flatten 2 oz pieces of dough to approximately 4" in diameter. Place rolls in rows of 6 down and 4 across on sheet pans which have been lightly coated with pan release spray. Continue with steps 10-12.

24: C. Wheat Rolls

25: 50 servings: Follow step 1. In step 2 use 1 lb 13 oz (1 2 1/2 cups) Whole wheat/enriched blend flour and 1 lb 13 oz (1 qt 2 3/4 cups) whole wheat flour. Continue with steps 3-12.

26: 100 servings: Follow step 1. In step 2, use 3 lb 10 oz (3 qt 1 cup) Whole wheat/enriched blend flour and 3 lb 10 oz (3 qt 1 1/2 cups) whole wheat flour. Continue with steps 3-12.

27: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress

# Beef Taco

<b>Servings:</b>	150.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Soft shell beef tacos

## Nutrition Information

<b>Calories</b>	272.54	<b>Protein</b>	19.29g
<b>Fat</b>	12.72g	<b>SaturatedFat</b>	6.79g
<b>Trans Fat</b>	0.27g	<b>Cholesterol</b>	52.11mg
<b>Carbohydrates</b>	18.38g	<b>Fiber</b>	2.83g
<b>Sugar</b>	3.90g	<b>Sodium</b>	590.65mg
<b>Iron</b>	3.18mg	<b>Vitamin C</b>	9.43mg
<b>Vitamin A</b>	1014.81IU	<b>Calcium</b>	183.11mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
150 Each	702633	TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	
28 3/23 Pound	722330	TACO FILLING BEEF REDC FAT 6-5# COMM	4/5# bags Use scoop #16
1 1/2 Gallon	150250	CHEESE CHED MLD SHRD 4-5# COMM	1/5# bags use scoop #30
3/4 Cup	755826	LETTUCE BLND ROMAINE MXD 4-5 RSS	6.25 # of lettuce serve 1/2 cup lettuce per taco
9 19/50 Pound	786543	TOMATO ROMA DCD 3/8 2-5 RSS	Use scoop # 30 1 oz. of diced tomatoes per taco

## Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.



## Basic Preparation

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

### OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

# Marinated Cole Slaw

<b>Servings:</b>	150.00
<b>Serving Size:</b>	1.00 Cup
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Vinegar based coleslaw

## Nutrition Information

<b>Calories</b>	143.87	<b>Protein</b>	0.11g
<b>Fat</b>	11.39g	<b>SaturatedFat</b>	1.80g
<b>Trans Fat</b>	0.20g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	10.37g	<b>Fiber</b>	0.24g
<b>Sugar</b>	9.96g	<b>Sodium</b>	96.41mg
<b>Iron</b>	0.15mg	<b>Vitamin C</b>	6.08mg
<b>Vitamin A</b>	28.84IU	<b>Calcium</b>	2.71mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
10 Cup	430795	VINEGAR APPLE CIDER 5 4-1GAL GFS	
7 1/2 Cup	107999	OIL SALAD VEG CLR NT 35 GFS	
7 1/2 Cup	151343	SUGAR CANE GRANUL XTRA FINE 25#	
10 Teaspoon	430947	SEASONING SALT 32Z BADIA	
10 Tablespoon	430989	SPICE PEPR BLK GRND TABLE 16Z BADIA	
10 Teaspoon	224928	SPICE MUSTARD GRND 14Z TRDE	
10 Teaspoon	224677	SPICE CELERY SEED WHOLE 16Z TRDE	
100 Cup	607740	CABBAGE GREEN SHRD 5-3	
7 1/2 Cup	414951	ONION RED MED/LRG 5-10	Thinly sliced

Measurement	DistPart #	Description	Preparation Instructions
7 1/2 Cup	100995	PEPPERS GREEN 12CT P/L	Thinly sliced

## Preparation Instructions

Place thinly sliced cabbage, onion and green pepper in a large bowl.

Be sure the bowl has a lid to cover for marinating.

In a large saucepan, bring vinegar, vegetable oil, sugar, salt, pepper, ground mustard and celery seed to a boil.

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.

# Eggs Scrambled USDA

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 #16 Scoop
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Eggs Scrambled USDA

## Nutrition Information

<b>Calories</b>	54.65	<b>Protein</b>	4.91g
<b>Fat</b>	2.50g	<b>SaturatedFat</b>	0.83g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	120.43mg
<b>Carbohydrates</b>	2.92g	<b>Fiber</b>	0.00g
<b>Sugar</b>	2.36g	<b>Sodium</b>	112.34mg
<b>Iron</b>	0.40mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	166.67IU	<b>Calcium</b>	11.12mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	206539	EGG SHL LRG A GRD 6-30CT GCHC	
6 1/2 Ounce	311065	MILK PWD FF INST 6-5 P/L	
1 Tablespoon	424307	SALT KOSHER 12-3 DIAC	

## Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended.
3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Bake:

Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.

Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.

6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)

7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)

8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

# Sun Butter Hummus

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 #8 Scoop
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Sun Butter Hummus

## Nutrition Information

<b>Calories</b>	187.55	<b>Protein</b>	8.35g
<b>Fat</b>	9.83g	<b>SaturatedFat</b>	1.37g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	18.48g	<b>Fiber</b>	5.14g
<b>Sugar</b>	3.92g	<b>Sodium</b>	310.50mg
<b>Iron</b>	1.38mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	1.05IU	<b>Calcium</b>	64.86mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 31/50 Gallon	118753	BEAN GARBANZO 6-10 GFS	
1 1/2 Quart	529191	JUICE LEMON 4- 1GAL GFS	
1 1/2 Quart	149011	SPREAD SUNFLWR SD 2- 5# SUNBUTTER	<p>READY_TO_EAT</p> <p>To be used as a replacement for peanut butter, ie: sunbutter and jelly sandwiches, dip for fruit, crackers, and veggies. Can be baked in cookie recipes or any recipes calling for PB. When substituting SB in peanut butter recipes (baking only) it may be necessary to reduce the baking soda or baking powder by approx 1/3 otherwise when the product cools down a green color may result. This is not harmful to eat however it is not very appealing.</p>

Measurement	DistPart #	Description	Preparation Instructions
2 1/4 Cup	624211	GARLIC CLOVES SML NAT RSTD 8- 1	
2 Tablespoon	518322	SPICE PEPR BLK COARSE GRND 16Z TRDE	

## Preparation Instructions

### Directions:

Combine all ingredients in a food processor and puree to a smooth consistency.

Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service.

Portion with No. 8 scoop (½ cup).

### Notes:

1: Comments:

2: \*See Marketing Guide.

3: Special Tip:

4: Serve with pita bread;

5: warning for service - contains sunflower seed butter