

Cookbook for Cuyahoga Falls City Schools

Created by HPS Menu Planner

Table of Contents

Fish Sticks

Criss-Cross Sweet Potato Fries

Beef Taco

Grilled Cheese

Stuffed Crust Pizza

Chicken Nuggets

Deli Roasters

Burger

Chicken Taco

Green Beans

French Toast

Fiesta Black Beans

Calzone with Marinara Sauce

Breaded Chicken Sandwich

Crinkle Cut Baked Fries

Curly Twister Fries

Sweet Potato Ribbon cut fries

Waffle Fries

Black Pepper Fries

Triangle Hash Browns

Mini Corn Dog

Mixed Green Salad

Drum Stick

Brown Rice

French Bread Pizza

Popcorn Chicken Bites

Mac & Cheese

Lasagna Roll-ups

Garlic Bread

Chicken Strips

Cucumbers & Tomatoes

Orange

Fresh Blueberry Cup

Meatball Sub

Corn

Fresh Diced Watermelon

BBQ Meatball Bowl

Soft Pretzel

Meatloaf With Cheese

Sausage Links

Celery & Carrot Sticks

Chicken Quesadilla

Fresh Cooked Carrots

Hot Dog on a bun

Baked Beans

Cornbread Muffin

Boneless Wings

Mashed Potatoes

Breakfast Pizza

Yogurt & Graham Crisps

Mini Waffles

Fruit Frudels

Breakfast Fruit Muffins

Burger & Cheese Burger on a Bun

Toasted Cheese on a Pretzel Bun

Sweet & Sour Chicken Bowl

Vegetable Eggrolls

BBQ Pulled Pork Sandwich

SRIRACHA CHICKEN

Smokehouse Burger

Breakfast for Lunch

Tomato Soup

Golden Crispy Chicken Sandwich

HS Chicken Nugget

Steamed Broccoli

CHICKEN NUGGETS (HS)

Far East Vegetable Blend

Fiestada Pizza

Chicken Gravy

Pears (Fresh)

Corn & Black Bean Fiesta Blend

Coney Dog on a bun

Italian Meatball Sub

Chicken Egg Rolls

Fish Sandwich on a bun

Chicken Egg Rolls

pancakes

CinnABar

Beacon Street Sliders

Frudels

Breakfast Round Ubers

BOSCO BREAKFAST STICKS

WALKING TACO

BROCCOLI FLORETS

Asian Mashed Potatoe Bowl

Cavatini Cowboy MTG

Ravioli w/Sauce MTG

Spaghetti with Meatballs

Turkey Corn Chowder

Turkey Empanada

Chicken Egg Roll-MS

Blueberry Waffles

BBQ Chicken Sandwich

Coney Dog on a bun

Hamburger Deluxe MTG

Sandwich Turkey Burger MTG

Marinated Cole Slaw

Fries Sweet Potato Crinkle MTG

Muffin & Yogurt

Peas & Carrots

Super Donut

Refried Beans

Assorted Breakfast Cereals

Ranch Wedge Fries

Fruit of The Day

Fresh Fruit of The Day

Assorted 100% Fruit Juice

Fish Sticks

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

Crispy Crunchy Baked Pollock Fish Sticks served with Tartar Sauce

Nutrition Information

Calories	220.00	Protein	12.00g
Fat	9.00g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	35.00mg
Carbohydrates	22.00g	Fiber	1.00g
Sugar	0.00g	Sodium	400.00mg
Iron	1.20mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

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

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	6.02g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	23.08g	Fiber	2.01g
Sugar	5.02g	Sodium	170.57mg
Iron	0.00mg	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

Beef Taco

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

Soft shell beef tacos

Nutrition Information

Calories	307.63	Protein	20.33g
Fat	12.80g	SaturatedFat	6.84g
Trans Fat	0.27g	Cholesterol	52.32mg
Carbohydrates	25.37g	Fiber	3.83g
Sugar	7.56g	Sodium	600.18mg
Iron	3.56mg	Vitamin C	6.71mg
Vitamin A	1628.32IU	Calcium	205.80mg

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

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

Classic golden brown, warm, melted goddess

Nutrition Information

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

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

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

Nutrition Information

Calories	340.00	Protein	15.00g
Fat	15.00g	SaturatedFat	4.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	36.00g	Fiber	3.00g
Sugar	3.00g	Sodium	890.00mg
Iron	2.00mg	Vitamin C	0.00mg
Vitamin A	300.00IU	Calcium	190.00mg

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

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

Golden Crispy Crunch Chicken Nuggets with Dipping Sauce

Nutrition Information

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

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.

Burger

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

Delicious hamburgers & cheese burgers

Nutrition Information

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

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

Soft Shell Taco, mesquite seasoned diced chicken

Nutrition Information

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

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.

French Toast

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

Breakfast for lunch

Nutrition Information

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

Calzone with Marinara Sauce

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

Baked Beef & Chicken Italian Calzone (NO PORK)

Nutrition Information

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

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

Baked Home-style Chicken Sandwich Patty

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	645080	CHIX PTY HMSTYL 1.6Z 4-5 TYS	
100 Each	676151	BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

10-12 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

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.

Brown Rice

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

Rice Brown

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 11/25 Cup	516371	RICE BRN PARBL WGRAIN 25 GCHC	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

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

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.

Popcorn Chicken Bites

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

Oven Baked Popcorn Chicken Bites with BBQ dipping sauce

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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

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

Land-O-Lakes Creamy Baked Mac & Cheese

Nutrition Information

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

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

Lasagna

Nutrition Information

Calories	254.89	Protein	15.74g
Fat	6.74g	SaturatedFat	3.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	31.23g	Fiber	2.74g
Sugar	6.49g	Sodium	509.14mg
Iron	1.08mg	Vitamin C	8.23mg
Vitamin A	544.45IU	Calcium	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

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

Oven Toasted Garlic Bread

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Slice	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

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

Oven baked breaded chicken strips

Nutrition Information

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

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

Orange

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

Fresh Orange

Nutrition Information

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

Servings:	120.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Fresh Blueberries

Nutrition Information

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

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

MB

Nutrition Information

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

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.

Fresh Diced Watermelon

Servings:	120.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Fruit
HACCP Process:	No Cook

Delicious Fresh Watermelon Chunks

Nutrition Information

Calories	1.00	Protein	0.03g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.25g	Fiber	0.03g
Sugar	0.25g	Sodium	0.00mg
Iron	0.05mg	Vitamin C	0.31mg
Vitamin A	0.38IU	Calcium	0.03mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Gallon	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

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

Tender Meatballs baked in Sweet Kansas City BBQ

Nutrition Information

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

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

Bavarian Style Pretzel

Nutrition Information

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

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

Comfort food

Nutrition Information

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

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

Turkey Breakfast Sausage Links

Nutrition Information

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

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.

Chicken Quesadilla

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

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

Nutrition Information

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

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.

Hot Dog on a bun

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

Fully cooked smoked Beef, Pork & Turkey Frank

Nutrition Information

Calories	270.00	Protein	10.00g
Fat	15.00g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	35.00mg
Carbohydrates	26.00g	Fiber	5.00g
Sugar	4.00g	Sodium	585.00mg
Iron	1.69mg	Vitamin C	0.00mg
Vitamin A	0.06IU	Calcium	72.09mg

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

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****

Cornbread Muffin

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

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

Nutrition Information

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

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

Golden Crispy Boneless Wings

Nutrition Information

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

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.

Breakfast Pizza

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

Breakfast turkey sausage pizza.

Nutrition Information

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

Servings:	50.00
Serving Size:	1.00 Serving
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Yogurt & Graham Crisps

Nutrition Information

Calories	200.00	Protein	6.00g
Fat	4.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	36.00g	Fiber	1.00g
Sugar	17.00g	Sodium	175.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	1000.00IU	Calcium	200.00mg

Ingredients

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

Preparation Instructions

Mini Waffles

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

Mini maple flavored waffles

Nutrition Information

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

Ingredients

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

Preparation Instructions

Fruit Frudels

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

cherry-filled strudel pastries

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Each	838350	PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 PACK PER SERVING

Preparation Instructions

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

Breakfast Fruit Muffins

Servings:	50.00
Serving Size:	1.00 Serving
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Fruit Muffins

Nutrition Information

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

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

Smoky Beef steak Patty

Nutrition Information

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

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	

Preparation Instructions

Steamer: Place 15 burgers in a 2" roaster pan. Steam for about 7 minutes. Temp at 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.

Toasted Cheese on a Pretzel Bun

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

Bavarian Pretzel bun & American Cheese Toasted

Nutrition Information

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

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

Sweet & Sour popcorn chicken served over brown rice

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1100 Each	327120	CHIX POPCORN BRD WGRAIN FC .28Z 4-8	25 orders per bag.
1/2 Gallon	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

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

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

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

Brookwood Farm Pulled Pork

Nutrition Information

Calories	324.25	Protein	17.50g
Fat	14.25g	SaturatedFat	4.50g
Trans Fat	0.00g	Cholesterol	53.25mg
Carbohydrates	31.75g	Fiber	4.00g
Sugar	14.00g	Sodium	269.75mg
Iron	3.02mg	Vitamin C	18.90mg
Vitamin A	1237.50IU	Calcium	100.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
300 Ounce	498702	PORK PULLED BBQ LO SOD 4-5 BROOKWD	3 oz. per sandwich
100 Each	676151	BUN HAMB WHLWHE 3.5 R/SOD 10- 12CT	

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

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

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

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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

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

Smoky burger

Nutrition Information

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

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

Brunch Lunch

Nutrition Information

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

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

Comfort Food Heaven

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
600 Fluid Ounce	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

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

Chik-Fil-it Style Chicken Sandwich

Nutrition Information

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

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

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

Nutrition Information

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

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.

CHICKEN NUGGETS (HS)

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

High School serves 6 Chicken Nuggets.

Nutrition Information

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

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

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

Nutrition Information

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

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.

Chicken Gravy

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

Use on Mashed Potatoes

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Gallon		Water	UNPREPARED
4 Tablespoon	704377	STARCH CORN BIB 25 ARGO	
3 1/4 Fluid Ounce	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.

Pears (Fresh)

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

Fresh seasonal pears

Nutrition Information

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

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.

Coney Dog on a bun

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

Coney Dog on a bun

Nutrition Information

Calories	345.14	Protein	15.04g
Fat	20.55g	SaturatedFat	6.57g
Trans Fat	0.09g	Cholesterol	46.04mg
Carbohydrates	28.58g	Fiber	5.63g
Sugar	4.63g	Sodium	797.08mg
Iron	2.29mg	Vitamin C	1.70mg
Vitamin A	205.12IU	Calcium	61.09mg

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

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

meatballs, mozzarella, marinara on a ww sub bun

Nutrition Information

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

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

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

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

Pollock

Nutrition Information

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

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

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

Nutrition Information

Calories	150.00	Protein	7.00g
Fat	7.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	16.00g	Fiber	2.00g
Sugar	2.00g	Sodium	360.00mg
Iron	1.44mg	Vitamin C	6.00mg
Vitamin A	1250.00IU	Calcium	40.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	599440	EGG ROLL CHIX WGRAIN CN 3Z 2-30CT	1 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 & Spicy Sauce.

pancakes

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

Pillsbury whole grain mini maple pancakes IW

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Package	269220	PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 pack per serving

Preparation Instructions

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.

CinnA Bar

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

Whole Wheat Cinnamon Bar

Nutrition Information

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

Ingredients

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

Preparation Instructions

Beacon Street Sliders

Servings:	50.00
Serving Size:	1.00 Serving
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	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

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Each	523710	SAND SLIDER SAUS EGG & CHS IW 72-2CT	

Preparation Instructions

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.

Frudels

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

Breakfast pastry

Nutrition Information

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

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
50 Each	838350	PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 PACK PER SERVING

Preparation Instructions

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

Breakfast Round Ubers

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

WG Cinn breakfast cookies

Nutrition Information

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

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

CHEESE, EGG, TURKEY BACON

Nutrition Information

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

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

TACO BEEF & DORITO WALKING TACO

Nutrition Information

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

Ingredients

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

Preparation Instructions

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

Asian Mashed Potatoe Bowl

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

Asian Mashed

Nutrition Information

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

Ingredients

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

Preparation Instructions

WASH HANDS.

1. Cook potatoes according to recipe/package instructions.

2. Bake the beef according to manufacturer instructions.

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

3. Steam or saute the bell peppers until tender.

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

5. Serve warm.

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

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

Cavatini Cowboy MTG

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

Cavatini Cowboy MTG

Nutrition Information

Calories	245.35	Protein	15.47g
Fat	16.11g	SaturatedFat	6.79g
Trans Fat	1.02g	Cholesterol	54.80mg
Carbohydrates	8.38g	Fiber	1.62g
Sugar	4.81g	Sodium	579.23mg
Iron	2.39mg	Vitamin C	3.84mg
Vitamin A	838.00IU	Calcium	41.90mg

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

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

Ravioli w/Sauce MTG

Nutrition Information

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

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

Spaghetti with Marinara and Meatballs

Nutrition Information

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

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

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

Nutrition Information

Calories	127.30	Protein	12.61g
Fat	4.58g	SaturatedFat	1.17g
Trans Fat	0.00g	Cholesterol	29.10mg
Carbohydrates	9.84g	Fiber	1.63g
Sugar	1.94g	Sodium	517.45mg
Iron	0.49mg	Vitamin C	6.13mg
Vitamin A	83.33IU	Calcium	14.88mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
7 Pound	653171	TURKEY & GRAVY CKD 4-7 JENNO	Thaw
1 Cup	601542	CELERY 10 MI LOCAL	
4 Cup	120490	CORN FZ 30 COMM	
7 1/2 Cup	118583	POTATO DCD 6-10 GFS	
8 Cup		Water	UNPREPARED
2 1/2 Pound	847208	PEPPERS & ONION FLME RSTD 6-2.5	1 bag
48 Slice	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

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

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

Nutrition Information

Calories	177.03	Protein	8.48g
Fat	3.13g	SaturatedFat	1.35g
Trans Fat	0.00g	Cholesterol	15.48mg
Carbohydrates	26.96g	Fiber	3.51g
Sugar	0.53g	Sodium	855.72mg
Iron	0.83mg	Vitamin C	19.52mg
Vitamin A	91.56IU	Calcium	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.

Chicken Egg Roll-MS

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

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

Nutrition Information

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

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.

BBQ Chicken Sandwich

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

Grilled Chicken with BBQ Sauce

Nutrition Information

Calories	220.00	Protein	26.00g
Fat	4.00g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	60.00mg
Carbohydrates	20.00g	Fiber	4.00g
Sugar	2.00g	Sodium	415.00mg
Iron	1.44mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	60.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	152121	CHIX BRST GRLLD CKD 3Z 2-5 TYS	
100 Each	676151	BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	

Preparation Instructions

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.

Coney Dog on a bun

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

Coney Dog on a bun

Nutrition Information

Calories	345.14	Protein	15.04g
Fat	20.55g	SaturatedFat	6.57g
Trans Fat	0.09g	Cholesterol	46.04mg
Carbohydrates	28.58g	Fiber	5.63g
Sugar	4.63g	Sodium	797.08mg
Iron	2.29mg	Vitamin C	1.70mg
Vitamin A	205.12IU	Calcium	61.09mg

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.

Hamburger Deluxe MTG

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

Hamburger Deluxe MTG

Nutrition Information

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

Ingredients

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

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

Preparation Instructions

WASH HANDS.

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

,1. Cook beef patty as directed on package.

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

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

,Updated October 2013

,

Sandwich Turkey Burger MTG

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

Sandwich Turkey Burger MTG

Nutrition Information

Calories	276.58	Protein	19.33g
Fat	11.08g	SaturatedFat	2.52g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	29.42g	Fiber	6.45g
Sugar	5.01g	Sodium	366.87mg
Iron	2.62mg	Vitamin C	4.60mg
Vitamin A	399.88IU	Calcium	63.73mg

Ingredients

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

Preparation Instructions

WASH HANDS.

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

,

,1. Cook chicken patty as directed on package.

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

,3. Serve.

,4. Allow student to select condiment of choice.

,

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

,Updated October 2013

Marinated Cole Slaw

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

Vinegar based coleslaw

Nutrition Information

Calories	163.78	Protein	1.18g
Fat	11.63g	SaturatedFat	1.77g
Trans Fat	0.20g	Cholesterol	0.00mg
Carbohydrates	14.22g	Fiber	2.11g
Sugar	12.47g	Sodium	104.41mg
Iron	0.32mg	Vitamin C	26.19mg
Vitamin A	168.84IU	Calcium	33.71mg

Ingredients

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

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

Preparation Instructions

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

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

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

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.

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	7.20mg
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

Super Donut

Servings:	80.00
Serving Size:	1.00 Each
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Super Donut

Nutrition Information

Calories	230.00	Protein	5.00g
Fat	11.00g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	29.00g	Fiber	2.00g
Sugar	6.00g	Sodium	260.00mg
Iron	1.44mg	Vitamin C	6.00mg
Vitamin A	0.00IU	Calcium	100.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
80 Each	668181	DONUT RING WGRAIN GLZ IW 80-2.5Z	one case has 80 servings

Preparation Instructions

Thaw & serve.

Refried Beans

Servings:	25.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Refried Beans

Nutrition Information

Calories	140.00	Protein	8.00g
Fat	2.00g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	23.00g	Fiber	6.00g
Sugar	1.00g	Sodium	530.00mg
Iron	1.80mg	Vitamin C	2.40mg
Vitamin A	0.00IU	Calcium	40.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
12 1/2 Cup	293962	BEAN REFRD 6-10 GRSZ	1 can = 25 1/2 cup servings

Preparation Instructions

Heat to 165 F.

Serving 1/2 cup servings.

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.

Fruit of The Day

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

A variety of Fruit

Nutrition Information

Calories	5.50	Protein	0.01g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	1.40g	Fiber	0.12g
Sugar	1.18g	Sodium	0.60mg
Iron	0.01mg	Vitamin C	0.78mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 0.50 cup	110700	PEACH DCD 6-10 COMM	1 serving equals 1/2 cup
1 Cup	110690	PEAR DCD 6-10 COMM	
1 Cup	271497	APPLESAUCE UNSWT 6-10 GFS	
1 Cup	189979	PINEAPPLE TIDBITS IN JCE 6-10 GFS	
1 Each	136741	PEACH DCD CUP 72-4.5Z COMM	

Preparation Instructions

Serve a variety of fresh and canned fruits daily.

Fresh Fruit of The Day

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

A variety of fresh fruit

Nutrition Information

Calories	5.02	Protein	0.05g
Fat	0.01g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	1.28g	Fiber	0.19g
Sugar	0.93g	Sodium	0.11mg
Iron	0.01mg	Vitamin C	1.84mg
Vitamin A	7.00IU	Calcium	1.36mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 .50 cup	198056	PEAR 95-110CT MRKN	each serving equals 1/2 cup
1 Cup	764740	BLUEBERRIES FZ WILD IQF 30 COMM	
1 Each	655010	STRAWBERRY CUP 96-4.5Z COMM	
1 Each	287008	KIWI 33-39CT P/L	
1 Cup	198013	ORANGES NAVEL/VALENCIA FCY 113CT MRKN	
1 Cup	197831	GRAPE RED SDLSS 9-2AVG MRKN	
1 Each	197726	APPLE RD MI 100CT MRKN	

Preparation Instructions

Serve a variety of fresh and canned fruits each day.

Assorted 100% Fruit Juice

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

Apple, OJ, Grape

Nutrition Information

Calories	1.90	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.46g	Fiber	0.00g
Sugar	0.42g	Sodium	0.20mg
Iron	0.00mg	Vitamin C	1.02mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	118930	JUICE ORNG 100 FRSH 72-4FLZ SNCUP	
1 Each	118921	JUICE APPLE 100 FRSH 72-4FLZ SNCUP	
1 Each	118940	JUICE GRP 100 FRSH 72-4FLZ SNCUP	

Preparation Instructions