

Cookbook for Greenville Public Schools

Created by HPS Menu Planner

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Beans Green Sesame MTG

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

Beans Green Sesame MTG

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
30 Cup	857424	BEAN GREEN BUSHEL 26 P/L	+/- 10 lbs
1 1/4 Tablespoon	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.
1 1/4 Tablespoon	432061	OIL OLIVE PURE 4- 3LTR GFS	
2 Teaspoon	748590	SALT SEA 36Z TRDE	
1 1/4 Tablespoon	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.

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

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

Cauliflower Parslied MTG

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

Cauliflower Parslied MTG

Nutrition Information

Calories	19.50	Protein	0.30g
Fat	1.32g	SaturatedFat	0.84g
Trans Fat	0.00g	Cholesterol	3.60mg
Carbohydrates	1.20g	Fiber	0.30g
Sugar	0.60g	Sodium	7.50mg
Iron	0.00mg	Vitamin C	6.30mg
Vitamin A	48.00IU	Calcium	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.

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.

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

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

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

Cavatini Cowboy MTG

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

Cavatini Cowboy MTG

Nutrition Information

Calories	238.55	Protein	15.47g
Fat	16.11g	SaturatedFat	6.79g
Trans Fat	1.02g	Cholesterol	54.80mg
Carbohydrates	8.38g	Fiber	1.62g
Sugar	4.81g	Sodium	579.23mg
Iron	2.39mg	Vitamin C	3.84mg
Vitamin A	838.00IU	Calcium	55.50mg

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

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

Updated January 2016

Hamburger Deluxe MTG

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

Hamburger Deluxe MTG

Nutrition Information

Calories	352.07	Protein	17.99g
Fat	16.10g	SaturatedFat	5.02g
Trans Fat	1.00g	Cholesterol	45.24mg
Carbohydrates	37.49g	Fiber	7.11g
Sugar	8.36g	Sodium	489.65mg
Iron	3.22mg	Vitamin C	7.05mg
Vitamin A	415.42IU	Calcium	96.93mg

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

Hot Dog on WG Bun MTG

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

Hot Dog on WG Bun MTG

Nutrition Information

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

Ham & Cheese Lil Bites

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

Crusty pillows filled with ham and cheese sauce

Nutrition Information

Calories	260.00	Protein	12.00g
Fat	9.00g	SaturatedFat	3.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	30.00g	Fiber	3.00g
Sugar	1.00g	Sodium	530.00mg
Iron	1.08mg	Vitamin C	1.20mg
Vitamin A	400.00IU	Calcium	200.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
8 Each	867412	BITES HAM CHS .5Z 8-72CT LIL BITES	<p>BAKE</p> <p>Cooking Instructions:</p> <p>Convection Oven-</p> <p>Preheat oven to 375° F; arrange frozen Lil' Bites in a single layer on a pan</p> <p>Bake for 6-8 minutes or until hot</p> <p>Let Lil' Bites stand for 2 minutes before eating</p> <p>Filling will be very hot; be cautious on first bite</p> <p>Due to variance in appliances, cooking times and</p> <p>or temperatures</p> <p>may require adjustment to meet a minimum of 160 °</p> <p>DIRECTIONS BASED ON COOKING PRODUCT FROM FROZEN</p>

Preparation Instructions

BBQ Chicken Drumstick

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

These jumbo-sized, 4.4 ounce average chicken legs are fully prepared and feature a tangy, double sweet barbecue sauce glaze for appealing presentation and flavor.

Nutrition Information

Calories	140.00	Protein	12.00g
Fat	8.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	6.00g	Fiber	0.00g
Sugar	1.00g	Sodium	570.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
1 Each	209279	CHIX DRMSTX BBQ CKD 4.4Z 10 TYS	<p>BAKE</p> <p>Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>35 - 40 minutes at 350°F from frozen.</p> <p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>20 - 25 minutes at 325°F from frozen.</p> <p>MICROWAVE</p> <p>Appliances vary, adjust accordingly.</p> <p>Microwave Oven</p> <p>Place drumsticks on a microwave safe plate and heat on HIGH for the following (rotate and turn over drumsticks halfway through total cook time):</p> <p>1 drumstick = 3 to 4 minutes</p> <p>2 drumsticks = 5 to 6 minutes</p> <p>3 drumsticks = 7 to 9 minutes</p> <p>4 drumsticks = 10 to 11 minutes</p>

Preparation Instructions

Beef and Bean Burrito

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

A Mexican-style blend of cheese, seasoned beef, and tender pinto beans is wrapped in flour tortillas

Nutrition Information

Calories	360.00	Protein	16.00g
Fat	15.00g	SaturatedFat	7.00g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	40.00g	Fiber	5.00g
Sugar	3.00g	Sodium	460.00mg
Iron	1.44mg	Vitamin C	1.20mg
Vitamin A	400.00IU	Calcium	100.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	497221	BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	Thawing Instructions THAW UNDER RERIGERATION, DO NOT THAW AT ROOM TEMPERATURE. Preparation Instructions REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED. MICROWAVE AND DEEP FRYING ARE NOT RECOMMENDED. CONVENTIONAL OVEN - 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN 280 DEGREES F FOR 16-22 MINUTES

Preparation Instructions

Thawing Instructions THAW UNDER RERIGERATION, DO NOT THAW AT ROOM TEMPERATURE.

Preparation Instructions REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED. MICROWAVE AND DEEP FRYING ARE NOT RECOMMENDED. CONVENTIONAL OVEN - 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN 280 DEGREES F FOR 16-22 MINUTES

Beef Tacos

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

Reduced fat seasoned beef filling in a tortilla , served with lettuce, cheese, and slasa

Nutrition Information

Calories	337.93	Protein	21.11g
Fat	16.14g	SaturatedFat	9.20g
Trans Fat	0.27g	Cholesterol	63.12mg
Carbohydrates	25.23g	Fiber	4.14g
Sugar	6.89g	Sodium	741.25mg
Iron	2.96mg	Vitamin C	20.61mg
Vitamin A	2492.14IU	Calcium	278.85mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Ounce	722330	TACO FILLING BEEF REDC FAT 6-5# COMM	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.
1 Each	882690	TORTILLA FLOUR ULTRGR 6 30-12CT	
1/4 Cup	150250	CHEESE CHED MLD SHRD 4-5# COMM	

Measurement	DistPart #	Description	Preparation Instructions
1/4 Cup	451730	LETTUCE ROMAINE RIBBONS 6-2 RSS	
1 Each	677802	SALSA CUP 84- 3Z REDG	READY_TO_EAT None

Preparation Instructions

Meat:

Thawing Instructions THAW UNDER REFRIGERATION, DO NOT THAW AT ROOM TEMPERATURE.

Preparation Instructions REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED. MICROWAVE AND DEEP FRYING ARE NOT RECOMMENDED.
CONVENTIONAL OVEN - 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN 280 DEGREES F FOR 16-22 MINUTES.

Place cheese in portioned cups and maintain temp between 35-40 degrees till serving

Hold lettuce between 35 - 40 degrees till serving

Hold salsa between 35 - 40 degrees till serving

Nachos Supreme

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

Nutrition Information

Calories	305.43	Protein	14.11g
Fat	16.64g	SaturatedFat	3.70g
Trans Fat	0.27g	Cholesterol	33.12mg
Carbohydrates	27.73g	Fiber	2.89g
Sugar	2.89g	Sodium	746.25mg
Iron	2.23mg	Vitamin C	5.11mg
Vitamin A	615.14IU	Calcium	57.85mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Ounce	722330	TACO FILLING BEEF REDC FAT 6- 5# COMM	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
1/4 Cup	141931	SAUCE CHS CHED MILD 6-10 MI PUEBLO	HEAT AND SERVE
1 Package	415020	CHIP TORTL BITE SZ 104-SSV TOSTIT	

Preparation Instructions

Follow Thawing and heat directions for taco meat

Souffle cup 3 oz of taco meat

Heat cheese sauce

Souffle cup .25 cup of sauce

Serve with a bag of tortilla chips

Popcorn Chicken

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

Popcorn Chicken

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
11 Each	327120	CHIX POPCORN BRD WGRAIN FC .28Z 4-8	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

Big Daddy's Cheese Pizza

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

Big Daddy's Cheese Pizza

Nutrition Information

Calories	360.00	Protein	21.00g
Fat	16.00g	SaturatedFat	7.00g
Trans Fat	0.00g	Cholesterol	35.00mg
Carbohydrates	35.00g	Fiber	3.00g
Sugar	9.00g	Sodium	490.00mg
Iron	2.70mg	Vitamin C	0.00mg
Vitamin A	400.00IU	Calcium	450.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
72 Slice	667772	PIZZA CHS 16 WGRAIN 4CHS SLCD 3-3CT	Cook from frozen state

Preparation Instructions

Convection Oven: Place 1.5 pizza on a tray. Bake at 350 degrees F for 14-17 minutes, High Fan. Rotate product halfway thru bake cycle.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Marketing Tips

Chicken Drumstick

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

These breaded chicken drumsticks are made with whole grain breading

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
1 Piece	603391	CHIX DRMSTX BRD WGRAIN CKD 4-7.4	<p>BAKE</p> <p>Preparation: Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION</p> <p>Preparation: Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>

Preparation Instructions

Pepperoni Calzone

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

These calzones include a whole grain crust and a filling of 100 percent mozzarella cheese, and Italian beef pepperoni.

Nutrition Information

Calories	340.00	Protein	20.00g
Fat	13.00g	SaturatedFat	5.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	35.00g	Fiber	3.00g
Sugar	5.00g	Sodium	510.00mg
Iron	1.80mg	Vitamin C	8.40mg
Vitamin A	500.00IU	Calcium	250.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	135191	CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	PRODUCT MUST BE SLACKED AND THAWED PRIOR TO COOKING. TAKING THE PRODUCT OUT OF THE FREEZER THE NIGHT BEFORE AND THEN SLACKING IT OFF PRIOR TO COOKING IS THE BEST METHOD.

Preparation Instructions

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

French Toast Sticks

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

This cinnamon-glazed french toast features whole grain bread dipped in egg batter and covered with a sweet cinnamon-sugar glaze.

Nutrition Information

Calories	210.00	Protein	8.00g
Fat	7.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	125.00mg
Carbohydrates	28.00g	Fiber	2.00g
Sugar	8.00g	Sodium	320.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	200.00IU	Calcium	60.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Each	548722	FRENCH TST STIX WGRAIN 300-.96Z SNYFR	BAKE convection oven 325 degrees F. 10-12 minutes thawed, 20-25 minutes frozen

Preparation Instructions

Elem Hot Dog

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

Hot Dog on a Whole Grain Bun

Nutrition Information

Calories	190.00	Protein	9.00g
Fat	8.50g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	21.00g	Fiber	4.00g
Sugar	3.00g	Sodium	625.00mg
Iron	1.42mg	Vitamin C	0.03mg
Vitamin A	8.86IU	Calcium	100.66mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	143537	FRANKS TURKEY CN 10/ 4-5 KE	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
1 Each	517830	BUN HOT DOG WHEAT WHL 12- 12CT GFS	

Preparation Instructions

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

Elem Chicken Tenders

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

These fully cooked, whole-grain breaded chicken tenders are made from white meat, whole muscle chicken

Nutrition Information

Calories	240.00	Protein	19.50g
Fat	12.00g	SaturatedFat	2.25g
Trans Fat	0.00g	Cholesterol	45.00mg
Carbohydrates	12.00g	Fiber	1.50g
Sugar	3.00g	Sodium	330.00mg
Iron	1.62mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Piece	533830	CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	

Preparation Instructions

Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered.

Marketing Tips

Chicken Nuggets

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

Crispy and tender, these chicken chunks are made with a natural proportion of white and dark meat.

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
5 Each	558040	CHIX CHUNKS BRD WGRAIN .66Z 4-7	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.

Preparation Instructions

Bosco Bread Sticks

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

Whole Grain breadsticks stuffed with mozzarella cheese

Nutrition Information

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

Ingredients

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

Cheese Quesadilla

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

This cheese quesadilla offers a bold, Southwestern taste.

Nutrition Information

Calories	320.00	Protein	20.00g
Fat	12.00g	SaturatedFat	6.00g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	32.00g	Fiber	3.00g
Sugar	2.00g	Sodium	560.00mg
Iron	2.70mg	Vitamin C	0.00mg
Vitamin A	300.00IU	Calcium	350.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Piece	584834	QUESADILLA CHS MOZZ WGRAIN 96- 4.4Z	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Preparation Instructions

Macaroni & Cheese 566700

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

Macaroni & Cheese

Nutrition Information

Calories	420.00	Protein	25.00g
Fat	16.00g	SaturatedFat	9.00g
Trans Fat	0.50g	Cholesterol	45.00mg
Carbohydrates	48.00g	Fiber	1.00g
Sugar	9.00g	Sodium	1460.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	1000.00IU	Calcium	450.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	566700	ENTREE MACAR & CHS R/F 6-5	Heat & Serve

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-PANNED, KEEP PRODUCT COVERED TIGHTLY.

Walking Taco

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

Taco

Nutrition Information

Calories	305.43	Protein	14.11g
Fat	16.64g	SaturatedFat	3.70g
Trans Fat	0.27g	Cholesterol	33.12mg
Carbohydrates	27.73g	Fiber	2.89g
Sugar	2.89g	Sodium	746.25mg
Iron	2.23mg	Vitamin C	5.11mg
Vitamin A	615.14IU	Calcium	57.85mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Ounce	722330	TACO FILLING BEEF REDC FAT 6-5# COMM	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.
1/4 Cup	141931	SAUCE CHS CHED MILD 6-10 MI PUEBLO	HEAT AND SERVE
1 Package	415020	CHIP TORTL BITE SZ 104- SSV TOSTIT	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.

Preparation Instructions

Lumberjack Pancakes

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

Pancakes served with an Egg & Cheese Omelet

Nutrition Information

Calories	320.00	Protein	12.00g
Fat	14.00g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	205.00mg
Carbohydrates	36.00g	Fiber	4.00g
Sugar	11.00g	Sodium	530.00mg
Iron	3.42mg	Vitamin C	0.00mg
Vitamin A	900.00IU	Calcium	140.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	284831	PANCAKE MINI MAPL IW 72-3.03Z EGGO	COOK FROM FROZEN STATE USE COOKING INSTRUCTIONS ON BACK OF EACH PACKAGE.
1 Each	554470	EGG OMELET CHS COLBY 225-2.1Z SNYFR	BAKE convection oven 325 degrees F. 10-12 minutes thawed, 20-25 minutes frozen

Preparation Instructions

Italian Wrap

Servings:	24.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Italian cold cuts, lettuce and cheese in a whole grain wrap

Nutrition Information

Calories	318.30	Protein	22.00g
Fat	15.80g	SaturatedFat	6.70g
Trans Fat	0.00g	Cholesterol	73.00mg
Carbohydrates	22.00g	Fiber	2.50g
Sugar	1.00g	Sodium	785.00mg
Iron	2.76mg	Vitamin C	18.20mg
Vitamin A	2700.00IU	Calcium	220.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
24 Each	882700	TORTILLA FLOUR ULTRGR 8 18-12CT	
72 Ounce	199721	TURKEY ITAL COMBO SLCD 12-1 JENNO	
12 Cup	451730	LETTUCE ROMAINE RIBBONS 6-2 RSS	
24 Slice	726532	CHEESE PROV NAT SLCD .75Z 6-1.5 GFS	

Preparation Instructions

Fill wrap with two slices of each meat (6 total)

Top with one slice of provolone cheese

Top with .5 cup of lettuce ribbons

Roll

Serve with : Mayo or Italian Dressing

Breakfast Sandwich

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

English muffin with egg and turkey sausage

Nutrition Information

Calories	228.10	Protein	13.10g
Fat	9.10g	SaturatedFat	2.20g
Trans Fat	0.01g	Cholesterol	106.00mg
Carbohydrates	23.00g	Fiber	0.80g
Sugar	1.00g	Sodium	386.00mg
Iron	2.67mg	Vitamin C	1.25mg
Vitamin A	110.89IU	Calcium	71.44mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	208640	MUFFIN ENGLISH 2Z 12-12CT GFS	THAW UNDER REFRIGERATION 24 HOURS
1 Each	462519	EGG SCRMBD PTY RND 3.25 200-1Z GFS	THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE 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 8-10 MIN. FROZEN 10-12 MIN.
1 Each	184970	SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	Thaw under refrigeration or prepare from frozen state. Heat and serve

Preparation Instructions

Galaxy Pizza

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

Topped with a signature tomato sauce and 100 percent mozzarella cheese, these round pizzas are made with a 51 percent whole grain crust.

Nutrition Information

Calories	280.00	Protein	15.00g
Fat	12.00g	SaturatedFat	6.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	29.00g	Fiber	3.00g
Sugar	9.00g	Sodium	440.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	300.00IU	Calcium	250.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	504610	PIZZA CHS 4 RND WGRAIN 72-4.46Z TONY	BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place 24 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 18 to 21 minutes. CONVENTIONAL OVEN: Cook at 400°F for 24 to 26 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.

Preparation Instructions

Chef Boyardee Ravioli

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

Ravioli pasta are filled with beef offering a good source of protein and simmered in tomato sauce. They are made with no preservatives.

Nutrition Information

Calories	260.00	Protein	16.00g
Fat	8.00g	SaturatedFat	3.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	30.00g	Fiber	4.00g
Sugar	6.00g	Sodium	600.00mg
Iron	2.70mg	Vitamin C	0.00mg
Vitamin A	300.00IU	Calcium	40.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	496286	RAVIOLI FORT/ENRICHED 6-10 CHBOY	HEAT AND SERVE. FULLY COOKED.

Preparation Instructions

Heat to 165

Chicken Sticks

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

Made from a blend of chopped dark and white meat chicken, these stick-shaped fritters feature a 51 percent, whole grain breading.

Nutrition Information

Calories	230.00	Protein	13.00g
Fat	13.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	14.00g	Fiber	2.00g
Sugar	1.00g	Sodium	340.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	40.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
7 Each	283562	CHIX STIX WGRAIN FC .43Z 6-5 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

Mini Cheesburger Twins

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

These are fully cooked, mini beef patties and a slice of American cheese, on a mini whole grain bun

Nutrition Information

Calories	360.00	Protein	19.00g
Fat	15.00g	SaturatedFat	7.00g
Trans Fat	1.00g	Cholesterol	50.00mg
Carbohydrates	39.00g	Fiber	4.00g
Sugar	8.00g	Sodium	710.00mg
Iron	3.60mg	Vitamin C	18.00mg
Vitamin A	500.00IU	Calcium	150.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Each	641270	CHEESEBURGER MINI TWIN 80-5.5Z COMM	BAKE To thaw: for best results, heat from thawed state. Thaw frozen sandwiches in refrigerator. Sandwiches can be stored in refrigerator for up to 14 days. Convection oven: from thawed state, heat sealed wrapped sandwich (es) in a preheated 275 degrees f convection oven for 20-25 minutes. (Do not heat above 275 f).microwave: microwave for 1 minute on full power (1000 watts). Times may vary.

Preparation Instructions

Chicken Patty Sandwich

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

Moist and tender, these chicken patties have a natural proportion of white and dark meat, and served on a whole grain bun

Nutrition Information

Calories	370.00	Protein	19.00g
Fat	15.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	40.00g	Fiber	8.00g
Sugar	4.00g	Sodium	585.00mg
Iron	2.88mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	80.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	558061	CHIX PTY BRD WGRAIN 3.26Z 4-7.7	<p>BAKE</p> <p>Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>8-10 minutes at 400°F from frozen.</p> <p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>6-8 minutes at 375°F from frozen.</p>
1 Each	517810	BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	

Preparation Instructions

Tortellini in Marinara Sauce

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

Chesse filled tortellini covered in a rich Marinara sauce

Nutrition Information

Calories	308.57	Protein	11.43g
Fat	7.43g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	51.29g	Fiber	1.43g
Sugar	3.86g	Sodium	608.57mg
Iron	3.00mg	Vitamin C	4.29mg
Vitamin A	277.14IU	Calcium	69.43mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	874140	TORTELLINI CHS CKD 4-3 GCHC	PREPARE FROM FROZEN STATE
2 Ounce	592714	SAUCE MARINARA A/P 6-10 REDPK	READY_TO_EAT None

Preparation Instructions

PREPARATION INSTRUCTIONS FOR 1LB: BRING 4 QUARTS OF SALTED WATER TO A SLOW BOIL, PUT FROZEN TORTELLINI INTO BOILING WATER AND STIR GENTLY TO PREVENT FROM STICKING. BOIL FOR 2-3 MINUTES. PRODUCT INTERNAL TEMPERATURE MUST BE 160 DEGREES F OR HIGHER. DRAIN AND SERVE WITH BUTTER, CHEESE OR YOUR FAVORITE SAUCE. TORTELLINI

Serve with 2oz of Marinara sauce per serving

Chicken Parmesean

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

Breaded Chicken Breast topped with provolone cheese and served with penne pasta and a rich tomato sauce

Nutrition Information

Calories	685.00	Protein	31.00g
Fat	29.75g	SaturatedFat	5.75g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	71.50g	Fiber	6.00g
Sugar	9.00g	Sodium	710.00mg
Iron	5.04mg	Vitamin C	3.00mg
Vitamin A	550.00IU	Calcium	220.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	281622	CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	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.
1 Slice	726532	CHEESE PROV NAT SLCD .75Z 6-1.5 GFS	

Measurement	DistPart #	Description	Preparation Instructions
1/4 Cup	502181	SAUCE MARINARA 6-10 REDPK	READY_TO_EAT None
1/2 Cup	835900	PASTA PENNE CKD 4-5 PG	

Preparation Instructions

1. Bake Chicken Patties according to directions
2. Place one slice of cheese on top of each patty and return to oven for 1 minute
3. Heat marinara sauce till temp is above 135 degrees
4. Place Penne in steamer and heat till temp is above 135 degrees
5. Serve chicken patty in a boat with a side of pasta

Tangerine Chicken # 791710

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

Whole Grain batter chicken chunks tossed with a tangy sauce

Nutrition Information

Calories	194.87	Protein	14.36g
Fat	4.10g	SaturatedFat	1.03g
Trans Fat	0.00g	Cholesterol	46.15mg
Carbohydrates	25.64g	Fiber	2.05g
Sugar	13.33g	Sodium	389.74mg
Iron	1.48mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
4 Ounce	791710	STIR FRY WGRAIN TANGR CHIX 6-7.2	<p>Pre-heat oven to 3 chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy. 50°F/400°F. Spread</p> <p>Sauce in a bag -</p> <p>Boil in Bag/Steamer (Best)</p> <p>Place entire sauce in bag into hot boiling water</p> <p>or steamer for 10-12 minutes or until content is 165°F.</p> <p>Microwave (Good)</p> <p>Place entire sauce in bag into microwave for</p> <p>3 minutes or until content is 165°F. (product must be thawed)</p>

Preparation Instructions

Premium Fried Rice #605824

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

Premium blend of white rice, edamame, carrots, red peppers, onions and scrambled eggs

Nutrition Information

Calories	190.00	Protein	5.00g
Fat	3.50g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	34.00g	Fiber	1.00g
Sugar	4.00g	Sodium	580.00mg
Iron	1.80mg	Vitamin C	6.00mg
Vitamin A	750.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	605824	RICE FRIED PREM FZ 4-4 KAHIKI	POKE HOLES TO VENT. MICROWAVE OR STEAM ON HIGH FOR 20 MINUTES, ROTATING PRODUCT ONCE DURING HEATING. ALSO MAY SUBMERGE AS A BOILABLE POUCH. HEAT & SERVE.

Preparation Instructions

Four Meat Pizza #731211

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

Big Daddy's brand of 4 Meat Pizza features four flavorful meats including beef, ham, sausage and pepperoni on a whole grain crust.

Nutrition Information

Calories	370.00	Protein	20.00g
Fat	17.00g	SaturatedFat	7.00g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	36.00g	Fiber	3.00g
Sugar	9.00g	Sodium	650.00mg
Iron	2.70mg	Vitamin C	0.00mg
Vitamin A	300.00IU	Calcium	300.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Slice	731211	PIZZA 4MEAT 16 WGRAIN PRIMO 9CT	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F low fan for 15-17 minutes IMPINGEMENT OVEN: 420°F for 6:30-7:00 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Preparation Instructions

Pepperoni Pizza #537540

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

These pizzas feature hand-tossed, whole grain crusts with 100 percent mozzarella and a zesty Italian pizzeria-style sauce

Nutrition Information

Calories	360.00	Protein	20.00g
Fat	13.00g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	30.00mg
Carbohydrates	39.00g	Fiber	4.00g
Sugar	6.00g	Sodium	600.00mg
Iron	3.60mg	Vitamin C	6.00mg
Vitamin A	500.00IU	Calcium	300.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Slice	537540	PIZZA BEEF PEPP 16 WGRAIN 6CT S&F	THAW PRIOR TO COOKING.

Preparation Instructions

COOK AT 350 DEGREES F FOR 12-14 MINUTES OR UNTIL THE CHEESE IS EVENLY MELTED.

Mini Corn Dog # 722301

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

Quality mini turkey franks are wrapped in a crunchy batter with a hint of honey.

Nutrition Information

Calories	267.00	Protein	9.00g
Fat	11.00g	SaturatedFat	1.90g
Trans Fat	0.00g	Cholesterol	34.00mg
Carbohydrates	33.00g	Fiber	3.00g
Sugar	12.00g	Sodium	365.00mg
Iron	1.00mg	Vitamin C	51.00mg
Vitamin A	114.00IU	Calcium	66.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
6 Each	722301	CORN DOG TKY MINI .67Z 6-5 JTM	

Preparation Instructions

From a frozen state open bag and place mini corn dogs on cooking tray and cook at 350 degrees F. Heat for approximately 20 minutes or until product reaches serving temperature

Hot & Spicy Popcorn Chicken # 327130

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

Whole Grain Breaded spicy popcorn chicken

Nutrition Information

Calories	230.00	Protein	13.00g
Fat	13.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	15.00g	Fiber	2.00g
Sugar	1.00g	Sodium	340.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	40.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
11 Piece	327130	CHIX PCORN BITES HOT&SPCY WGRAIN 4-8	<p>BAKE</p> <p>Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>8-10 minutes at 400°F from frozen.</p> <p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>6-8 minutes at 375°F from frozen.</p> <p>UNPREPARED</p>

Preparation Instructions

French Bread Pizza

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

This half loaf shaped pizza has a whole grain crispy crust that is covered in zesty sauce and finished with a blend of cheese

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	154321	FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Preparation Instructions

Honey Sriracha Wings #750892

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

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

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Each	750892	CHIX BRST CHNK BRD SRIRACHA 4-7.12	CONVECTION Appliances vary, adjust accordingly. Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.

Preparation Instructions

Chicken Enchilada

Servings:	100.00
Serving Size:	2.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

These whole grain rich chicken enchiladas are made with a rich corn tortilla.

Nutrition Information

Calories	259.15	Protein	15.30g
Fat	13.10g	SaturatedFat	7.50g
Trans Fat	0.00g	Cholesterol	50.00mg
Carbohydrates	21.00g	Fiber	4.35g
Sugar	2.00g	Sodium	553.95mg
Iron	3.12mg	Vitamin C	4.78mg
Vitamin A	1432.27IU	Calcium	286.20mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	402332	ENCHILADA CHIX WGRAIN 112-2.5Z	Conventional Oven: 300 degrees F for 20-25 minutes from frozen, 15-20 minutes from thawed. Convection Oven: 300 degrees F for 12-18 minutes from frozen, 9-12 minutes from thawed. Internal temperature should reach 160 degrees F.
200 Tablespoon	598461	SAUCE ENCHILADA MILD 4-1GAL GRSZ	
25 Cup	150250	CHEESE CHED MLD SHRD 4-5# COMM	

Preparation Instructions

Conventional Oven: 300 degrees F for 20-25 minutes from frozen, 15-20 minutes from thawed. Convection Oven: 300 degrees F for 12-18 minutes from frozen, 9-12 minutes from thawed. Internal temperature should reach 160 degrees F.

Place Enchiladas in pan cover with Enchilada sauce. Heat @ 300 for 15 min

Sprinkle cheese on top and return to oven for 3 min

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Servings:	100.00
Serving Size:	1.00 ea
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

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Nutrition Information

Calories	4.11	Protein	0.19g
Fat	0.23g	SaturatedFat	0.10g
Trans Fat	0.00g	Cholesterol	0.46mg
Carbohydrates	0.33g	Fiber	0.02g
Sugar	0.07g	Sodium	6.82mg
Iron	0.02mg	Vitamin C	0.00mg
Vitamin A	0.56IU	Calcium	0.38mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	172172	CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	BAKE CONVECTION OVEN: <ol style="list-style-type: none">1. Pre-heat convection oven to 325°F.2. Place whole croissant on ungreased sheet pan.3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: <ol style="list-style-type: none">1. Remove frozen croissants from packaging to enhance crispness.2. Thaw uncovered at room temperature; 2 hours - overnight.
1 Each	785880	SAUSAGE PTY STHRN 1.33Z 6- 5 COMM	

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	46288	CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED LOW SODIUM	READY_TO_EAT

Preparation Instructions

Primo Cheese Pizza

Servings:	72.00
Serving Size:	1.00 1 Slice
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

These four-cheese pizzas feature a rolled-edge crust brushed with garlic butter, and sprinkled with bread crumbs, parsley, and Parmesan cheese. Made on a 51 percent whole grain crust, these pizzas are topped with a blend of mozzarella, white cheddar, prov

Nutrition Information

Calories	360.00	Protein	21.00g
Fat	16.00g	SaturatedFat	7.00g
Trans Fat	0.00g	Cholesterol	35.00mg
Carbohydrates	35.00g	Fiber	3.00g
Sugar	9.00g	Sodium	490.00mg
Iron	2.70mg	Vitamin C	0.00mg
Vitamin A	400.00IU	Calcium	450.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
72 Slice	575522	PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Preparation Instructions

Pepperoni & Cheese Lil Bites

Servings:	72.00
Serving Size:	8.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Pepperoni & Cheese Lil Bites

Nutrition Information

Calories	270.00	Protein	10.00g
Fat	12.00g	SaturatedFat	4.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	31.00g	Fiber	4.00g
Sugar	2.00g	Sodium	570.00mg
Iron	1.44mg	Vitamin C	4.80mg
Vitamin A	500.00IU	Calcium	150.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
576 Each	867440	BITES PEPP CHS .5Z 8-72CT LIL BITES	<p>BAKE</p> <p>Cooking Instructions:</p> <p>Convection Oven-</p> <p>Preheat oven to 375° F; arrange frozen Lil' Bites in a single layer on a pan</p> <p>Bake for 6-8 minutes or until hot</p> <p>Let Lil' Bites stand for 2 minutes before eating</p> <p>Filling will be very hot; be cautious on first bite</p> <p>Due to variance in appliances, cooking times and</p> <p>or temperatures</p> <p>may require adjustment to meet a minimum of 160 °</p> <p>DIRECTIONS BASED ON COOKING PRODUCT FROM FROZEN</p>

Preparation Instructions

Ore-Ida Tater Tots

Servings:	120.00
Serving Size:	4.00 Ounce
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

The original potato tater tot, made with bits of potato, are formed into a fun, dippable barrel shape.

Nutrition Information

Calories	206.35	Protein	3.17g
Fat	9.52g	SaturatedFat	1.59g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	25.40g	Fiber	3.17g
Sugar	0.00g	Sodium	492.06mg
Iron	0.00mg	Vitamin C	5.71mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
30 Pound	141510	POTATO TATER TOTS 6-5 OREI	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.

Preparation Instructions