

Cookbook for St. Peter Lutheran School Hemlock

Created by HPS Menu Planner

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Refried Beans

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

Pinto beans, pink beans, salt

Nutrition Information

Calories	110.00	Protein	7.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	20.00g	Fiber	5.00g
Sugar	1.00g	Sodium	140.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	120540	BEAN REFRD 6-10 COMM	USE BE RECEIVED - 730 DAYS Basic Preparation USE A CLEAN CLOTH TO WASH THE LIDS OF CANNED FOODS BEFORE OPENING TO KEEP DIRT FROM GETTING INTO THE FOOD. USE A CLEAN AND SANITIZED CAN OPENER. HEAT SLOWLY AT A LOW TO MEDIUM TEMPERATURE IN A STEAM-JACKETED KETTLE OR A STEAMER TO AN INTERNAL TEMPERATURE OF 135 *F.STIR OCCASIONALLY TO DISTRIBUTE HEATED BEANS. DO NOT OVERHEAT BECAUSE BEANS CAN BURN AND DRY OUT QUICKLY. USES

Preparation Instructions

USE BE RECEIVED - 730 DAYS

Basic Preparation

USE A CLEAN CLOTH TO WASH THE LIDS OF CANNED FOODS BEFORE OPENING TO KEEP DIRT FROM GETTING INTO THE FOOD. USE A CLEAN AND SANITIZED CAN OPENER. HEAT SLOWLY AT A LOW TO

MEDIUM TEMPERATURE IN A STEAM-JACKETED KETTLE OR A STEAMER TO AN INTERNAL TEMPERATURE OF 135 *F. STIR OCCASIONALLY TO DISTRIBUTE HEATED BEANS. DO NOT OVERHEAT BECAUSE BEANS CAN BURN AND DRY OUT QUICKLY. USES Updated For New Final Rule:

Meat/Meat Alternative

0 oz

Grain/Breads

0 oz eq

Fruit

0 cup

Red/Orange

0 cup

Dark Green

0 cup

Starchy

0 cup

Beans/Peas

0.5 cup

Other

0 cup

Notes:

Or 1/2c = 2z M/MA; no PFS on file

Nacho

Servings:	1.00
Serving Size:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Complex Food Prep

Nacho with Beef crumbles and cheese

Nutrition Information

Calories	569.88	Protein	21.83g
Fat	27.25g	SaturatedFat	10.10g
Trans Fat	0.00g	Cholesterol	62.50mg
Carbohydrates	54.48g	Fiber	4.83g
Sugar	5.15g	Sodium	1180.26mg
Iron	2.84mg	Vitamin C	1.17mg
Vitamin A	300.00IU	Calcium	235.52mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	135081	BEEF GRND CKD 6-5 COMM	PREPARE FROM FROZEN STATE Shelf Life FROZEN = 365 DAYS Basic Preparation PLACE SEALED BAG IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.
1/4 Cup	323616	SAUCE CHS NACHO JALAP DLX 6-10 GFS	Basic Preparation SIMPLY HEAT AND SERVE
1 Ounce	861950	CHEESE AMER SHRD R/F 4-5 LOL	

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	242489	LETTUCE SHRD TACO 1/8CUT 4-5 RSS	
1 Each	838560	SOUR CREAM IMIT PKT 400-1Z KE	READY_TO_EAT Ideal for use as an ingredient or a topping on a baked potato
1 Tablespoon	704504	SALSA MILD THICK & CHNKY 4- 138Z PACE	
2 Ounce	163020	CHIP TORTL RND YEL 5-1.5 KE	

Preparation Instructions

Bosco Sticks (cheese) w/ pizza sauce

Servings:	1.00
Serving Size:	2.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Cheese filled breadstick

Nutrition Information

Calories	448.87	Protein	24.67g
Fat	14.87g	SaturatedFat	5.33g
Trans Fat	0.01g	Cholesterol	31.67mg
Carbohydrates	58.00g	Fiber	8.00g
Sugar	14.00g	Sodium	1703.73mg
Iron	5.04mg	Vitamin C	24.00mg
Vitamin A	1233.33IU	Calcium	640.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
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<p>2 Each</p>	<p>235411</p>	<p>BREADSTICK CHS STFD WGRAIN 6 144CT</p>	<p>CONVECTION</p> <p>Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <p>Oven temperatures may vary. Adjust baking time and and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY</p> <p>Deep Fry</p> <ol style="list-style-type: none"> 1. Preheat oil to 350° F. 2. THAWED ONLY: 1-2 minutes. 3. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <p>Oven temperatures may vary. Adjust baking time and and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW</p> <p>Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>
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1 Ounce	168971	SAUCE PIZZA RTU W/CHS 6-10 PG	Basic Preparation READY TO USE. SPREAD OVER PIZZA CRUST
1 Teaspoon	758370	PAN COAT/TPNG SPRY BTR 6-16.5Z GFS	Basic Preparation Shake well. Hold can 9" to 12" away from surface to be sprayed. Spray in a sweeping motion side to side covering entire surface to keep foods from sticking
1 Teaspoon	164259	CHEESE PARM GRTD 12-1 PG	

Preparation Instructions

Heat Bosco stick to temp spray with butter spray and sprinkle with parm cheese. Serve with pizza sauce.

Cheese Omlette w/ pancakes

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Colby cheese omlette with two pancakes

Nutrition Information

Calories	398.33	Protein	10.73g
Fat	13.80g	SaturatedFat	4.37g
Trans Fat	0.16g	Cholesterol	170.67mg
Carbohydrates	59.33g	Fiber	2.00g
Sugar	22.33g	Sodium	504.60mg
Iron	1.85mg	Vitamin C	0.00mg
Vitamin A	307.79IU	Calcium	84.54mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	240080	EGG OMELET CHS COLBY 144-2.1Z	Thawing Instructions THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE. Shelf Life FROZEN= 180 DAYS FROM THE DATE OF PRODUCTION. Basic Preparation CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.

Measurement	DistPart #	Description	Preparation Instructions
2 Each	617650	PANCAKE WGRAIN 144CT 1.14Z AJ	Basic Preparation CONVENTIONAL OVEN: PRE-HEAT OVEN TO 400°F AND PLACE PANCAKES IN A SINGLE LAYER ON SHEET PAN. BAKE FOR 4-5 MINUTES OR UNTIL HOT. CONVECTION OVEN: PRE-HEAT OVEN TO 350°F AND PLACE PANCAKES IN A SINGLE LAYER ON SHEET PAN. BAKE FOR 3-4 MINUTES OR UNTIL HOT. GRIDDLE: FOR BEST RESULTS DO NOT GRIDDLE TO HEAT. SLOT TOASTER: TOAST ON MIDDLE/MEDIUM SETTING UNTIL GOLDEN BROWN AND HOT. FROZEN PANCAKES MAY REQUIRE MORE THAN ONE TOASTING CYCLE. MICROWAVE ON HIGH UNTIL WARM. MICROWAVE 2 STACKED PANCAKES FOR 35 SECONDS. MICROWAVE 3 STACKED PANCAKES FOR 50 SECONDS.
1 Each	160090	SYRUP PANCK CUP 200-1.5Z GFS	

Preparation Instructions

Prepare omlette, pancake to recipe. serve with syrup

Updated For New Final Rule:

Meat/Meat Alternative

0 oz

Grain/Breads

1 oz eq

Fruit

0 cup

Red/Orange

0 cup

Dark Green

0 cup

Starchy

0 cup

Beans/Peas

0 cup

Other

0 cup

Soft Pretzel with Cheese Sauce

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Pretzel with Cheese melted with a cheese sauce

Nutrition Information

Calories	470.00	Protein	28.00g
Fat	17.50g	SaturatedFat	9.00g
Trans Fat	0.00g	Cholesterol	55.00mg
Carbohydrates	51.00g	Fiber	3.00g
Sugar	19.00g	Sodium	1630.00mg
Iron	1.80mg	Vitamin C	3.60mg
Vitamin A	1500.00IU	Calcium	660.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	142411	PRETZEL SFT PREBKD WHL WHE 100-2.2Z	Thawing Instructions PREPARE FROM FROZEN STATE Shelf Life FROZEN = 365 DAYS FROM DATE OF PRODUCTION Basic Preparation CONVENTIONAL OVEN: HEAT AT 400 DEGREES FOR 3-4 MINUTES. MICROWAVE: 30-40 SECONDS ON HIGH.
4 Slice	722360	CHEESE AMER 160CT SLCD R/F 6-5 LOL	
2 Fluid Ounce	563005	SAUCE CHS CHED MILD 6-10 THNKU	READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F.

Measurement	DistPart #	Description	Preparation Instructions
1 Tablespoon	522802	MILK WHT 2 20-8FLZ DPUR	

Preparation Instructions

Prepare Pretzel to recipe.

Cheese sauce add 1/2 #10 can to number of servings of cheese slices to reach M/MA serving (ex. 4 x 60 =240 slices) Add milk for consistency

chicken Nuggets

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Nuggets served with ketchup, mustard, honey, ranch dressing

Nutrition Information

Calories	339.95	Protein	13.35g
Fat	22.40g	SaturatedFat	3.80g
Trans Fat	0.13g	Cholesterol	22.50mg
Carbohydrates	21.50g	Fiber	3.15g
Sugar	5.50g	Sodium	805.80mg
Iron	1.91mg	Vitamin C	1.25mg
Vitamin A	209.70IU	Calcium	50.12mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
5 Each	558040	CHIX CHUNKS BRD WGRAIN .66Z 4-7	BAKE Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.
1 Tablespoon	100129	KETCHUP CAN 33 FCY 6-10 CRWNCOLL	

Measurement	DistPart #	Description	Preparation Instructions
1 Teaspoon	741270	MUSTARD YELLOW CLSC 4-105FLZ FRENC	
1 Tablespoon	426598	DRESSING RNCH BTRMLK 4-1GAL GCHC	
0 Each	270539	HONEY PKT 200-9GM GFS	

Preparation Instructions

Potatoes - crinkly cut

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

potatoes

Nutrition Information

Calories	81.22	Protein	1.02g
Fat	2.54g	SaturatedFat	0.51g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	13.20g	Fiber	1.02g
Sugar	0.00g	Sodium	192.89mg
Iron	0.37mg	Vitamin C	3.65mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	865881	FRIES 1/2 C/C OVEN 6-5 LAMB	Basic Preparation COOK FROM FROZEN - PREHEAT CONVECTION OVEN TO 400°F. ARRANGE PRODUCT IN SINGLE LAYER ON BAKING SHEET - YOU MAY WANT TO USE PAN LINER FOR EASY CLEAN UP. BAKING IN OVEN FOR 12 - 14 MINUTES (OVENS VARY). COOK TO A GOLDEN COLOR FOR BEST PRODUCT QUALITY DO NOT OVER COOK - IF YOU USING A CONVENTIONAL OVEN - PREHEAT OVEN TO 400°F FOLLOW ABOVE DIRECTIONS AND BAKING 22-26 MINUTES

Preparation Instructions

Updated For New Final Rule:

Meat/Meat Alternative

0 oz

Grain/Breads

0 oz eq

Fruit

0 cup

Red/Orange

0 cup

Dark Green

0 cup

Starchy

0.5 cup

Beans/Peas

0 cup

Other

corn

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Corn

Nutrition Information

Calories	65.00	Protein	2.00g
Fat	1.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	15.00g	Fiber	2.00g
Sugar	3.00g	Sodium	15.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	120483	CORN 6-10 CMDTY	<p>Basic Preparation</p> <p>USE A CLEAN CLOTH TO WASH THE LIDS OF CANNED FOODS BEFORE OPENING TO KEEP DIRT FROM GETTING INTO THE FOOD. USE A CLEAN AND SANITIZED CAN OPENER. STOCK POT OR STEAM JACKETED KETTLE: DRAIN OFF HALF THE LIQUID FROM THE CANNED CORN. POUR CORN AND REMAINING LIQUID INTO A STOCK POT OR STEAM-JACKETED KETTLE. HEAT LONG ENOUGH TO BRING TO SERVING TEMPERATURE. DO NOT ALLOW TO BOIL. STEAMER: POUR CORN AND REMAINING LIQUID INTO STEAMER PANS. A 12" X 20" X 2" PAN WILL HOLD THE CONTENTS OF TWO #10 CANS. HEAT IN STEAMER AT 5LBS PRESSURE FOR 3MINUTES OR JUST LONG ENOUGH TO BRING TO SERVING TEMPERATURE. DRAIN AND SERVE. CANNED VEGETABLES SHOULD BE HEATED ONLY TO SERVING TEMPERATURE AND SERVED SOON AFTER HEATING. CANNED CORN WILL BECOME OVERCOOKED WHEN HELD TOO LONG IN A HOT STEAMTABLE OR HOLDING CABINET.</p>

Preparation Instructions

Carrots

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

carrots

Nutrition Information

Calories	30.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	6.00g	Fiber	2.00g
Sugar	4.00g	Sodium	250.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	7500.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	118915	CARROT SLCD MED 6-10 GFS	Basic Preparation PACKAGING: #10 CAN IN A CORRUGATE BOX. PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE

Preparation Instructions

Chicken Fried Steak

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

chicken patty served with gravy

Nutrition Information

Calories	565.00	Protein	22.00g
Fat	39.00g	SaturatedFat	10.00g
Trans Fat	0.00g	Cholesterol	50.00mg
Carbohydrates	34.00g	Fiber	4.00g
Sugar	4.00g	Sodium	1260.00mg
Iron	3.60mg	Vitamin C	0.00mg
Vitamin A	200.00IU	Calcium	80.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Each	269816	BEEF STK CHIX FRD CKD 54-3Z GFS	DEEP_FRY Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil for 3 minutes or until internal temperature reaches 165 degrees f. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10-15 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2-3 minutes or until internal temperature reaches 165 degrees f.
1 Tablespoon	242390	GRAVY MIX CHIX 12-15Z GCHC	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.

Preparation Instructions

Scrambled eggs

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Scrambled Eggs

Nutrition Information

Calories	140.00	Protein	12.00g
Fat	9.00g	SaturatedFat	3.00g
Trans Fat	0.00g	Cholesterol	345.00mg
Carbohydrates	3.00g	Fiber	0.00g
Sugar	2.00g	Sodium	150.00mg
Iron	2.00mg	Vitamin C	0.00mg
Vitamin A	149.50IU	Calcium	76.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	762861	EGG SCRMBD LIQ MIX W/MILK 15-2 GFS	For best results pour into clean container, whisk for 45 seconds before cooking. A 275 degree F grill temp is recommended

Preparation Instructions

Cinnamon Pretzel Stix

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Grain
HACCP Process:	Same Day Service

Whole Grain Cinnamon Pretzel stix

Nutrition Information

Calories	150.00	Protein	4.00g
Fat	2.50g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	30.00g	Fiber	3.00g
Sugar	8.00g	Sodium	115.00mg
Iron	1.44mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	550840	PRETZEL STIX CINN WGRAIN IW 60-2.1Z	PLACE FROZEN, WRAPPED PRODUCT INTO A HEATED HOLDING CABINET FOR HALF AN HOUR AT 140 DEGREES F. OR REMOVE FROM WRAPPER AND LAY OUT ON A TRAY AND PLACE IN OVEN AT 400 DEGREES F FOR 2-3 MINUTES. OR THAW AND SERVE.

Preparation Instructions

Hot Dog

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Turkey Hot dog on a whole grain bun

Nutrition Information

Calories	250.50	Protein	8.60g
Fat	9.60g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	50.00mg
Carbohydrates	5.00g	Fiber	0.30g
Sugar	4.00g	Sodium	565.00mg
Iron	1.32mg	Vitamin C	7.20mg
Vitamin A	117.85IU	Calcium	68.70mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1	656882	FRANKS TKY UNCURED 2Z 4-5 JENNO	Thawing Instructions Defrost product under refrigeration for 24 hours, never defrost at room temperature. Product should be used within 5 days of thawing. Basic Preparation Heat on griddle or in convection or conventional oven for 10-14 minutes.
1	2918	Aunt Millie's Whole Grain Hot Dog Buns	BAKE
1 Tablespoon	100129	KETCHUP CAN 33 FCY 6-10 CRWNCOLL	
1 Tablespoon	741270	MUSTARD YELLOW CLSC 4-105FLZ FRENC	

Preparation Instructions

Popcorn Chicken Bowl

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Popcorn Chicken nuggets served overtop potatoes and gravy

Nutrition Information

Calories	339.00	Protein	19.00g
Fat	14.00g	SaturatedFat	3.00g
Trans Fat	0.00g	Cholesterol	60.00mg
Carbohydrates	34.00g	Fiber	4.00g
Sugar	0.50g	Sodium	1002.50mg
Iron	2.18mg	Vitamin C	22.00mg
Vitamin A	168.00IU	Calcium	27.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
10 Piece	536620	CHIX PCORN LRG WGRAIN CKD 6-5	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.
1 0.50 cup	118516	POTATO GRANULES W/MLK 6-5.31 GFS	STEP 1) MEASURE AND COMBINE WATER, AND SALT INTO A SAUCE PAN. BRING TO A BOIL. OPTION: ADD MARGARINE FOR RICHER CREAMIER TEXTURE. STEP 2) REMOVE FROM HEAT AND POUR IN A MIXING BOWL. STEP 3) USING WHIP ATTACHMENT, SET MIXER ON LOW SPEED. SLOWLY ADD POTATOES AND MIX FOR 1 MINUTE. STEP 4) SCRAPE DOWN BOWL AND WHIP ON HIGH SPEED UNTIL FLUFFY. (3-5 MINUTES). STEP 5) TRANSFER MASHED POTATO INTO SERVING PAN

Measurement	DistPart #	Description	Preparation Instructions
1 2 oz	242390	GRAVY MIX CHIX 12-15Z GCHC	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.

Preparation Instructions

Weenie Winks

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Turkey hot dog wrapped in two pcs french bread dough

Nutrition Information

Calories	270.50	Protein	13.60g
Fat	11.60g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	55.00mg
Carbohydrates	29.00g	Fiber	1.30g
Sugar	5.00g	Sodium	815.00mg
Iron	2.76mg	Vitamin C	7.20mg
Vitamin A	117.85IU	Calcium	68.70mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1	656882	FRANKS TKY UNCURED 2Z 4- 5 JENNO	
2 Piece	439576	DOUGH BREADSTICK FREN 320-1Z RICH	Basic Preparation 1. REMOVE THE DESIRED AMOUNT FROM SHIPPER. PARTIALLY USED SHIPPERS SHOULD BE RESEALED AND SHOULD BE STORED IN THE FREEZER. ,2. PLACE BREADSTICKS ON A LINED SHEET PAN AND COVER WITH PLASTIC. ,3. ALLOW TO THAW AT ROOM TEMPERATURE FOR 10 - 20 MINUTES. ,4. IF LARGER BREADSTICK IS PREFERRED, STRETCH TO DESIRED LENGTH. ,5. FOR A CRISP BREADSTICK, BAKE WITHOUT PROOFING AT 400 F FOR 12-15 MINUTES. ,6. FOR A BREAD-LIKE BREADSTICK, PROOF 20 - 30 MINUTES AT 100 F (38 C), 97% R.H. THEN BAKE AT 400 F (205 C) FOR 12 - 15 MINUTES.

Measurement	DistPart #	Description	Preparation Instructions
1 Tablespoon	100129	KETCHUP CAN 33 FCY 6-10 CRWNCOLL	
1 Tablespoon	741270	MUSTARD YELLOW CLSC 4-105FLZ FRENC	

Preparation Instructions

Thaw hot dogs two days before serve

Thaw breadsticks a day before serve, (place on a baking pan and spray with oil)

On prep day wrap two pieces around hot dog and cook in oven until temp of 155 degrees is reached

Chicken gravy with Mashed Potatoes

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Diced chicken mixed with gravy served on top of mashed potatoes

Nutrition Information

Calories	113.33	Protein	7.00g
Fat	2.67g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	18.33mg
Carbohydrates	14.33g	Fiber	1.00g
Sugar	0.50g	Sodium	452.50mg
Iron	0.42mg	Vitamin C	21.00mg
Vitamin A	0.00IU	Calcium	10.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 4oz	570533	CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	Thaw chicken in refrigerator prepare gravy. Pour gravy into double boiler with chicken cook to temp of 165 degrees
1 1/2c	118516	POTATO GRANULES W/MLK 6-5.31 GFS	STEP 1) MEASURE AND COMBINE WATER, AND SALT INTO A SAUCE PAN. BRING TO A BOIL. OPTION: ADD MARGARINE FOR RICHER CREAMIER TEXTURE. STEP 2) REMOVE FROM HEAT AND POUR IN A MIXING BOWL. STEP 3) USING WHIP ATTACHMENT, SET MIXER ON LOW SPEED. SLOWLY ADD POTATOES AND MIX FOR 1 MINUTE. STEP 4) SCRAPE DOWN BOWL AND WHIP ON HIGH SPEED UNTIL FLUFFY. (3-5 MINUTES). STEP 5) TRANSFER MASHED POTATO INTO SERVING PAN.

Measurement	DistPart #	Description	Preparation Instructions
1 3/4 cup	242390	GRAVY MIX CHIX 12-15Z GCHC	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.

Preparation Instructions

Updated For New Final Rule:

Meat/Meat Alternative 3.92 ounces

2 oz

Grain/Breads 0 oz eq

Fruit 0 cup

Red/Orange 0 cup

Dark Green 0 cup

Starchy 0 cup

Beans/Peas 0 cup

Other 0 cup

Spaghetti w/meat sauce

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Beef crumbles serves with spaghetti noodles and pasta sauce and a cheese breadstick

Nutrition Information

Calories	433.26	Protein	21.72g
Fat	11.73g	SaturatedFat	3.24g
Trans Fat	0.00g	Cholesterol	24.13mg
Carbohydrates	61.24g	Fiber	7.87g
Sugar	9.00g	Sodium	1614.78mg
Iron	4.58mg	Vitamin C	18.00mg
Vitamin A	1900.00IU	Calcium	300.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 1.12 oz.	460120	BEEF CRUMBLE 4-10 COMM	
1 Piece	198971	BREADSTICK CHS STFD WGRAIN 192-1.95Z	
1 2 oz	221460	PASTA SPAG 51 WGRAIN 2-10	
1 2 oz	326186	SAUCE SPAGHETTI DLX 6-10 CONTDN	

Preparation Instructions

School Equivalents:

Child Nutrition Label

Serving Size

1.15 Oz Serving

Meat/Meat Alternative

Updated For New Final Rule:

1.15 ounce

Meat/Meat Alternative 1 oz

Grain/Breads 0 oz eq

Fruit 0 cup

Red/Orange 0 cup

Dark Green 0 cup

Starchy 0 cup

Beans/Peas 0 cup

Other 0 cup

Build your own hamburger/cheeseburger

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Beef patty served with a slice of cheese, lettuce, tomato, onion, ketchup, mustard, mayo lite

Nutrition Information

Calories	261.10	Protein	18.20g
Fat	17.20g	SaturatedFat	5.55g
Trans Fat	0.67g	Cholesterol	54.50mg
Carbohydrates	10.00g	Fiber	1.30g
Sugar	5.00g	Sodium	875.30mg
Iron	2.27mg	Vitamin C	1.25mg
Vitamin A	376.90IU	Calcium	118.71mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Piece	785850	BEEF PTY CKD 2.5Z 6-5 COMM	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 BAGS AS WELL. PLACE BAGS IN STEAMER AND HEAT FOR APPROX 35 TO 40 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 160 DEGREES
1 2 oz	3159	4" Whole Grain Hamburger Bun	READY_TO_EAT
1 Tablespoon	100129	KETCHUP CAN 33 FCY 6-10 CRWNCOLL	
1 Tablespoon	741270	MUSTARD YELLOW CLSC 4-105FLZ FRENC	

Measurement	DistPart #	Description	Preparation Instructions
1	188741	MAYONNAISE LT PKT 200-12GM GFS	
1 Piece	722360	CHEESE AMER 160CT SLCD R/F 6- 5 LOL	

Preparation Instructions

Prepare beef patty

Toppings on salad bar

Lettuce

Tomato

onions

Macaroni and cheese

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Elbow macaroni served with a cheese sauce

Nutrition Information

Calories	290.00	Protein	11.00g
Fat	7.50g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	44.00g	Fiber	4.00g
Sugar	4.00g	Sodium	380.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	120.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 4oz	181269	CHEESE SPRD GLDN VLVT LOAF 6-5 LOL	
2 4oz	229941	PASTA ELBOW MACAR 51 WGRAIN 2-10	

Preparation Instructions

Homemade Stromboli

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

Cheese, pepperoni, ham, wrapped in a pizza dough topped with pizza sauce

Nutrition Information

Calories	699.47	Protein	43.78g
Fat	32.93g	SaturatedFat	15.25g
Trans Fat	0.00g	Cholesterol	85.56mg
Carbohydrates	54.33g	Fiber	6.00g
Sugar	13.00g	Sodium	2622.33mg
Iron	5.03mg	Vitamin C	24.40mg
Vitamin A	1780.00IU	Calcium	1146.64mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 1.5 oz	202150	TURKEY HAM DCD 2-5 JENNO	
3 Slice	729981	PEPPERONI SLCD 14-16/Z 2-5 GFS	
1 1 oz	645170	CHEESE MOZZ SHRD 4-5 LOL	

Measurement	DistPart #	Description	Preparation Instructions
1 1.5 oz	528431	DOUGH PIZZA SHTD WHEAT 1620- 26Z DELS	<p>BAKE</p> <p>1. KEEP PRODUCT FROZEN AT 0°F (-18°C) OR BELOW UNTIL READY TO USE. 2. REMOVE DESIRED NUMBER OF SHEETED PIZZA DOUGHS FROM THE FREEZER AND ALLOW EACH TO THAW OVERNIGHT ON OILED PIZZA PANS COVERED WITH PLASTIC. (AS AN ALTERNATIVE, THAW ON PIZZA PANS AND USE THE SAME DAY AFTER 2-3 HOURS THAW TIME AT ROOM TEMPERATURE, 75°F (23°C)). MAXIMUM TIME IN RETARDER IS 3 DAYS. 3. REMOVE THAWED SHELLS FROM THE RETARDER (COOLER) AND TRANSFER TO PIZZA PANS. ALLOW DOUGH TO DOUBLE IN SIZE. 4. TO PREVENT PRODUCT FROM DRYING OUT DURING TEMPERING (THAWING), COVER WITH PLASTIC OR BRUSH WITH OIL. 5. CAREFULLY DOCK THE DOUGH TO MINIMIZE BLISTERING AND</p> <p>OR BUBBLING DURING BAKING. FOR A THICKER CRUST, ALLOW THE PIZZA TO CONTINUE TO RISE UNTIL DESIRED THICKNESS IS OBTAINED. 6. ADD SAUCE, CHEESE AND TOPPINGS. 7. BAKE AS FOLLOWS: DECK OVEN: 500°F (260°C) 8 - 11 MINUTES CONVECTION OVEN: 375°F (190°C) 7 - 10 MINUTES FORCED AIR CONVEYOR: 500°F (260°C) 4.5 - 5.5 MINUTES CONVENTIONAL OVEN: 450°F (230°C) 10 - 12 MINUTES 0 GRAMS OF TRANS FAT PER SERVING MADE WITH WHOLE GRAINS</p>
1 2 oz	168971	SAUCE PIZZA RTU W/CHS 6- 10 PG	

Preparation Instructions

thaw dough 24 hours before prep. spray each sheet of dough with cooking spray and place in fridge overnight.

spread dough out on baking pan add cheese, pepperoni, and ham. Roll dough and place on baking pan. Cook to an internal temp of 165.

School Equivalents:

Child Nutrition Label

Yes

Serving Size

3.01 oz

Meat/Meat Alternative

Updated For New Final Rule:

Meat/Meat Alternative 2 oz

Grain/Breads 0 oz eq

Fruit 0 cup

Red/Orange 0 cup

Dark Green 0 cup

Starchy 0 cup

Beans/Peas 0 cup

Other

0 cup

chicken Fajita

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

chicken Fajita meat wrapped in a whole grain shell. Topped with cheese, salsa, sour cream, lettuce

Nutrition Information

Calories	552.29	Protein	42.71g
Fat	29.17g	SaturatedFat	16.08g
Trans Fat	0.00g	Cholesterol	123.33mg
Carbohydrates	35.96g	Fiber	2.54g
Sugar	7.58g	Sodium	2440.42mg
Iron	1.70mg	Vitamin C	0.15mg
Vitamin A	2150.00IU	Calcium	720.83mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	150160	CHIX STRP FAJT SEAS FC 8-4.99 TYS	<p>BAKE</p> <p>Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>25-30 minutes at 350°F from frozen.</p> <p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>5-8 minutes in a single layer at 400°F from frozen.</p> <p>MICROWAVE</p> <p>Appliances vary, adjust accordingly.</p> <p>Microwave Oven</p> <p>3 1</p> <p>2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>
1	690130	TORTILLA FLOUR 8 PRSD ULTRGR 12- 12CT	<p>STEAM</p> <p>PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>
1 2 oz	861950	CHEESE AMER SHRD R/F 4-5 LOL	
1 Tablespoon	704504	SALSA MILD THICK & CHNKY 4- 138Z PACE	

Measurement	DistPart #	Description	Preparation Instructions
1 Tablespoon	534331	SOUR CREAM L/F 4- 5 RGNLBRND	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly
1 Tablespoon	242489	LETTUCE SHRD TACO 1/8CUT 4-5 RSS	

Preparation Instructions

Taco Hard/Soft

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

Beef crumbles served with choice of hard or soft shell topped with shredded cheese, salsa, sour cream, lettuce

Nutrition Information

Calories	372.29	Protein	13.03g
Fat	15.10g	SaturatedFat	6.57g
Trans Fat	0.00g	Cholesterol	32.88mg
Carbohydrates	45.07g	Fiber	5.44g
Sugar	5.42g	Sodium	588.08mg
Iron	2.20mg	Vitamin C	2.65mg
Vitamin A	301.50IU	Calcium	184.86mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 2 oz	460120	BEEF CRUMBLE 4-10 COMM	
1 Tablespoon	861950	CHEESE AMER SHRD R/F 4-5 LOL	
2 Piece	714350	SHELL TACO CORN WGRAIN 5 8-25CT GFS	

Measurement	DistPart #	Description	Preparation Instructions
1 Piece	690130	TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).
1 Tablespoon	704504	SALSA MILD THICK & CHNKY 4-138Z PACE	
1 Teaspoon	222321	SAUCE TACO A/P 4-1GAL GRSZ	
1 ounce	242489	LETTUCE SHRD TACO 1/8CUT 4-5 RSS	
1 Tablespoon	534331	SOUR CREAM L/F 4-5 RGNLBRND	GRILL Defrost 24 hours before consumption in refrigerator. Cook thoroughly

Preparation Instructions

chicken Patty on a whole grain bun

Servings:	1.00
Serving Size:	20.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Patty served on a whole grain bun

Nutrition Information

Calories	318.10	Protein	14.70g
Fat	18.20g	SaturatedFat	3.20g
Trans Fat	0.07g	Cholesterol	33.00mg
Carbohydrates	22.00g	Fiber	3.30g
Sugar	5.00g	Sodium	856.30mg
Iron	2.07mg	Vitamin C	1.25mg
Vitamin A	126.90IU	Calcium	50.71mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Piece	558061	CHIX PTY BRD WGRAIN 3.26Z 4-7.7	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.
1 Piece	3159	4" Whole Grain Hamburger Bun	READY_TO_EAT
1 Tablespoon	100129	KETCHUP CAN 33 FCY 6-10 CRWNCOLL	

Measurement	DistPart #	Description	Preparation Instructions
1 Tablespoon	741270	MUSTARD YELLOW CLSC 4-105FLZ FRENC	
1 Piece	188741	MAYONNAISE LT PKT 200-12GM GFS	

Preparation Instructions

Grilled Cheese Sandwich

Servings:	1.00
Serving Size:	10.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

3-4 slices of cheese on whole grain bread

Nutrition Information

Calories	175.00	Protein	10.50g
Fat	6.00g	SaturatedFat	3.75g
Trans Fat	0.00g	Cholesterol	22.50mg
Carbohydrates	3.00g	Fiber	0.00g
Sugar	3.00g	Sodium	630.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	750.00IU	Calcium	225.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1	466	Aunt Millie's Wheat Sandwich Bread	BAKE
3 Slice	722360	CHEESE AMER 160CT SLCD R/F 6-5 LOL	

Preparation Instructions

Prepare bread spraying with butter cooking spray place three slices of cheese on bread, cook to a temp of 135 degrees.