

# Cookbook for Cuyahoga Falls City Schools

Created by HPS Menu Planner

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# Fish Sticks

<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

Crispy Crunchy Baked Pollock Fish Sticks served with Tartar Sauce

## Nutrition Information

<b>Calories</b>	230.00	<b>Protein</b>	15.00g
<b>Fat</b>	9.00g	<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	50.00mg
<b>Carbohydrates</b>	22.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	0.00g	<b>Sodium</b>	350.00mg
<b>Iron</b>	1.08mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	20.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
400 Each	715051	POLLOCK BRD STIX NACH MSC 1Z 20	4 sticks per serving

## Preparation Instructions

BAKE

COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F. CONVENTIONAL OVEN:  
BAKE AT 425°F FOR 16-18 MINUTES.

CONVECTION OVEN: BAKE AT 400°F. BAKE 12-14 MINUTES.

# Criss-Cross Sweet Potato Fries

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

Sweet Delicious Baked Sweet Potato Fries

## Nutrition Information

<b>Calories</b>	200.67	<b>Protein</b>	2.68g
<b>Fat</b>	6.69g	<b>SaturatedFat</b>	0.67g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	30.77g	<b>Fiber</b>	2.68g
<b>Sugar</b>	6.69g	<b>Sodium</b>	240.80mg
<b>Iron</b>	0.48mg	<b>Vitamin C</b>	3.21mg
<b>Vitamin A</b>	4682.27IU	<b>Calcium</b>	26.76mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
25 Pound	799700	FRIES SWT CRISSCUT 5-3 LAMB	4 oz. serving.

## Preparation Instructions

1. Lay each bag in a single layer onto a large sheet tray.
2. Bake for about 20-30 minutes in a 350 F. oven
3. Be careful not to burn.



# Beef Taco

<b>Servings:</b>	100.00
<b>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>	278.29	<b>Protein</b>	19.63g
<b>Fat</b>	12.80g	<b>SaturatedFat</b>	6.84g
<b>Trans Fat</b>	0.27g	<b>Cholesterol</b>	52.32mg
<b>Carbohydrates</b>	19.37g	<b>Fiber</b>	3.13g
<b>Sugar</b>	4.56g	<b>Sodium</b>	595.18mg
<b>Iron</b>	3.30mg	<b>Vitamin C</b>	10.96mg
<b>Vitamin A</b>	1840.82IU	<b>Calcium</b>	191.47mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	702633	TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	
18 3/4 Pound	722330	TACO FILLING BEEF REDC FAT 6-5# COMM	4/5# bags Use scoop #16
1 Gallon	150250	CHEESE CHED MLD SHRD 4-5# COMM	1/5# bags use scoop #30
1/2 Cup	755826	LETTUCE BLND ROMAINE MXD 4-5 RSS	6.25 # of lettuce serve 1/2 cup lettuce per taco
6 1/4 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.

# Grilled Cheese

<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

Classic golden brown, warm, melted goddess

## Nutrition Information

<b>Calories</b>	362.00	<b>Protein</b>	15.00g
<b>Fat</b>	23.84g	<b>SaturatedFat</b>	11.30g
<b>Trans Fat</b>	1.12g	<b>Cholesterol</b>	50.00mg
<b>Carbohydrates</b>	26.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g	<b>Sodium</b>	1070.00mg
<b>Iron</b>	1.66mg	<b>Vitamin C</b>	0.01mg
<b>Vitamin A</b>	708.00IU	<b>Calcium</b>	394.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
200 Each	710650	BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	
2 Cup	121160	MARGARINE &BTR BLND EURO 36-1	
400 Slice	150260	CHEESE AMER 160CT SLCD 6-5 COMM	

## Preparation Instructions

# Stuffed Crust Pizza

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

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

## Nutrition Information

<b>Calories</b>	330.00	<b>Protein</b>	17.00g
<b>Fat</b>	14.00g	<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	20.00mg
<b>Carbohydrates</b>	35.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	870.00mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	300.00IU	<b>Calcium</b>	250.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
72 Each	259910	PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	One case has 72 servings.

## Preparation Instructions

1. In a single layer, lay individual pizza slices on a large sheet tray.
2. Bake for about 20 minutes.
3. Be careful not to burn.

# Chicken Nuggets

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

Golden Crispy Crunch Chicken Nuggets with Dipping Sauce

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
400 Each	281831	CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	4 Bags

## Preparation Instructions

Basic Preparation:

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

School Equivalents:

Child Nutrition Label: Yes

Serving Size: 5 Each

Meat/Meat Alternative: n/a

Fruit/Vegetables: n/a

Grain/Breads: n/a

Updated For New Final Rule:

Meat/Meat Alternative: 2 oz

Grain/Breads: 1 oz eq

# Deli Roasters

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

Baked seasoned cubed potatoes

## Nutrition Information

<b>Calories</b>	130.72	<b>Protein</b>	3.92g
<b>Fat</b>	2.61g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	24.84g	<b>Fiber</b>	2.61g
<b>Sugar</b>	0.00g	<b>Sodium</b>	150.33mg
<b>Iron</b>	0.94mg	<b>Vitamin C</b>	7.84mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
25 Pound	726590	POTATO SEAS DELI ROASTERS 6-5 MCC	4 oz. per order

## Preparation Instructions

### BAKE

PREHEAT OVEN TO 425° F. SPREAD FROZEN ROASTER IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 8 TO 12 MINUTES. SERVE IMMEDIATELY.

### CONVECTION

PREHEAT OVEN TO 375° F. SPREAD FROZEN ROASTERS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

# Burger

<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

Delicious hamburgers & cheese burgers

## Nutrition Information

<b>Calories</b>	303.00	<b>Protein</b>	19.00g
<b>Fat</b>	16.50g	<b>SaturatedFat</b>	5.70g
<b>Trans Fat</b>	0.90g	<b>Cholesterol</b>	60.00mg
<b>Carbohydrates</b>	21.00g	<b>Fiber</b>	5.00g
<b>Sugar</b>	3.00g	<b>Sodium</b>	444.00mg
<b>Iron</b>	2.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	28.00IU	<b>Calcium</b>	58.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	785820	BEEF PTY CKD W/CHER 2.4Z 6-5 COMM	
100 Each	676151	BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	

## Preparation Instructions

Basic Preparation:

PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AND HEAT IN OVEN AT 350°F FOR APPROX 7-8 MINUTES. BURGERS CAN BE PREPARED IN STEAMER AS WELL. PLACE IN STEAMER AND HEAT FOR APPROX 14 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 165 DEGREES.



# Chicken Taco

<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

Soft Shell Taco, mesquite seasoned diced chicken

## Nutrition Information

<b>Calories</b>	249.17	<b>Protein</b>	18.90g
<b>Fat</b>	11.49g	<b>SaturatedFat</b>	6.14g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	55.87mg
<b>Carbohydrates</b>	13.37g	<b>Fiber</b>	0.62g
<b>Sugar</b>	1.00g	<b>Sodium</b>	408.20mg
<b>Iron</b>	1.70mg	<b>Vitamin C</b>	0.02mg
<b>Vitamin A</b>	191.09IU	<b>Calcium</b>	141.58mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	702633	TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	
12 1/2 Pound	570533	CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 oz. per serving Use a # 16 scoop.
1 Gallon	150250	CHEESE CHED MLD SHRD 4-5# COMM	Use 1 oz. per serving.
3 Teaspoon	527971	SEASONING MESQ HRB&FAJITA 22Z TRDE	

## Preparation Instructions

For each 5 # bag of diced chicken add 1 1/2 tablespoons of mesquite seasoning.

Add 1/2 - 1 cup of water. heat in the over until temp. reaches 165\* F.

# Green Beans

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

Fresh green Beans

## Nutrition Information

<b>Calories</b>	15.20	<b>Protein</b>	0.80g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	3.20g	<b>Fiber</b>	1.60g
<b>Sugar</b>	0.80g	<b>Sodium</b>	0.80mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>3 Gallon</b>	355490	BEAN GRN FZ 30 COMM	1/2 cup serving

## Preparation Instructions

Add green beans to a large roaster.

Add 1/2 gallon of water.

Cover and place in a 350\* F. oven for 30 - 45 minutes. (Until internal temperature reaches 145\* F.)

\*\*Green Beans can be cooked in the Cooker/warmers\*\* Timing will vary. Cool until internal temperature reaches 14°F.

# French Toast

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

Breakfast for lunch

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	646262	FRENCH TST CINN WGRAIN 144-2.9Z PAP	1 piece per serving

## Preparation Instructions

On a sheet tray with parchment paper, lay each piece in a single layer.

Bake in a 350\* F. oven for 5-7 minutes.

# Fiesta Black Beans

<b>Servings:</b>	27.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Seasoned Bush Black Beans

## Nutrition Information

<b>Calories</b>	110.00	<b>Protein</b>	5.00g
<b>Fat</b>	1.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	20.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g	<b>Sodium</b>	470.00mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	40.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>108 Fluid Ounce</b>	581180	BEAN BLACK FIESTA TACO 6-10 BUSH	27 4 oz. servings per CAN.

## Preparation Instructions

Heat & Serve.

Heat beans to 145\* F.

\*\*Black beans in a rich tasty sauce enhanced with a zesty mix of authentic Mexican seasonings.

# Calzone

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

Baked Beef & Chicken Italian Calzone (NO PORK)

## Nutrition Information

<b>Calories</b>	380.00	<b>Protein</b>	22.00g
<b>Fat</b>	13.00g	<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	30.00mg
<b>Carbohydrates</b>	43.00g	<b>Fiber</b>	5.00g
<b>Sugar</b>	9.00g	<b>Sodium</b>	710.00mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	14.40mg
<b>Vitamin A</b>	862.00IU	<b>Calcium</b>	264.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	135191	CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	
100 Each	677721	SAUCE MARINARA DIPN CUP 84- 2.5Z REDG	READY_TO_EAT None

## Preparation Instructions

### Basic Preparation

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

# Breaded Chicken Sandwich

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

Baked Home-style Chicken Sandwich Patty

## Nutrition Information

<b>Calories</b>	195.00	<b>Protein</b>	11.00g
<b>Fat</b>	6.00g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	12.50mg
<b>Carbohydrates</b>	25.00g	<b>Fiber</b>	5.50g
<b>Sugar</b>	2.00g	<b>Sodium</b>	310.00mg
<b>Iron</b>	1.62mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	60.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	645080	CHIX PTY HMSTYL 1.6Z 4-5 TYS	<p>BAKE</p> <p>Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>10-12 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>
100 Each	676151	BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	

# Preparation Instructions

# Crinkle Cut Baked Fries

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

Cripy Golden Crinkle cut Fries

## Nutrition Information

<b>Calories</b>	173.23	<b>Protein</b>	3.15g
<b>Fat</b>	3.94g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	26.77g	<b>Fiber</b>	3.15g
<b>Sugar</b>	0.00g	<b>Sodium</b>	31.50mg
<b>Iron</b>	0.57mg	<b>Vitamin C</b>	7.56mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>25 Pound</b>	200697	FRIES 1/2 C/C OVEN 6-5 MCC	100 orders equals 5 - 5# bags. 1 order equals 4 oz. serving

## Preparation Instructions

### BAKE

PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

### CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.



# Curly Twister Fries

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

Spiral cut seasoned fries

## Nutrition Information

<b>Calories</b>	213.33	<b>Protein</b>	3.56g
<b>Fat</b>	10.67g	<b>SaturatedFat</b>	2.67g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	26.67g	<b>Fiber</b>	3.56g
<b>Sugar</b>	0.00g	<b>Sodium</b>	568.89mg
<b>Iron</b>	1.78mg	<b>Vitamin C</b>	6.40mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	23.11mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
25 Pound	182600	FRIES TWISTER SEAS 6-5 LAMB	4 oz. per serving 5 bags per 100 orders

## Preparation Instructions

# Sweet Potato Ribbon cut fries

<b>Servings:</b>	60.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Baked Sweet Potato fries

## Nutrition Information

<b>Calories</b>	213.02	<b>Protein</b>	1.18g
<b>Fat</b>	10.65g	<b>SaturatedFat</b>	0.59g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	29.59g	<b>Fiber</b>	2.37g
<b>Sugar</b>	7.10g	<b>Sodium</b>	591.72mg
<b>Iron</b>	1.18mg	<b>Vitamin C</b>	2.84mg
<b>Vitamin A</b>	4733.73IU	<b>Calcium</b>	22.49mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
15 Pound	192381	FRIES SWT SEASONED RIBCUT 3-5 LAMB	Each case serves 60 4 oz. servings

## Preparation Instructions

Basic Preparation

CONVECTION OVEN 8-12 MINUTES AT 400 DEGREES F,

CONVENTIONAL OVEN 30-35 MINUTES AT 400 DEGREES F.

# Waffle Fries

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Baked Waffle cut fries

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Ounce	201081	FRIES WAFFLE 6-4.5 MCC	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

## Preparation Instructions

# Black Pepper Fries

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

Baked Black Pepper Seasoned Fries

## Nutrition Information

<b>Calories</b>	213.33	<b>Protein</b>	2.67g
<b>Fat</b>	10.67g	<b>SaturatedFat</b>	1.33g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	28.00g	<b>Fiber</b>	2.67g
<b>Sugar</b>	0.00g	<b>Sodium</b>	653.33mg
<b>Iron</b>	0.96mg	<b>Vitamin C</b>	8.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
25 Pound	190918	FRIES PEPPERED 6-5 X-TREME	CONVECTION  PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

## Preparation Instructions

Place 4 oz. fries per order into a boat.

# Triangle Hash Browns

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

Baked Hash Browns

## Nutrition Information

<b>Calories</b>	195.56	<b>Protein</b>	1.78g
<b>Fat</b>	9.78g	<b>SaturatedFat</b>	1.33g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	24.00g	<b>Fiber</b>	1.78g
<b>Sugar</b>	0.89g	<b>Sodium</b>	400.00mg
<b>Iron</b>	0.64mg	<b>Vitamin C</b>	2.13mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>30 Pound</b>	265659	POTATO TRIANGLES 2Z 6-5 LAMB	1 case has 120 orders

## Preparation Instructions

CONVECTION OVEN: Layer onto a sheet tray. Bake at 400\* F. for about 13 minutes.

# Mini Corn Dog

<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

Sweet mini cornbread battered franks

## Nutrition Information

<b>Calories</b>	180.00	<b>Protein</b>	7.00g
<b>Fat</b>	8.00g	<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	25.00mg
<b>Carbohydrates</b>	20.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	280.00mg
<b>Iron</b>	1.44mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	100.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
400 Each	497360	CORN DOG CHIX MINI WGRAIN CN 2-5	4 pieces per serving.

## Preparation Instructions

Basic Preparation

REHEATING FROM THAWED STATE IS RECCOMENDED METHOD.

CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES.

FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

# Mixed Green Salad

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

Fresh Mixed Romaine Salad

## Nutrition Information

<b>Calories</b>	18.10	<b>Protein</b>	1.07g
<b>Fat</b>	0.10g	<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	3.75g	<b>Fiber</b>	1.22g
<b>Sugar</b>	2.58g	<b>Sodium</b>	8.92mg
<b>Iron</b>	0.36mg	<b>Vitamin C</b>	8.92mg
<b>Vitamin A</b>	2041.52IU	<b>Calcium</b>	17.83mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>100 Cup</b>	755826	LETTUCE BLND ROMAINE MXD 4-5 RSS	1 cup each serving
<b>200 Fluid Ounce</b>	199044	TOMATO CHERRY 12-1PT P/L	equals 2 each

## Preparation Instructions

1 cup per serving add 2 cherry tomatoes.

# Drum Stick

<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

Oven Baked Breaded Chicken Drum Stick

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Piece	603391	CHIX DRMSTX BRD WGRAIN CKD 4-7.4	

## Preparation Instructions

BAKE

Preparation: Appliances vary, adjust accordingly.

Conventional Oven

1. Preheat oven to 375°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 35-40 minutes.

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven



1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 25-30 minutes

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

# Rice Brown MTG

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

Rice Brown MTG

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 11/25 Cup	516371	RICE BRN PARBL WGRAIN 25 GCHC	

## Preparation Instructions

Directions:

WASH HANDS.

1. Bring water to a boil, add rice. Cover tightly and simmer for 20 minutes or until liquid is absorbed.
2. Fluff with fork.

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

Child Nutrition: #8 scoop (1/2 cup) provides= 1 oz eq grain

Updated October 2013

Notes:

# French Bread Pizza

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

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	154321	FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	

## Preparation Instructions

BAKE

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

# Popcorn Chicken Bites

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

Oven Baked Popcorn Chicken Bites with BBQ dipping sauce

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1100 Each	327120	CHIX POPCORN BRD WGRAIN FC .28Z 4-8	11 pieces per serving

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

One case serves 155 orders.

# Mac & Cheese

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

Land-O-Lakes Creamy Baked Mac & Cheese

## Nutrition Information

<b>Calories</b>	280.00	<b>Protein</b>	17.00g
<b>Fat</b>	11.00g	<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	25.00mg
<b>Carbohydrates</b>	29.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	6.00g	<b>Sodium</b>	670.00mg
<b>Iron</b>	1.08mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	750.00IU	<b>Calcium</b>	400.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
67 Cup	527582	ENTREE MAC & CHS WGRAIN 6-5# LOL	1 bag = 13 orders.

## Preparation Instructions

Thawing Instructions

REMOVE POUCHES FROM CASE AND THAW UNDER REFRIGERATION OVERNIGHT

Basic Preparation:

1. Empty thawed bags into a roaster pan.
2. Cover and heat in the oven TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.
4. WARMING CABINET HOLDING INSTRUCTIONS: MAINTAIN HOT HOLDING TEMPERATURE AT 145 DEGREES F.

IF PRE-PANDED, KEEP PRODUCT COVERED TIGHTLY. CAN BE HELD UP TO 1.5 HOURS.

\*\* The sturdy bags can be heated in the Cooker Warmers. Add water then carefully submerge the bags in the water. Heating time may vary, test the temperature by carefully folding the bag over the thermometer. Heat until temperature reaches 165\* F.

# Lasagna Roll-ups

<b>Servings:</b>	110.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Lasagna

## Nutrition Information

<b>Calories</b>	244.89	<b>Protein</b>	14.74g
<b>Fat</b>	7.74g	<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	35.00mg
<b>Carbohydrates</b>	29.23g	<b>Fiber</b>	2.74g
<b>Sugar</b>	6.49g	<b>Sodium</b>	519.14mg
<b>Iron</b>	1.08mg	<b>Vitamin C</b>	8.23mg
<b>Vitamin A</b>	644.45IU	<b>Calcium</b>	305.96mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
110 Each	234041	LASAGNA ROLL-UP WGRAIN 110-4.15Z	
114 2/3 Ounce	592714	SAUCE MARINARA A/P 6-10 REDPK	Use one can.

## Preparation Instructions

1. Spray a large sheet tray with vegetable spray, then ladle sauce on the tray.
2. Lay out 35 lasagna rolls, (5 across and 7 down).
3. Ladle more sauce over the lasagna.
4. bake at 350\* F. for about 35 minutes.
5. serve in a boat

# Garlic Bread

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

Oven Toasted Garlic Bread

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>100 Slice</b>	277862	BREAD GARL TST SLC WGRAIN 12-12CT GFS	1 piece per order

## Preparation Instructions

BAKE

Preheat oven to 375 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 5-7 minutes or until heated through.

# Chicken Strips

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

Oven baked breaded chicken strips

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
300 Piece	283951	CHIX TNR WGRAIN FC 4-8 TYS	4 bags

## Preparation Instructions

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.



# Cucumbers & Tomatoes

**Servings:** 100.00

**Serving Size:** 1.00 Serving

**Meal Type:** Lunch

**Category:** Vegetable

**HACCP Process:** No Cook

Fresh sliced Cool Cucumbers mixed with Fresh Cherry Tomatoes

## Nutrition Information

<b>Calories</b>	4.05	<b>Protein</b>	0.20g
<b>Fat</b>	0.05g	<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	0.88g	<b>Fiber</b>	0.28g
<b>Sugar</b>	0.63g	<b>Sodium</b>	1.13mg
<b>Iron</b>	0.06mg	<b>Vitamin C</b>	2.86mg
<b>Vitamin A</b>	187.43IU	<b>Calcium</b>	2.25mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
12 1/2 Pound	626742	CUCUMBER 6CT	2 oz. Sliced per serving
12 1/2 Cup	569551	TOMATO CHERRY 11 MRKN	2 oz. whole per serving

## Preparation Instructions

# Orange

<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>	No Cook

Fresh Orange

## Nutrition Information

<b>Calories</b>	73.30	<b>Protein</b>	1.50g
<b>Fat</b>	0.20g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	18.00g	<b>Fiber</b>	3.70g
<b>Sugar</b>	15.00g	<b>Sodium</b>	0.00mg
<b>Iron</b>	0.16mg	<b>Vitamin C</b>	82.95mg
<b>Vitamin A</b>	350.83IU	<b>Calcium</b>	62.37mg

## Ingredients

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

## Preparation Instructions

One whole orange equals one serving

# Fresh Blueberry Cup

<b>Servings:</b>	120.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Fresh Blueberries

## Nutrition Information

<b>Calories</b>	32.00	<b>Protein</b>	0.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	8.00g	<b>Fiber</b>	2.40g
<b>Sugar</b>	4.00g	<b>Sodium</b>	1.60mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Gallon	764740	BLUEBERRIES FZ WILD IQF 30 COMM	Portion 1/2 cup each serving

## Preparation Instructions

# Meatball Sub

<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

MB

## Nutrition Information

<b>Calories</b>	489.00	<b>Protein</b>	22.40g
<b>Fat</b>	12.70g	<b>SaturatedFat</b>	3.60g
<b>Trans Fat</b>	0.60g	<b>Cholesterol</b>	36.00mg
<b>Carbohydrates</b>	72.00g	<b>Fiber</b>	3.40g
<b>Sugar</b>	6.00g	<b>Sodium</b>	844.00mg
<b>Iron</b>	5.82mg	<b>Vitamin C</b>	9.40mg
<b>Vitamin A</b>	105.00IU	<b>Calcium</b>	148.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
400 Each	785860	MEATBALL CKD .65Z 6-5 COMM	30 orders per 5 # Bag.
100 Each	647710	BUN SUB 10 12-4CT GFS	
10 Cup	502181	SAUCE MARINARA 6-10 REDPK	READY_TO_EAT None

## Preparation Instructions

Basic Preparation

PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES.

# Corn

<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

Side veggie, Corn

## Nutrition Information

<b>Calories</b>	64.32	<b>Protein</b>	1.92g
<b>Fat</b>	0.96g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	15.36g	<b>Fiber</b>	1.92g
<b>Sugar</b>	2.88g	<b>Sodium</b>	0.96mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Gallon	120490	CORN FZ 30 COMM	3 gallons of corn equals 100 1/2 cup orders of corn.

## Preparation Instructions

Add frozen corn to a large roaster pan. Add 1/2 gallon of water. Heat corn until temperature reaches 145\* F.

# Fresh Diced Watermelon

<b>Servings:</b>	120.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Delicious Fresh Watermelon Chunks

## Nutrition Information

<b>Calories</b>	33.89	<b>Protein</b>	0.69g
<b>Fat</b>	0.17g	<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	8.53g	<b>Fiber</b>	0.45g
<b>Sugar</b>	7.00g	<b>Sodium</b>	1.13mg
<b>Iron</b>	0.27mg	<b>Vitamin C</b>	9.15mg
<b>Vitamin A</b>	642.69IU	<b>Calcium</b>	7.91mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>3 Gallon</b>	326089	WATERMELON RED SDLSS 2CT P/L	1 cup servings

## Preparation Instructions

Diced watermelon and portion into cups. Keep refrigerated until serving time.

Basic Preparation

PACKAGING: 2 CT IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE TEMPERATURE IS 45-50 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A RECIPE APPLICATION.

# BBQ Meatball Bowl

<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

Tender Meatballs baked in Sweet Kansas City BBQ

## Nutrition Information

<b>Calories</b>	227.11	<b>Protein</b>	15.00g
<b>Fat</b>	11.25g	<b>SaturatedFat</b>	4.38g
<b>Trans Fat</b>	0.75g	<b>Cholesterol</b>	45.00mg
<b>Carbohydrates</b>	15.20g	<b>Fiber</b>	1.25g
<b>Sugar</b>	9.53g	<b>Sodium</b>	461.82mg
<b>Iron</b>	2.50mg	<b>Vitamin C</b>	1.25mg
<b>Vitamin A</b>	6.25IU	<b>Calcium</b>	80.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
500 Each	785860	MEATBALL CKD .65Z 6-5 COMM	5 meatballs per serving
1/2 Gallon	810301	SAUCE BBQ PIT STYL BSE 4-1GAL GFS	

## Preparation Instructions

Bake or steam meatballs until temperature reaches 165\* F.

Stir in 1/2 gallon of BBQ sauce.

Serving with a pretzel stick.

# Soft Pretzel

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

Bavarian Style Pretzel

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	607940	PRETZEL ROD SFT WHEAT 180-1Z J&J	1 pretzel per serving

## Preparation Instructions

Serve at room temperature or keep warm in the warmer.



# Meatloaf With Cheese

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

Comfort food

## Nutrition Information

<b>Calories</b>	1.90	<b>Protein</b>	0.11g
<b>Fat</b>	0.12g	<b>SaturatedFat</b>	0.06g
<b>Trans Fat</b>	0.01g	<b>Cholesterol</b>	0.40mg
<b>Carbohydrates</b>	0.08g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.05g	<b>Sodium</b>	3.90mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.09mg
<b>Vitamin A</b>	2.00IU	<b>Calcium</b>	0.60mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Piece	765641	MEATLOAF CKD SLCD W/CHS 100-2.9Z	BAKE  This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.

## Preparation Instructions

# Sausage Links

<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

Turkey Breakfast Sausage Links

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
200 Each	509781	SAUSAGE TKY LNK CKD .67Z 12 GCHC	2 each per serving

## Preparation Instructions

Warm in the oven or steamer until internal temperature reaches 165\* F.

# Celery & Carrot Sticks

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

Crispy Fresh Veggie favorites

## Nutrition Information

<b>Calories</b>	34.29	<b>Protein</b>	1.14g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	6.86g	<b>Fiber</b>	2.29g
<b>Sugar</b>	3.43g	<b>Sodium</b>	85.71mg
<b>Iron</b>	0.41mg	<b>Vitamin C</b>	5.49mg
<b>Vitamin A</b>	9714.29IU	<b>Calcium</b>	45.71mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
400 Ounce	302198	CARROT CELERY STIX COMBO 2-5 RSS	2 oz. celery 2 oz. carrots

## Preparation Instructions

4 oz. serving

serve with Ranch dipping sauce.

# Chicken Quesadilla

<b>Servings:</b>	96.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

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

## Nutrition Information

<b>Calories</b>	150.00	<b>Protein</b>	9.50g
<b>Fat</b>	5.50g	<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	20.00mg
<b>Carbohydrates</b>	15.50g	<b>Fiber</b>	1.50g
<b>Sugar</b>	1.00g	<b>Sodium</b>	280.00mg
<b>Iron</b>	1.35mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	100.00IU	<b>Calcium</b>	125.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
96 Piece	606783	QUESADILLA CHIX & MOZZ WGRAIN 96-4.4Z	

## Preparation Instructions

BAKE

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

# Fresh Cooked Carrots

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

Fresh Cooked Carrots

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Cup	150390	CARROT FZ 30 COMM	1/2 servings

## Preparation Instructions

Steam or baked until internal temperature reaches 145\* F.

# Hot Dog on a bun

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

Fully cooked smoked Beef, Pork & Turkey Frank

## Nutrition Information

<b>Calories</b>	270.00	<b>Protein</b>	11.00g
<b>Fat</b>	15.00g	<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	35.00mg
<b>Carbohydrates</b>	26.00g	<b>Fiber</b>	5.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	585.00mg
<b>Iron</b>	0.61mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.06IU	<b>Calcium</b>	32.09mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	305286	FRANKS 3 MEAT CLASSIC 10/ 2-5 GFS	
100 Each	564053	BUN HOT DOG WHLWHE 12-12CT ANTMILL	

## Preparation Instructions

Basic Preparation

FULLY COOKED, CAN BE STEAMED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS,

HOLD ABOVE 140 DEG F.

# Baked Beans

<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

These baked beans are prepared from small white beans which have been seasoned and sweetened with brown sugar sauce and bacon.

## Nutrition Information

<b>Calories</b>	140.00	<b>Protein</b>	6.00g
<b>Fat</b>	1.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	29.00g	<b>Fiber</b>	5.00g
<b>Sugar</b>	12.00g	<b>Sodium</b>	550.00mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	40.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>50 Cup</b>	520098	BEAN BAKED 6-10 BUSH	one can has 27 servings 100 servings = 3.50 cans

## Preparation Instructions

EAT & SERVE. WARM IN 350\* OVEN FOR 30 MIN,IF DESIRED. CAN BE USED AS AN INGREDIENT IN OTHER RECIPES ALSO. CONTAINS: NAVY BEANS W/BACON IN BROWN SUGAR SAUCE. HOLDS WELL IN STEAMTABLE.

**\*\*CONTAINS PORK\*\***

# Cornbread Muffin

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

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

## Nutrition Information

<b>Calories</b>	180.00	<b>Protein</b>	3.00g
<b>Fat</b>	6.00g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.00mg
<b>Carbohydrates</b>	28.00g	<b>Fiber</b>	1.00g
<b>Sugar</b>	15.00g	<b>Sodium</b>	90.00mg
<b>Iron</b>	1.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	22.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
72 Each	159791	CORNBREAD SNAC FORT WGRAIN IW 72-2Z	One case = 72 servings

## Preparation Instructions

Thaw & Serve.



# Boneless Wings

<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

Golden Crispy Boneless Wings

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
400 Each	561301	CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.

# Celery & Carrot Sticks

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

Fresh Crispy & Crunchy Veggies

## Nutrition Information

<b>Calories</b>	34.29	<b>Protein</b>	1.14g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	6.86g	<b>Fiber</b>	2.29g
<b>Sugar</b>	3.43g	<b>Sodium</b>	85.71mg
<b>Iron</b>	0.41mg	<b>Vitamin C</b>	5.49mg
<b>Vitamin A</b>	9714.29IU	<b>Calcium</b>	45.71mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
25 Pound	302198	CARROT CELERY STIX COMBO 2-5 RSS	4 oz. servings

## Preparation Instructions

# Mashed Potatoes

<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

Creamy Mashed Potatoes

## Nutrition Information

<b>Calories</b>	119.81	<b>Protein</b>	1.92g
<b>Fat</b>	3.68g	<b>SaturatedFat</b>	0.67g
<b>Trans Fat</b>	1.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	19.19g	<b>Fiber</b>	1.92g
<b>Sugar</b>	0.00g	<b>Sodium</b>	42.64mg
<b>Iron</b>	0.35mg	<b>Vitamin C</b>	28.79mg
<b>Vitamin A</b>	167.20IU	<b>Calcium</b>	19.21mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>3 Quart</b>	118508	POTATO GRANULES NO MILK 6-5.75 GFS	1 full can = 3 quarts
<b>11 1/2 Quart</b>		Water	UNPREPARED
<b>2 8/9 Cup</b>	425561	MARGARINE UNSLTD SLD 30-1# P/L	2.09 cups = 1-1# block
<b>1 Teaspoon</b>	108308	SALT IODIZED 24-26Z GFS	
<b>1 Teaspoon</b>	777099	SPICE PEPR WHITE GRND 5 TRDE	

## Preparation Instructions

1. In a large mixer add 1 can of dry granulated potatoes.
2. Add 11.5 quarts of Boiling water (be careful)
3. add Margarine
4. Salt & Pepper

5. Mix well

Hold in the warmer at 140\* F.

# Breakfast Cereal

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Assorted Breakfast cereal

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Serving	184270	4-24 GEN MILLS BOWL PACK CEREAL 32415	

## Preparation Instructions

# Breakfast Pizza

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Breakfast turkey sausage pizza.

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

### Basic Preparation

PLACE FROZEN PIZZAS IN 18"X26"X1/2" LIGHTLY GREASED BUN PANS. CONVECTION OVEN: 350F FOR 15 TO 17 MINUTES. CONVENTIONAL OVEN: 400F FOR 16 TO 19 MINUTES. REFRIGERATE OR DISCARD ANY UNUSED PORTION. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS.

# Yogurt & Graham Crisps

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Yogurt & Graham Crisps

## Nutrition Information

<b>Calories</b>	200.00	<b>Protein</b>	6.00g
<b>Fat</b>	4.00g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	36.00g	<b>Fiber</b>	1.00g
<b>Sugar</b>	17.00g	<b>Sodium</b>	180.00mg
<b>Iron</b>	0.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	1000.00IU	<b>Calcium</b>	200.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>50 Each</b>	551760	YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	READY_TO_EAT Ready to eat single serving
<b>50 Package</b>	859560	CRACKER GRHM BUG BITES 210CT KEEB	

## Preparation Instructions

# Mini Waffles

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Mini maple flavored waffles

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Package	284811	WAFFLE MINI MAPL IW 72-2.65Z EGGO	

## Preparation Instructions



# Fruit Frudels

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

cherry-filled strudel pastries

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Each	838350	PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	BAKE Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes

## Preparation Instructions

# Breakfast Fruit Muffins

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Fruit Muffins

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Each	577006	MUFFIN BLUEB IW 80-1.8Z GFS	

## Preparation Instructions

# Burger & Cheese Burger on a 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>	Same Day Service

Smoky Beef steak Patty

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	451400	BEEF STK SMKY GRLL 100-3Z PIER	BAKE Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.
100 Each	676151	BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	

## Preparation Instructions

# Toasted Cheese on a 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>	Same Day Service
Bavarian Pretzel bun & American Cheese Toasted	

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	564623	ROLL PRETZEL SLCD 80-4Z J&J	
400 Slice	861940	CHEESE AMER WHT 160CT SLCD 6-5 LOL	2.5 packs of cheese

## Preparation Instructions

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

# Sweet & Sour Chicken Bowl

<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

Sweet & Sour popcorn chicken served over brown rice

## Nutrition Information

<b>Calories</b>	268.36	<b>Protein</b>	14.00g
<b>Fat</b>	13.00g	<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	20.00mg
<b>Carbohydrates</b>	22.95g	<b>Fiber</b>	3.00g
<b>Sugar</b>	8.03g	<b>Sodium</b>	420.33mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	100.00IU	<b>Calcium</b>	40.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1100 Each</b>	327120	CHIX POPCORN BRD WGRAIN FC .28Z 4-8	25 orders per bag.
<b>1/2 Gallon</b>	242292	SAUCE SWT & SOUR 4-1GAL LACHY	

## Preparation Instructions

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

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

# Vegetable Eggrolls

<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

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

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	612316	EGG ROLL VEG 3Z 4-18CT GLDT	

## Preparation Instructions

BAKE

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

Preparation Notes: Heating time may vary with equipment.

# BBQ Pulled Pork Sandwich

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

Brookwood Farm Pulled Pork

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>300 Ounce</b>	498702	PORK PULLED BBQ LO SOD 4-5 BROOKWD	3 oz. per sandwich
<b>100 Serving</b>		3474 WGR HAMBURGER BUN (76) 60g 12ct	READY_TO_EAT

## Preparation Instructions

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



# SRIRACHA CHICKEN

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

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

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
400 Each	750892	CHIX BRST CHNK BRD SRIRACHA 4-7.12	4 EACH PER SERVING

## Preparation Instructions

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

From Frozen:

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

# Smokehouse Burger

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

Smoky burger

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	451400	BEEF STK SMKY GRLL 100-3Z PIER	
100 Each	676151	BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	
100 Slice	150260	CHEESE AMER 160CT SLCD 6-5 COMM	

## Preparation Instructions

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

BAKE

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

# Breakfast for Lunch

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

Brunch Lunch

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	646262	FRENCH TST CINN WGRAIN 144-2.9Z PAP	

## Preparation Instructions

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

# Tomato Soup

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

Comfort Food Heaven

## Nutrition Information

<b>Calories</b>	135.00	<b>Protein</b>	3.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	30.00g	<b>Fiber</b>	1.50g
<b>Sugar</b>	18.00g	<b>Sodium</b>	720.00mg
<b>Iron</b>	1.08mg	<b>Vitamin C</b>	9.00mg
<b>Vitamin A</b>	600.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>600 Fluid Ounce</b>	101427	SOUP TOMATO 12-5 CAMP	One serving equals 6 oz.

## Preparation Instructions

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

# Golden Crispy Chicken Sandwich

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

Chik-Fil-it Style Chicken Sandwich

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	525480	CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	
100 Each	676151	BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

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

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

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

Temp at 165\*

# HS Chicken Nugget

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

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

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
600 Each	281831	CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	one serving equals 6 pieces

## Preparation Instructions

### BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

### CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

# Steamed Broccoli

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

Garden Fresh Crispy Broccoli

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Cup	549292	BROCCOLI FZ 30 COMM	

## Preparation Instructions

Steam in a roaster. Do not overcook.

Sprinkle with Veggie seasoning.



# CHICKEN NUGGETS (HS)

<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

High School serves 6 Chicken Nuggets.

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
600 Each	281831	CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	

## Preparation Instructions

### BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

### CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

# Far East Vegetable Blend

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

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

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Cup	491209	VEG BLND FAR EAST 12-2 GFS	= 1 gallon + 1 Quart.

## Preparation Instructions

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

Add veggie seasoning.

# Apple

<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

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

## Nutrition Information

<b>Calories</b>	71.80	<b>Protein</b>	0.40g
<b>Fat</b>	0.20g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	19.00g	<b>Fiber</b>	3.30g
<b>Sugar</b>	14.00g	<b>Sodium</b>	1.40mg
<b>Iron</b>	0.17mg	<b>Vitamin C</b>	6.35mg
<b>Vitamin A</b>	74.52IU	<b>Calcium</b>	8.28mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	197696	APPLE DELICIOUS RED 113CT MRKN	

## Preparation Instructions

# Kiwi

<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

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

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	287008	KIWI 33-39CT P/L	

## Preparation Instructions

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

# Fiestada Pizza

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

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

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
72 Each	487272	PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	each case has 72 servings.

## Preparation Instructions

BAKE

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

2" bun pans.

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

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

# Chicken Gravy

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

Use on Mashed Potatoes

## Nutrition Information

<b>Calories</b>	1.26	<b>Protein</b>	0.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	0.28g	<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g	<b>Sodium</b>	3.48mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.01mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 Gallon</b>		Water	UNPREPARED
<b>4 Tablespoon</b>	704377	STARCH CORN BIB 25 ARGO	
<b>3 1/4 Fluid Ounce</b>	177910	BASE CHIX NO ADDED MSG 4-5 STOUF	

## Preparation Instructions

FOR BROTH/STOCK:

ADD

3/4 TSP BASE TO 1 CUP WATER

3/4 oz. TO 1QT

3.25 oz. TO 1 GAL

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

GRAVY:

1 gallon of Stock.

4 Tsp. cornstarch

1 cup of water

Bring 1 gallon of stock to a boil.

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

Stir the cornstarch mixture to the boiling stock.

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

# Grapes (Fresh)

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

Fresh Seasonal grapes

## Nutrition Information

<b>Calories</b>	112.53	<b>Protein</b>	1.07g
<b>Fat</b>	0.53g	<b>SaturatedFat</b>	0.13g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	29.33g	<b>Fiber</b>	1.47g
<b>Sugar</b>	26.67g	<b>Sodium</b>	3.33mg
<b>Iron</b>	0.49mg	<b>Vitamin C</b>	6.72mg
<b>Vitamin A</b>	168.00IU	<b>Calcium</b>	23.52mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Cup	197858	GRAPES GREEN SEEDLESS 17AVG P/L	

## Preparation Instructions

Wash before serving.



# Pears (Fresh)

<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>	No Cook

Fresh seasonal pears

## Nutrition Information

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

## Ingredients

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

## Preparation Instructions

Wash before serving.

# Corn & Black Bean Fiesta Blend

<b>Servings:</b>	60.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

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

## Nutrition Information

<b>Calories</b>	149.33	<b>Protein</b>	6.40g
<b>Fat</b>	3.20g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	25.60g	<b>Fiber</b>	6.40g
<b>Sugar</b>	6.40g	<b>Sodium</b>	245.33mg
<b>Iron</b>	1.19mg	<b>Vitamin C</b>	13.78mg
<b>Vitamin A</b>	691.59IU	<b>Calcium</b>	15.32mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Gallon	163760	CORN & BLK BEAN FLME RSTD 6-2.5	each case has 60 1/2 cup servings

## Preparation Instructions

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

# Coney Dog on a bun

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

Coney Dog on a bun

## Nutrition Information

<b>Calories</b>	345.14	<b>Protein</b>	16.04g
<b>Fat</b>	20.55g	<b>SaturatedFat</b>	6.57g
<b>Trans Fat</b>	0.09g	<b>Cholesterol</b>	46.04mg
<b>Carbohydrates</b>	28.58g	<b>Fiber</b>	5.63g
<b>Sugar</b>	4.63g	<b>Sodium</b>	797.08mg
<b>Iron</b>	1.21mg	<b>Vitamin C</b>	1.70mg
<b>Vitamin A</b>	205.12IU	<b>Calcium</b>	21.09mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
6 1/4 Pound	722330	TACO FILLING BEEF REDC FAT 6-5# COMM	1 oz. per serving
100 Each	154792	FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	
100 Each	564053	BUN HOT DOG WHLWHE 12-12CT ANTMILL	

## Preparation Instructions

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

# Italian Meatball Sub

<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

meatballs, mozzarella, marinara on a ww sub bun

## Nutrition Information

<b>Calories</b>	389.64	<b>Protein</b>	28.92g
<b>Fat</b>	23.88g	<b>SaturatedFat</b>	10.51g
<b>Trans Fat</b>	0.60g	<b>Cholesterol</b>	66.00mg
<b>Carbohydrates</b>	15.85g	<b>Fiber</b>	3.89g
<b>Sugar</b>	7.75g	<b>Sodium</b>	1094.94mg
<b>Iron</b>	2.16mg	<b>Vitamin C</b>	9.57mg
<b>Vitamin A</b>	849.29IU	<b>Calcium</b>	497.66mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
400 Each	785860	MEATBALL CKD .65Z 6-5 COMM	4 each sub
400 Ounce	592714	SAUCE MARINARA A/P 6-10 REDPK	READY_TO_EAT None
400 Fluid Ounce	645170	CHEESE MOZZ SHRD 4-5 LOL	
1 Each	276142	BUN SUB SLCD WGRAIN 5 12-8CT GFS	

## Preparation Instructions

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

# Chicken Egg Rolls

<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

These whole grain chicken egg rolls offer a crunchy bite and a savory taste. Each egg roll is filled with chicken, fresh vegetables, and signature spices.

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
200 Each	599440	EGG ROLL CHIX WGRAIN CN 3Z 2-30CT	
200 Fluid Ounce	838090	SAUCE REDHOT SWT CHILI 4-.5GAL FRNKS	2 oz. per serving

## Preparation Instructions

BAKE

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

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

# Fish Sandwich on a bun

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

Pollock

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	576255	FISH BRD 3Z O/R WGRAIN 10 HILNR	
100 Each	676151	BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	

## Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

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

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

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

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

# Chicken Egg Rolls

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

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

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
200 Each	599440	EGG ROLL CHIX WGRAIN CN 3Z 2-30CT	

## Preparation Instructions

BAKE

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

Serve with Frank's Sweet & Spicy Sauce.

# banana

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

yellow

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	644482	BANANA 13-3# P/L	1 per serving

## Preparation Instructions



# pancakes

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Pillsbury whole grain mini maple pancakes IW

## Nutrition Information

<b>Calories</b>	220.00	<b>Protein</b>	4.00g
<b>Fat</b>	6.00g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	39.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	12.00g	<b>Sodium</b>	130.00mg
<b>Iron</b>	0.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	20.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Package	269220	PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	READY_TO_EAT  Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

## Preparation Instructions

# CinnA Bar

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Whole Wheat Cinnamon Bar

## Nutrition Information

<b>Calories</b>	280.00	<b>Protein</b>	5.00g
<b>Fat</b>	9.00g	<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	45.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	15.00g	<b>Sodium</b>	260.00mg
<b>Iron</b>	10.00mg	<b>Vitamin C</b>	4.00mg
<b>Vitamin A</b>	45.00IU	<b>Calcium</b>	6.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Serving	123192	Whole Wheat Cinnamon Bar	BAKE

## Preparation Instructions

# BOSCO BREAKFAST STICKS

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

WW, egg, cheese, & turkey bacon

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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<b>Measurement</b>	<b>DistPart #</b>	<b>Description</b>	<b>Preparation Instructions</b>
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<p><b>1 Each</b></p>	<p>856081</p>	<p>BREADSTICK BKFST WGRAIN 6 72-2.5Z</p>	<p>CONVECTION</p> <p>Heating Instructions</p> <p>Convection Oven</p> <ol style="list-style-type: none"><li>1. Preheat convection oven to 350°F with fan on.</li><li>2. Place Stick on baking sheet.</li><li>3. Thawed: Bake 8-10 minutes or until a minimum temperature of 165°F has been reached</li></ol> <p>2. Let stand 2 minutes before serving.</p> <p>CAUTION: FILLING MAY BE HOT!</p> <p>Oven temperatures may vary . Adjust baking time and</p> <p>or temperature as necessary.</p> <p>Product is For Food Service Use Only, must be cooked in accordance with the Food Code and</p> <p>or State and Local requirements.</p> <p>THAW</p> <p>Heating Instructions</p> <p>Thawing Instructions</p> <ol style="list-style-type: none"><li>1. Thaw before baking.</li><li>2. Keep Sticks covered while thawing.</li><li>3. Sticks have 7 day shelf life when refrigerated.</li></ol> <p>Oven temperatures may vary . Adjust baking time and</p> <p>or temperature as necessary.</p> <p>Product is For Food Service Use Only, must be cooked in accordance with the Food Code and</p> <p>or State and Local requirements.</p>
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# Preparation Instructions

# Beacon Street Sliders

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

These breakfast sliders are made with 51 percent whole grain and are topped with savory turkey sausage, egg, and cheese.

## Nutrition Information

<b>Calories</b>	80.00	<b>Protein</b>	4.00g
<b>Fat</b>	2.50g	<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.00mg
<b>Carbohydrates</b>	10.00g	<b>Fiber</b>	1.00g
<b>Sugar</b>	2.50g	<b>Sodium</b>	145.00mg
<b>Iron</b>	0.80mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	50.00IU	<b>Calcium</b>	47.50mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Each	523710	SAND SLIDER SAUS EGG & CHS IW 72-2CT	BAKE  COOKING GUIDELINES: COOK BEFORE EATING. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. ROTATE PANS ONE HALF TURN HALF WAY THROUGH COOKING TO PREVENT CHEESE FROM BURNING. DUE TO VARIANCES IN OVEN REGULATORS AND NUMBER OF PIZZAS IN AN OVEN, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN (BASED ON FULL OVEN): 1. PREHEAT OVEN TO 350°F. 2. PLACE 48 WRAPPED PIZZAS (2 PIZZAS PER WRAPPER) IN 18" x 26" PAN. 3. BAKE 17-20 MINUTES.

## Preparation Instructions

# Frudels

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Breakfast pastry

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Each	838350	PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	BAKE Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes

## Preparation Instructions



# Breakfast Round Ubers

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

WG Cinn breakfast cookies

## Nutrition Information

<b>Calories</b>	240.00	<b>Protein</b>	5.00g
<b>Fat</b>	6.00g	<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	43.00g	<b>Fiber</b>	6.30g
<b>Sugar</b>	17.00g	<b>Sodium</b>	210.00mg
<b>Iron</b>	0.62mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	8.55IU	<b>Calcium</b>	29.57mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Each	794230	ROUND BKFST UBR 140-2.5Z RICH	

## Preparation Instructions

BAKE

HANDLING INSTRUCTIONS:

1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES.
2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN.
3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES.

4. REMOVE FROM OVEN AND COOL ON SHEET PAN.

# BOSCO BREAKFAST STICKS

<b>Servings:</b>	50.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service
CHEESE, EGG, TURKEY BACON	

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Each	856081	BREADSTICK BKFST WGRAIN 6 72-2.5Z	

## Preparation Instructions

CONVECTION

Heating Instructions

Convection Oven

1. Preheat convection oven to 350°F with fan on.
2. Place Stick on baking sheet.
3. Thawed: Bake 8-10 minutes or until a minimum temperature of 165°F has been reached
2. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

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

Product is For Food Service Use Only, must be cooked in accordance with the Food Code and

or State and Local requirements.

THAW

Heating Instructions

Thawing Instructions

1. Thaw before baking.
2. Keep Sticks covered while thawing.
3. Sticks have 7 day shelf life when refrigerated.

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

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

# WALKING TACO

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

TACO BEEF & DORITO WALKING TACO

## Nutrition Information

<b>Calories</b>	393.28	<b>Protein</b>	18.08g
<b>Fat</b>	19.09g	<b>SaturatedFat</b>	8.14g
<b>Trans Fat</b>	0.18g	<b>Cholesterol</b>	52.08mg
<b>Carbohydrates</b>	34.15g	<b>Fiber</b>	4.26g
<b>Sugar</b>	1.93g	<b>Sodium</b>	713.50mg
<b>Iron</b>	2.33mg	<b>Vitamin C</b>	34.74mg
<b>Vitamin A</b>	5528.76IU	<b>Calcium</b>	96.57mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>100 Package</b>	865611	CHIP NACHO CHS TOP N GO 21-1.4Z DORIT	1 bag per serving
<b>200 Ounce</b>	722330	TACO FILLING BEEF REDC FAT 6-5# COMM	2 oz. per serving.
<b>100 Ounce</b>	199720	CHEESE CHED SHRD 6-5 COMM	1 oz. per serving
<b>100 Ounce</b>	452841	SALSA 103Z 6-10 REDG	READY_TO_EAT None
<b>100 Cup</b>	361290	LETTUCE ROMN CUT 9-2 P/L	1/2 cup per order

## Preparation Instructions

# BROCCOLI FLORETS

<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>	No Cook

BROCCOLI & DIP

## Nutrition Information

<b>Calories</b>	15.00	<b>Protein</b>	1.20g
<b>Fat</b>	0.20g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	3.00g	<b>Fiber</b>	1.10g
<b>Sugar</b>	1.00g	<b>Sodium</b>	14.50mg
<b>Iron</b>	0.32mg	<b>Vitamin C</b>	39.25mg
<b>Vitamin A</b>	290.40IU	<b>Calcium</b>	20.68mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>50 Cup</b>	732451	BROCCOLI FLORET BITE SIZE 2-3 RSS	1/2 CUP PER SERVING

## Preparation Instructions

1. Wash
2. place into portion cups,
3. serve with Ranch dip

# Asian Mashed Potatoe Bowl

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

Asian Mashed

## Nutrition Information

<b>Calories</b>	264.00	<b>Protein</b>	15.60g
<b>Fat</b>	8.60g	<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	35.00mg
<b>Carbohydrates</b>	36.00g	<b>Fiber</b>	5.80g
<b>Sugar</b>	22.00g	<b>Sodium</b>	428.40mg
<b>Iron</b>	3.66mg	<b>Vitamin C</b>	697.68mg
<b>Vitamin A</b>	22527.76IU	<b>Calcium</b>	56.72mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>200 1/2 Cup</b>	578754	POTATO MASHED FRSH 4-6 GFS	
<b>400 Each</b>	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
<b>300 Ounce</b>	581992	PEPPERS RED DCD 3/8 2-3 RSS	
<b>3 1/4 Gallon</b>	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



# Every Day Elementary Breakfast

<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

Elementary Breakfast Items

## Nutrition Information

<b>Calories</b>	42.83	<b>Protein</b>	1.07g
<b>Fat</b>	1.19g	<b>SaturatedFat</b>	0.23g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	2.21mg
<b>Carbohydrates</b>	7.21g	<b>Fiber</b>	0.57g
<b>Sugar</b>	2.53g	<b>Sodium</b>	55.25mg
<b>Iron</b>	0.70mg	<b>Vitamin C</b>	0.69mg
<b>Vitamin A</b>	67.49IU	<b>Calcium</b>	20.61mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	365790	CEREAL CINN TOAST R/S BWL 96CT GENM	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.
1 Package	265811	CEREAL LUCKY CHARMS WGRAIN BWL 96CT	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.
1 Each	509396	CEREAL CHEERIOS HNYNUT BWL 96CT GENM	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.
1 Each	283620	CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	

<b>Measurement</b>	<b>DistPart #</b>	<b>Description</b>	<b>Preparation Instructions</b>
<b>1 Each</b>	283611	CEREAL APPLE JACKS R/S BWL 96-1Z KELL	
<b>1 Each</b>	805630	CEREAL FRSTD MINI WHE CHOC BWL 96CT	
<b>1 Each</b>	270401	CEREAL COCOA PUFFS WGRAIN R/S 96CT	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.
<b>1 Package</b>	265782	CEREAL TRIX R/S WGRAIN BWL 96CT GENM	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.
<b>1 Each</b>	265901	BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	READY_TO_EAT Ready to eat cereal bars
<b>1 Each</b>	265881	BAR CEREAL APPLCINN WGRAIN 96-1.42Z	READY_TO_EAT Ready to eat cereal bars
<b>1 Each</b>	265891	BAR CEREAL CINN TST WGRAIN 96-1.42Z	READY_TO_EAT Ready to eat cereal bars

Measurement	DistPart #	Description	Preparation Instructions
1 Each	856081	BREADSTICK BKFST WGRAIN 6 72-2.5Z	<p>CONVECTION</p> <p>Heating Instructions</p> <p>Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat convection oven to 350°F with fan on.</li> <li>2. Place Stick on baking sheet.</li> <li>3. Thawed: Bake 8-10 minutes or until a minimum temperature of 165°F has been reached</li> </ol> <p>2. Let stand 2 minutes before serving.</p> <p>CAUTION: FILLING MAY BE HOT!</p> <p>Oven temperatures may vary . Adjust baking time and or temperature as necessary.</p> <p>Product is For Food Service Use Only, must be cooked in accordance with the Food Code and or State and Local requirements.</p> <p>THAW</p> <p>Heating Instructions</p> <p>Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Sticks covered while thawing.</li> <li>3. Sticks have 7 day shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary . Adjust baking time and or temperature as necessary.</p> <p>Product is For Food Service Use Only, must be cooked in accordance with the Food Code and or State and Local requirements.</p>
1 Serving	123192	Whole Wheat Cinnamon Bar	BAKE

Measurement	DistPart #	Description	Preparation Instructions
1 Each	160432	PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	<p>BAKE</p> <p>COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1</p> <p>2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.</p>
1 Piece	503640	PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	<p>BAKE</p> <p>COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1</p> <p>2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.</p>
1 Each	523710	SAND SLIDER SAUS EGG & CHS IW 72-2CT	<p>BAKE</p> <p>COOKING GUIDELINES: COOK BEFORE EATING. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. ROTATE PANS ONE HALF TURN HALF WAY THROUGH COOKING TO PREVENT CHEESE FROM BURNING. DUE TO VARIANCES IN OVEN REGULATORS AND NUMBER OF PIZZAS IN AN OVEN, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN (BASED ON FULL OVEN): 1. PREHEAT OVEN TO 350°F. 2. PLACE 48 WRAPPED PIZZAS (2 PIZZAS PER WRAPPER) IN 18" x 26" PAN. 3. BAKE 17-20 MINUTES.</p>

Measurement	DistPart #	Description	Preparation Instructions
1 Each	838350	PASTRY CHRY FILLD IW 72- 2.29Z FRUDEL	BAKE  Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes
1 Each	838340	PASTRY APPL FILLD IW 72- 2.29Z FRUDEL	BAKE  Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes
1 Package	269260	WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	BAKE  Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.
1 Package	284841	PANCAKE MINI BLUEB IW 72- 3.03Z EGGO	
1 Package	284831	PANCAKE MINI MAPL IW 72- 3.03Z EGGO	
1 Each	577006	MUFFIN BLUEB IW 80-1.8Z GFS	
1 Each	279991	MUFFIN CINN STRUSL WGRAIN IW 60- 1.94Z	

Measurement	DistPart #	Description	Preparation Instructions
1 Each	280001	MUFFIN CHOC WGRAIN IW 60- 1.94Z GCHC	
1 Each	576999	MUFFIN APPLE CINN IW 80- 1.8Z GFS	
1 Each	551770	YOGURT RASPB RNBW L/F 48-4Z TRIX	READY_TO_EAT Ready to eat single serving
1 Serving	551741	YOGURT VAR PK L/F RASPB/PCH 48- 4Z	READY_TO_EAT Ready to eat single serving
1 Each	551760	YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	READY_TO_EAT Ready to eat single serving

## Preparation Instructions

# 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>	218.40	<b>Protein</b>	15.96g
<b>Fat</b>	4.44g	<b>SaturatedFat</b>	1.74g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	50.00mg
<b>Carbohydrates</b>	28.28g	<b>Fiber</b>	2.44g
<b>Sugar</b>	4.84g	<b>Sodium</b>	489.20mg
<b>Iron</b>	1.60mg	<b>Vitamin C</b>	0.58mg
<b>Vitamin A</b>	344.00IU	<b>Calcium</b>	169.20mg

## 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



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

# 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>	218.40	<b>Protein</b>	15.96g
<b>Fat</b>	4.44g	<b>SaturatedFat</b>	1.74g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	50.00mg
<b>Carbohydrates</b>	28.28g	<b>Fiber</b>	2.44g
<b>Sugar</b>	4.84g	<b>Sodium</b>	489.20mg
<b>Iron</b>	1.60mg	<b>Vitamin C</b>	0.58mg
<b>Vitamin A</b>	344.00IU	<b>Calcium</b>	169.20mg

## 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

# Spaghetti with Meatballs

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

Spaghetti with Marinara and Meatballs

## Nutrition Information

<b>Calories</b>	418.14	<b>Protein</b>	21.86g
<b>Fat</b>	13.36g	<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.60g	<b>Cholesterol</b>	36.00mg
<b>Carbohydrates</b>	54.57g	<b>Fiber</b>	7.86g
<b>Sugar</b>	9.71g	<b>Sodium</b>	673.14mg
<b>Iron</b>	3.80mg	<b>Vitamin C</b>	9.57mg
<b>Vitamin A</b>	559.29IU	<b>Calcium</b>	106.86mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	221460	PASTA SPAG 51 WGRAIN 2-10	
4 Each	785860	MEATBALL CKD .65Z 6-5 COMM	
4 Ounce	592714	SAUCE MARINARA A/P 6-10 REDPK	READY_TO_EAT None

## Preparation Instructions

Cook pasta according to package directions.

Meatballs: Place frozen meatballs in sauce, cover and heat in oven at 375 F for approximately 30-40 minutes. Alternatively, heat in steamer. Heat until internal temperature of meatballs reaches 155 F for 15 seconds or longer.

Serve 1 cup of spaghetti, 1/2 cup marinara, and 4 meatballs.

# Turkey Corn Chowder

<b>Servings:</b>	48.00
<b>Serving Size:</b>	6.00 Ounce
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Tender all white meat turkey, chunks of potatoes, corn, topped with smoky bacon

## Nutrition Information

<b>Calories</b>	115.99	<b>Protein</b>	10.91g
<b>Fat</b>	4.11g	<b>SaturatedFat</b>	1.03g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	25.33mg
<b>Carbohydrates</b>	9.65g	<b>Fiber</b>	1.63g
<b>Sugar</b>	1.94g	<b>Sodium</b>	470.34mg
<b>Iron</b>	0.45mg	<b>Vitamin C</b>	6.13mg
<b>Vitamin A</b>	83.33IU	<b>Calcium</b>	14.88mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>7 Pound</b>	653171	TURKEY & GRAVY CKD 4-7 JENNO	Thaw
<b>1 Cup</b>	601542	CELERY 10 MI LOCAL	
<b>4 Cup</b>	120490	CORN FZ 30 COMM	
<b>7 1/2 Cup</b>	118583	POTATO DCD 6-10 GFS	
<b>8 Cup</b>		Water	UNPREPARED
<b>2 1/2 Pound</b>	847208	PEPPERS & ONION FLME RSTD 6-2.5	1 bag
<b>48 Slice</b>	834770	BACON TKY CKD 12-50CT JENNO	1 slice each, crumbled

## Preparation Instructions

STOVE TOP:

1. Chop Celery.
2. Add celery to a large stock pot and saute until tender.
3. Add onion & peppers, corn, saute for 2 minutes.
4. Drain the liquid from the canned potatoes, then add them to the pot.
5. Stir in the Jennie-O Shredded White Turkey & Gravy.
6. Stir in 8 cups of water and simmer until the temperature reaches 145 F.
7. Top each serving with 1/2 oz. Jennie -O's

OVEN:

1. Chop and saute celery.
2. Add celery to a large roaster pan.
3. Add onion & peppers, corn.
4. Drain the liquid from the canned potatoes, then add them to the roaster pan.
5. Stir in the Jennie-O Shredded White Turkey & Gravy.
6. Stir in 8 cups of water then cover.
7. Place in a 350 F. oven and heat for about 20-30 minutes or until the temperature reaches 145 F.
8. Ladle each 6 oz. serving into a bowl then top each serving with 1/2 oz. Jennie -O's

# Turkey Empanada

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

Tender chunks of white meat turkey, onions, peppers, potatoes and cheese

## Nutrition Information

<b>Calories</b>	171.61	<b>Protein</b>	7.66g
<b>Fat</b>	2.90g	<b>SaturatedFat</b>	1.28g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	13.67mg
<b>Carbohydrates</b>	26.87g	<b>Fiber</b>	3.51g
<b>Sugar</b>	0.53g	<b>Sodium</b>	833.11mg
<b>Iron</b>	0.82mg	<b>Vitamin C</b>	19.52mg
<b>Vitamin A</b>	91.56IU	<b>Calcium</b>	114.26mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
5 19/20 Pound	653171	TURKEY & GRAVY CKD 4-7 JENNO	1 bag
2 10/77 Pound	847208	PEPPERS & ONION FLME RSTD 6-2.5	1 bag
85 Ounce	118583	POTATO DCD 6-10 GFS	1 can
5 Pound	193600	CHEESE BLND MOZZ SHRD FTNR 4-5 PG	1 bag
10 Each	566960	DOUGH BALL PIZZA WGRAIN 12-22Z	cut each 22 oz. dough ball into 8 2.75 oz. pieces.
1 Teaspoon	527971	SEASONING MESQ HRB&FAJITA 22Z TRDE	

## Preparation Instructions

1. cut each dough ball into 8 portions.



2. press with a pizza press or roll each one out.
3. in a large bowl mix Jennie-O Shredded Turkey and gravy, onions & peppers, and potatoes.
4. stir in Mesquite seasoning.
5. Using a # 12 scoop, scoop turkey mixture into the each pressed dough then add 1/2 oz. of mozzarella cheese.
6. fold and crimp sides, then place onto a baking pan.
7. bake at 375 F. for about 15 minutes until golden brown and the internal temperature reaches 145F.
8. Hold in a warmer until ready to serve.

# Fresh Peach Cups

<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>	No Cook

Fresh Sliced Peaches

## Nutrition Information

<b>Calories</b>	80.00	<b>Protein</b>	1.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	19.00g	<b>Fiber</b>	1.00g
<b>Sugar</b>	16.00g	<b>Sodium</b>	0.00mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	232470	PEACH CUP 96-4.4Z COMM	Thaw before serving

## Preparation Instructions

# Fresh Strawberry Cup

<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>	No Cook

Fresh Sliced Strawberries

## Nutrition Information

<b>Calories</b>	90.00	<b>Protein</b>	1.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	22.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	18.00g	<b>Sodium</b>	0.00mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	655010	STRAWBERRY CUP 96-4.5Z COMM	Thaw before serving

## Preparation Instructions

# Chicken Egg Roll-MS

<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

Each egg roll is filled with white meat chicken, fresh vegetables, and Asian seasonings.

## Nutrition Information

<b>Calories</b>	160.00	<b>Protein</b>	10.00g
<b>Fat</b>	5.00g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	30.00mg
<b>Carbohydrates</b>	20.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g	<b>Sodium</b>	410.00mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	6.00mg
<b>Vitamin A</b>	750.00IU	<b>Calcium</b>	40.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	277731	EGG ROLL CHIX WGRAIN 60-3Z MINH	1 per serving

## Preparation Instructions

BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. COOKING INSTRUCTIONS BASED ON FULL SIZE SHEET PAN (WITH APPROXIMATELY 54 EGG ROLLS). CONVECTION OVEN: PREHEAT OVEN TO 350°F. PLACE EGG ROLLS ON BAKING SHEET. FOR FROZEN PRODUCT COOK FOR 22 MINUTES; FOR THAWED PRODUCT COOK FOR 13 MINUTES. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS.

Serving with dipping sauce.