

Cookbook for Cuyahoga Falls City Schools

Created by HPS Menu Planner

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Criss-Cross Sweet Potato Fries

Servings:	80.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Sweet Delicious Baked Sweet Potato Fries

Nutrition Information

Calories	150.50	Protein	2.01g
Fat	5.02g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	23.08g	Fiber	2.01g
Sugar	5.02g	Sodium	180.60mg
Iron	0.36mg	Vitamin C	2.41mg
Vitamin A	3511.71IU	Calcium	20.07mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
15 Pound	799700	FRIES SWT CRISSCUT 5-3 LAMB	3 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.

1 case equals 80 3 oz. servings

Deli Roasters

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

Baked seasoned cubed potatoes

Nutrition Information

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

Green Beans

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

Fresh green Beans

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Gallon	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.

Fiesta Black Beans

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

Seasoned Bush Black Beans

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
108 Fluid Ounce	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.

Crinkle Cut Baked Fries

Servings:	100.00
Serving Size:	1.00 Serving
Meal Type:	Breakfast
Category:	Vegetable
HACCP Process:	No Cook

Cripy Golden Crinkle cut Fries

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
25 Pound	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

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

Spiral cut seasoned fries

Nutrition Information

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

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

Baked Sweet Potato fries

Nutrition Information

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

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

Baked Waffle cut fries

Nutrition Information

Calories	185.43	Protein	2.65g
Fat	6.62g	SaturatedFat	1.32g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	29.14g	Fiber	3.97g
Sugar	0.00g	Sodium	105.96mg
Iron	0.95mg	Vitamin C	4.77mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
400 Ounce	201081	FRIES WAFFLE 6-4.5 MCC	4 oz. per order

Preparation Instructions

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.

18 orders per bag

108 orders per case

Black Pepper Fries

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

Baked Black Pepper Seasoned Fries

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
25 Pound	190918	FRIES PEPPERED 6-5 X-TREME	

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHEET TRAY. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Place 4 oz. fries per order into a boat.

Triangle Hash Browns

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

Baked Hash Browns

Nutrition Information

Calories	195.56	Protein	1.78g
Fat	9.78g	SaturatedFat	3.11g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	24.00g	Fiber	1.78g
Sugar	0.89g	Sodium	462.22mg
Iron	0.89mg	Vitamin C	2.13mg
Vitamin A	0.00IU	Calcium	17.78mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
30 Pound	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

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

Sweet mini cornbread battered franks

Nutrition Information

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

Servings:	100.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Fresh Mixed Romaine Salad

Nutrition Information

Calories	10.16	Protein	0.67g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.04g	Fiber	0.68g
Sugar	1.36g	Sodium	6.71mg
Iron	0.24mg	Vitamin C	3.31mg
Vitamin A	1674.16IU	Calcium	13.42mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Cup	755826	LETTUCE BLND ROMAINE MXD 4-5 RSS	1 cup each serving
2 Each	129631	TOMATO GRAPE SWT 10 MRKN	2 each serving

Preparation Instructions

1 cup per serving add 2 cherry tomatoes.

NOTE: One cup of lettuce greens equals 1/ cup SLE serving.

Drum Stick

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

Oven Baked Breaded Chicken Drum Stick

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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.

French Bread Pizza

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

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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.

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

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

Corn

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

Side veggie, Corn

Nutrition Information

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

Celery & Carrot Sticks

Servings:	100.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Crispy Fresh Veggie favorites

Nutrition Information

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

Fresh Cooked Carrots

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

Fresh Cooked Carrots

Nutrition Information

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

Baked Beans

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

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Cup	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****

Mashed Potatoes

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

Creamy Mashed Potatoes

Nutrition Information

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

Ingredients

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

Steamed Broccoli

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

Garden Fresh Crispy Broccoli

Nutrition Information

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

Fiestada Pizza

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

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

Nutrition Information

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

Corn & Black Bean Fiesta Blend

Servings:	60.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	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

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

BROCCOLI FLORETS

Servings:	100.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

BROCCOLI & DIP

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Cup	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

Blueberry Waffles

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

IW Mini Waffles

Nutrition Information

Calories	200.00	Protein	4.00g
Fat	6.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	36.00g	Fiber	3.00g
Sugar	10.00g	Sodium	170.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Package	269240	WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 pack per serving

Preparation Instructions

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.

Fries Sweet Potato Crinkle MTG

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

Fries Sweet Potato Crinkle MTG

Nutrition Information

Calories	119.62	Protein	1.99g
Fat	4.49g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	16.95g	Fiber	2.99g
Sugar	4.98g	Sodium	179.43mg
Iron	0.36mg	Vitamin C	2.39mg
Vitamin A	3488.96IU	Calcium	19.94mg

Ingredients

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

Preparation Instructions

Directions:

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

Muffin & Yogurt

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

Fruit Muffin & Yogurt

Nutrition Information

Calories	9.10	Protein	0.20g
Fat	0.28g	SaturatedFat	0.08g
Trans Fat	0.00g	Cholesterol	1.60mg
Carbohydrates	1.44g	Fiber	0.08g
Sugar	0.80g	Sodium	7.30mg
Iron	0.04mg	Vitamin C	0.00mg
Vitamin A	14.00IU	Calcium	2.88mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	558011	MUFFIN APPL CINN WGRAIN IW 72-2Z	
1 Each	557970	MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	
1 Each	557981	MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	
1 Each	280001	MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	
1 Each	551760	YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	READY_TO_EAT Ready to eat single serving
1 Each	186911	YOGURT CHERRY TRPL L/F 48-4Z TRIX	READY_TO_EAT Ready to eat single serving

Preparation Instructions

Peas & Carrots

Servings:	100.00
Serving Size:	4.00 Ounce
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Cooked Peas & Carrots

Nutrition Information

Calories	45.18	Protein	1.49g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	6.80g	Fiber	2.24g
Sugar	2.99g	Sodium	22.39mg
Iron	0.54mg	Vitamin C	3.58mg
Vitamin A	1119.40IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Cup	285730	PEAS & CARROT 30 GFS	1/2 cup per serving
2 Teaspoon	565148	SEASONING GARDEN NO SALT 19Z TRDE	

Preparation Instructions

Assorted Breakfast Cereals

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

Assorted Kelloggs & General Mills Cereals

Nutrition Information

Calories	6.00	Protein	0.08g
Fat	0.10g	SaturatedFat	0.01g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	1.25g	Fiber	0.12g
Sugar	0.43g	Sodium	7.65mg
Iron	0.24mg	Vitamin C	0.40mg
Vitamin A	24.00IU	Calcium	4.80mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	270401	CEREAL COCOA PUFFS WGRAIN R/S 96CT	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.
1 Each	453143	CEREAL CINN CHEX BWL 96- 1Z GENM	READY_TO_EAT Single-serve ready to eat dry cereal.
1 Each	232882	CEREAL APPLE JACKS BWL 96CT KELL	
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 Each	232939	CEREAL FROOT LOOPS BWL 96CT KELL	

Measurement	DistPart #	Description	Preparation Instructions
1 Each	266052	CEREAL APPLCINN WGRAIN BWL 96CT GENM	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.

Preparation Instructions

One cereal bowl per serving

Ranch Wedge Fries

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

Ranch Seasoned Wedge Fries

Nutrition Information

Calories	164.38	Protein	2.74g
Fat	6.85g	SaturatedFat	1.37g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	23.29g	Fiber	2.74g
Sugar	0.00g	Sodium	383.56mg
Iron	0.00mg	Vitamin C	6.58mg
Vitamin A	0.00IU	Calcium	23.29mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
25 Pound	609676	FRIES WEDGE W/RANCH 6-5 LAMB	each serving equals 4 oz.

Preparation Instructions

CONVECTION OVEN COOK AT 400 DEGREES F FOR about 8 - 12 MINUTES.

CONVENTIONAL OVEN COOK AT 400 DEGREES F FOR 22 - 25 MINUTES.

COOK UNTIL GOLDEN BROWN AND CRISPY.

1 case has 120 servings.