

# Cookbook for St. Johns Public Schools

Created by HPS Menu Planner

# Table of Contents

Hot Dog on WG Bun MTG

Taco Walking MTG

Mashed Potato Bowl

Sloppy Joe on a bun

Pasta BAr

Cheeseburger on Bun

Hamburger on Bun

Sandwich Chicken Patty MTG

Spicy Chicken Patty

Chef Salad

Teriyaki Chicken over Rice

Corn Dog Nuggets

Mac & Cheese

Lasagna Roll Up

Meatball Gravy over Mashed Potatoes

Taco Bar

Bacon Cheeseburger on bun

Cinnamon Toast Stick with Sausage Patties

Sweet & Sour Chicken

Spaghetti Sauce with Meat over Spaghetti Noodles

Chicken Fajita

Soft Shell Taco

Chicken & Waffle

Orange Chicken over Rice

Popcorn Chicken

Turkey Gravy over Mashed Potatoes

Chicken Sandwich on Bun

Chicken Strips

Italian Sub Sandwich

Grilled Chicken Jalapeno Ranch Sandwich

Italian Sub

Nacho Taco Meat & Cheese

# Hot Dog on WG Bun MTG

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

Hot Dog on WG Bun MTG

## Nutrition Information

<b>Calories</b>	260.00	<b>Protein</b>	11.00g
<b>Fat</b>	12.50g	<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	50.00mg
<b>Carbohydrates</b>	28.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	7.00g	<b>Sodium</b>	500.00mg
<b>Iron</b>	1.60mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	110.67mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	517830	BUN HOT DOG WHEAT WHL 12-12CT GFS	
100 Each	570662	FRANK TKY/BEEF R/SOD 8/ 4-5 KE	
100 Package	571720	KETCHUP PKT 1000-9GM FOH CRWNCOLL	

## Preparation Instructions

WASH HANDS.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

Conventional oven: 400°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

3. Serve with ketchup packet (optional).

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

Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

# Taco Walking MTG

<b>Servings:</b>	150.00
<b>Serving Size:</b>	2.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Taco Walking MTG

## Nutrition Information

<b>Calories</b>	203.74	<b>Protein</b>	9.00g
<b>Fat</b>	8.50g	<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	20.01mg
<b>Carbohydrates</b>	22.74g	<b>Fiber</b>	2.25g
<b>Sugar</b>	0.75g	<b>Sodium</b>	402.76mg
<b>Iron</b>	0.54mg	<b>Vitamin C</b>	8.98mg
<b>Vitamin A</b>	1380.91IU	<b>Calcium</b>	37.69mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>10 1/2 Pound</b>	452841	SALSA 103Z 6-10 REDG	READY_TO_EAT None
<b>150 Each</b>	696871	CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.
<b>18 3/4 Pound</b>	682160	Beef Taco Meat	
<b>9 19/50 Pound</b>	100012	Cheese, Cheddar Reduced fat, Shredded	
<b>2 17/50 Gallon</b>	735787	LETTUCE ROMAINE CHOP 6-2 RSS	

# Preparation Instructions

Directions:

WASH HANDS.

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

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

# Mashed Potato Bowl

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

Mashed Potatoe Bowl

## Nutrition Information

<b>Calories</b>	5.93	<b>Protein</b>	0.28g
<b>Fat</b>	0.14g	<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.39mg
<b>Carbohydrates</b>	0.94g	<b>Fiber</b>	0.07g
<b>Sugar</b>	0.01g	<b>Sodium</b>	23.83mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.40mg
<b>Vitamin A</b>	1.48IU	<b>Calcium</b>	0.57mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>5 Piece</b>	802280	CHIX POPCORN BITES FC CN 4-5 GLDKST	Heat in 350 degree oven to 165
<b>4 Ounce</b>	613738	POTATO PRLS EXCEL 12-28Z BAMER	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.
<b>2 Ounce</b>	653171	TURKEY & GRAVY CKD 4-7 JENNO	Steam or Boil to 165



Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	890100	CORN CUT 1-20 SIMPLOT	STEAM  Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. Cook quickly, uncovered to bring up to 165F. Do not overcook or allow product to sit in water for an extended time period.
1 Ounce	100012	Cheese, Cheddar Reduced fat, Shredded	

## Preparation Instructions

Directions:

Bake Chicken on a baking sheet until Temperature reaches 165° or higher.

Make Mashed Potatoes according to instructions on package.

Make Gravy according to instructions on package.

CCP: Heat to 165° F or higher for at least 15 seconds

Remove chicken from oven put on line and Hold

Put prepared Mashed Potatoes on line and hold

Put prepared Gravy on line and hold

CCP: Hold at 135° F or higher.

Assemble Bowl at time of service.

Notes:

# Sloppy Joe on a bun

<b>Servings:</b>	50.00
<b>Serving Size:</b>	2.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Sloppy Joe on whole grain bun

## Nutrition Information

<b>Calories</b>	6.10	<b>Protein</b>	0.38g
<b>Fat</b>	0.16g	<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.88mg
<b>Carbohydrates</b>	0.20g	<b>Fiber</b>	0.08g
<b>Sugar</b>	0.24g	<b>Sodium</b>	12.14mg
<b>Iron</b>	0.04mg	<b>Vitamin C</b>	0.12mg
<b>Vitamin A</b>	9.18IU	<b>Calcium</b>	0.68mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>3 63/100 Ounce</b>	564790	SLOPPY JOE REDUCED FAT 6-5 COMM	Boil or steam bag to 165 degrees. Hold at 145 F or higher until ready for service.
<b>1 bun</b>	3480	4 inch whole grain hamburger buns - 30 ct	

## Preparation Instructions

KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat

Approximately 45 minutes or until product reaches serving temperature. CAUTION:

Open bag carefully to avoid being burned.

Portion # 8 Scoop of JTM Sloppy Joe on Hamburger bun

# Pasta Bar

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

Pasta, Alfredo, Red sauce, Chicken and Meatballs

## Nutrition Information

<b>Calories</b>	886.48	<b>Protein</b>	55.86g
<b>Fat</b>	36.52g	<b>SaturatedFat</b>	17.00g
<b>Trans Fat</b>	0.60g	<b>Cholesterol</b>	135.33mg
<b>Carbohydrates</b>	83.40g	<b>Fiber</b>	7.86g
<b>Sugar</b>	24.21g	<b>Sodium</b>	3179.14mg
<b>Iron</b>	6.04mg	<b>Vitamin C</b>	45.57mg
<b>Vitamin A</b>	1543.29IU	<b>Calcium</b>	910.86mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Each	785860	MEATBALL CKD .65Z 6-5 COMM	
4 Ounce	592714	SAUCE MARINARA A/P 6-10 REDPK	READY_TO_EAT None
1 Ounce	635501	PASTA PENNE RIGATE 2-10 KE	
1 Ounce	654560	PASTA SPAGHETTI 10 2-10 KE	
1 Cup	155661	SAUCE ALFREDO FZ 6-5 JTM	
1 Ounce	570533	CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	UNSPECIFIED Not currently available
1 Tablespoon	460095	CHEESE PARM SHRD FCY 10-2 PG	
1 Cup	119024	MUSHROOM STEMS & PCS DOM 6-10 GFS	

## 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.

Alfredo: PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

Diced Chicken: Recipe ready diced product fully cooked. Heat to 165 for 15 Seconds

Serve 1 cup of spaghetti, 1/2 cup marinara, and 5 meatballs or 1/2 cup Alfredo and 2.3 oz Chicken top with Mushrooms and/or Cheese

# Cheeseburger on Bun

<b>Servings:</b>	100.00
<b>Serving Size:</b>	0.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Cheeseburger on Bun

## Nutrition Information

<b>Calories</b>	1.60	<b>Protein</b>	0.15g
<b>Fat</b>	0.10g	<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.01g	<b>Cholesterol</b>	0.40mg
<b>Carbohydrates</b>	0.01g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.00g	<b>Sodium</b>	3.10mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	1.00IU	<b>Calcium</b>	0.20mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	666204	American Cheese Sliced RF	
1 Each	214880	BEEF STK FLAMEBR 160-3Z COMM	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.

## Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

CCP: Heat to 165° F or higher for at least 15 seconds

CCP: Hold at 135° F or higher.

Notes:

Place Cheese on Hamburger add to bun and hold at 135 or higher

# Hamburger on Bun

<b>Servings:</b>	160.00
<b>Serving Size:</b>	3.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Hamburger on Bun

## Nutrition Information

<b>Calories</b>	1.00	<b>Protein</b>	0.09g
<b>Fat</b>	0.06g	<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.25mg
<b>Carbohydrates</b>	0.01g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.00g	<b>Sodium</b>	1.94mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.63IU	<b>Calcium</b>	0.13mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	214880	BEEF STK FLAMEBR 160-3Z COMM	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.

## Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

CCP: Heat to 165° F or higher for at least 15 seconds

CCP: Hold at 135° F or higher.

Notes: place

Place Hamburger on Bun

Hold at 135 or higher

# Sandwich Chicken Patty MTG

<b>Servings:</b>	100.00
<b>Serving Size:</b>	0.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Sandwich Chicken Patty MTG

## Nutrition Information

<b>Calories</b>	360.00	<b>Protein</b>	25.00g
<b>Fat</b>	11.00g	<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	45.00mg
<b>Carbohydrates</b>	38.00g	<b>Fiber</b>	5.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	480.00mg
<b>Iron</b>	11.08mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	4.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	3480	HAMBURGER BUN, W GRAIN, AM	READY_TO_EAT
100 Each	525480	CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	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.



## Preparation Instructions

Directions:

WASH HANDS.

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= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

# Spicy Chicken Patty

<b>Servings:</b>	100.00
<b>Serving Size:</b>	0.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Spicy Chicken Sandwich

## Nutrition Information

<b>Calories</b>	200.00	<b>Protein</b>	19.00g
<b>Fat</b>	10.00g	<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	45.00mg
<b>Carbohydrates</b>	9.00g	<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g	<b>Sodium</b>	330.00mg
<b>Iron</b>	1.44mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Each	525490	CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	BAKE  PREPARATION: Appliances vary, adjust accordingly.  Conventional Oven  Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes.  CONVECTION  PREPARATION: Appliances vary, adjust accordingly.  Convection Oven  Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.

## Preparation Instructions

Directions:

WASH HANDS.

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= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

# Chef Salad

<b>Servings:</b>	50.00
<b>Serving Size:</b>	0.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Chef Salad

## Nutrition Information

<b>Calories</b>	4.75	<b>Protein</b>	0.56g
<b>Fat</b>	0.21g	<b>SaturatedFat</b>	0.12g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	2.79mg
<b>Carbohydrates</b>	0.14g	<b>Fiber</b>	0.04g
<b>Sugar</b>	0.03g	<b>Sodium</b>	23.97mg
<b>Iron</b>	0.04mg	<b>Vitamin C</b>	0.96mg
<b>Vitamin A</b>	162.00IU	<b>Calcium</b>	1.34mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	735787	LETTUCE ROMAINE CHOP 6-2 RSS	
1 Cup	560545	SPINACH BABY CLND 2-2 RSS	
2 Slice	626742	CUCUMBER 6CT	
2 Piece	749041	Grape Tomatoes	
2 Ounce	211745	TURKEY HAM DCD CKD 10 PERD	
2 Ounce	451300	TURKEY BRST DCD 2-5 COMM	
1 Ounce	192198	EGG HRD CKD DCD IQF 4-5 GFS	
1 Ounce	100012	Cheese, Cheddar Reduced fat, Shredded	

## Preparation Instructions

Directions:

Wash and Clean all lettuce products

Cool in walk in

CCP: Hold for cold service at 41° F or lower.

Cut and mix all lettuce products together for serve time

Serve 1 cup mixed salad lettuce products

1 oz Diced Turkey, 1 oz Diced Ham, 1/2 oz Egg, 1/2 oz Cheese

2 Grape Tomato, 2 slices Cucumbers

Arrange neatly in plastic bowl

CCP: Hold for cold service at 41° F or lower.

2 cup of lettuce mixture = 1/2 cup of 1/2 cup dark Green Subgroup

1/4 cup other vegetable

Notes:

# Teriyaki Chicken over Rice

<b>Servings:</b>	250.00
<b>Serving Size:</b>	2.83
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

This fully cooked entree offers tender, seasoned chicken strips which have been caramelized in a sweet teriyaki sauce

## Nutrition Information

<b>Calories</b>	3.30	<b>Protein</b>	0.12g
<b>Fat</b>	0.03g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.21mg
<b>Carbohydrates</b>	0.63g	<b>Fiber</b>	0.03g
<b>Sugar</b>	0.06g	<b>Sodium</b>	1.64mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.40IU	<b>Calcium</b>	0.08mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 39/47 Ounce	890911	CHIX STRP TERYK 6-7.15	Basic Preparation  BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350F (CONVECTION) 400F (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165F, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED. SKILLET OR PAN FRY: (THAWING PRODUCT FIRST IS RECOMMENDED) PLACE THAWED CHICKEN IN SKILLET OR FRYING PAN AND HEAT CONTENTS TO A MINIMUM OF 165F FOR AT LEAST 15 SECONDS. SERVING: MAKE SURE FOOD TEMPERATURE IS 165F OR ABOVE. PLACE COOKED CHICKEN IN A SERVING PAN, MIX WELL AND SERVE.

<b>Measurement</b>	<b>DistPart #</b>	<b>Description</b>	<b>Preparation Instructions</b>
<b>1 Cup</b>	146404	RICE BRN PERFECTED 25 UBEN	Basic Preparation PER DIRECTIONS: BOIL WATER. ADD RICE,BUTTER OR MARGARINE & SALT. COVER TIGHTLY & SIMMER 20 MIN OR UNTIL LIQUID IS ABSORB-ED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.

## Preparation Instructions

# Corn Dog Nuggets

<b>Servings:</b>	200.00
<b>Serving Size:</b>	6.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Quality mini chicken franks are wrapped in a crunchy batter with a hint of honey. These mini corn dogs are fried in vegetable oil and may be baked, fried, microwaved, or roller grilled for added versatility.

## Nutrition Information

<b>Calories</b>	1.58	<b>Protein</b>	0.05g
<b>Fat</b>	0.09g	<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.34mg
<b>Carbohydrates</b>	0.14g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.05g	<b>Sodium</b>	3.68mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.30mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
6 Each	210358	CORN DOG CHIX MINI .67Z 2-5 GCHC	Basic Preparation  FROZEN: FRY: 350 DEGREES F FOR 4-5 MINUTES. QTY: 4 CONVECTION OVEN: 350 DEGREES F FOR 8-10 MINUTES. QTY: FULL SHEET PAN CONVENTIONAL OVEN: 350 DEGREES F FOR 21-23 MINUTES. QTY: FULL SHEET PAN MICROWAVE (1100 WATTS): HIGH: 45- 55 SECONDS. QTY: 6 THAWED: NOT RECOMMENDED

## Preparation Instructions



# Mac & Cheese

<b>Servings:</b>	250.00
<b>Serving Size:</b>	6.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

This fully prepared dish can be used as an entree or side dish, offering optimum holding characteristics and a homestyle comfort food taste

## Nutrition Information

<b>Calories</b>	1.68	<b>Protein</b>	0.10g
<b>Fat</b>	0.06g	<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.18mg
<b>Carbohydrates</b>	0.18g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.04g	<b>Sodium</b>	5.84mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	4.00IU	<b>Calcium</b>	2.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	119122	ENTREE MACAR & CHS R/F WGRAIN 6-5	THE PLASTIC POUCH IS STURDY ENOUGH TO WITHSTAND HEATING IN A STEAMER OR BOILING WATER. HEATING TIMES CAN VARY WITH TYPE OF EQUIPMENT USE AND NUMBER OF POUCHES HEATED. TAKE INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH. BOILING WATER, PLACE THAWED UNOPENED POUCH IN BOILING WATER AND HEAT FOR 40 MINUTE, OR FOR FROZEN POUCH HEAT 50 MINUTES. INTERNAL TEMPERATURE OF 165 DEGREES F. STEAMER: THE PREFERRED METHOD IS TO PLACE THAWED, UNOPENED POUCH IN STEAMER AND HEAT FOR 35 MINUTES OR 50 MINUTES FROM FROZEN. HEAT INTERNAL TEMPERATURE TO 165 DEGREES F. WHEN POSSIBLE KEEP PRODUCT IN HEATED POUCHES UNTIL SERVING, THEN POUCHES CAN BE CUT AND PRODUCT CAN BE Poured INTO SERVING PANS. IF PRE-PANED, KEEP PRODUCT COVERED TIGHTLY.

# Preparation Instructions

# Lasagna Roll Up

<b>Servings:</b>	150.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

These pasta roll-ups are made with a cheese filling that is rolled up in ribbed, enriched wheat pasta

## Nutrition Information

<b>Calories</b>	1.83	<b>Protein</b>	0.10g
<b>Fat</b>	0.08g	<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.27mg
<b>Carbohydrates</b>	0.17g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.03g	<b>Sodium</b>	3.69mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.01mg
<b>Vitamin A</b>	4.27IU	<b>Calcium</b>	2.27mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
-------------	------------	-------------	--------------------------

Measurement	DistPart #	Description	Preparation Instructions
1 Each	180815	LASAGNA ROLL-UP CHS 53-3Z BERNI	<p>BAKE</p> <p>Preparation Type: Cooking Instructions Conventional Oven Instructions: Conventional Oven: Distribute 3</p> <p>4 cup of room temperature sauce in the bottom of a 7 1 2" x 11" glass oven-safe baking dish that has been sprayed with non-stick cooking spray. Place 4 frozen (-10°F to +10°F) rollups in dish and cover with 3</p> <p>4 cup room temperature sauce. Spread sauce evenly over pasta to cover. Cover dish tightly with aluminum foil that has been sprayed with non-stick cooking spray. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Preparation Notes: For food safety, follow these cooking instructions. Conventional Oven Instructions: Bake in a preheated 350°F conventional oven for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully remove foil.</p>
1 1/5 Ounce	852759	SAUCE SPAGHETTI FCY 6-10 REDPK	Ready to use
1/4 Cup	645170	CHEESE MOZZ SHRD 4- 5 LOL	Ready to use

## Preparation Instructions

# Meatball Gravy over Mashed Potatoes

<b>Servings:</b>	250.00
<b>Serving Size:</b>	5.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Frozen Ready to use Meatballs

## Nutrition Information

<b>Calories</b>	1.11	<b>Protein</b>	0.07g
<b>Fat</b>	0.04g	<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.15mg
<b>Carbohydrates</b>	0.11g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.00g	<b>Sodium</b>	1.51mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.06mg
<b>Vitamin A</b>	0.04IU	<b>Calcium</b>	0.20mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
5 Each	135071	MEATBALL CKD 6-5 JTM	Basic Preparation  CONVECTION OVEN: ADD FROZEN MEATBALLS OR CRUMBLES TO SAUCE, COVER PAN AND HEAT IN CONVECTION OVEN APPROXIMATELY 30 MINUTES AT 375 DEGREES F. STOVE TOP: ADD FROZEN MEATBALLS OR CRUMBLES TO SAUCE. SIMMER IN COVERED PAN FOR APPROXIMATELY 40 MINUTES AT 180-200 DEGREES
1 Ounce	15612	Brown Gravy	This richly flavored mix may be prepared as directed, or easily customized to create new recipes using additional ingredients. It is an ideal choice when served over side dishes and entrees, and also works well as a casserole, stew, or soup base.

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	146581	POTATO PRLS EXCEL 12-26.5Z SMART SERV	RECONSTITUTE  1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

## Preparation Instructions

# Taco Bar

<b>Servings:</b>	250.00
<b>Serving Size:</b>	2.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Taco meat, Fajita meat, Cheese Sauces, Soft Shell Tortilla's and dorito's

## Nutrition Information

<b>Calories</b>	2.53	<b>Protein</b>	0.15g
<b>Fat</b>	0.12g	<b>SaturatedFat</b>	0.06g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.49mg
<b>Carbohydrates</b>	0.22g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.01g	<b>Sodium</b>	5.78mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.01mg
<b>Vitamin A</b>	4.30IU	<b>Calcium</b>	1.78mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	722330	TACO FILLING BEEF REDC FAT 6-5 COMM	Basic Preparation  PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	860390	CHIX STRP FAJT DRK MT FC 6-5 TYS	<p>BAKE</p> <p>Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>Set at 350°F, reheat 25 - 30 minutes from frozen.</p> <p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>Set at 400°F, 15 - 20 minutes from frozen.</p> <p>MICROWAVE</p> <p>Appliances vary, adjust accordingly.</p> <p>Microwave Oven</p> <p>Reheat 3 1</p> <p>2 minutes on high setting from frozen.</p>
1 Ounce	722110	SAUCE CHS QUESO BLANCO FZ 6-5 JTM	<p>PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.</p>
2 Each	713320	TORTILLA FLOUR 6 SFST 24-12CT GRSZ	<p>Basic Preparation</p> <p>TORTILLAS SHOULD BE SEPARATED PRIOR TO WARMING IN A HEATED (DRY) CABINET. REMOVE THE TORTILLAS FROM THE PACKAGE AND SEPARATE THEM INDIVIDUALLY. REPLACE THE STACK INTO THE BAG, OR SOME OTHER CLOSED CONTAINER, AND PLACE INTO THE HEATED CABINET (APPROX 140-170). TOTAL WARMING TIME SHOULD NOT EXCEED 6 HOURS.</p>



<b>Measurement</b>	<b>DistPart #</b>	<b>Description</b>	<b>Preparation Instructions</b>
<b>1 Ounce</b>	456090	CHIP NACHO REDC FAT 72- 1Z DORITOS	READY_TO_EAT  Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering  box lunches. Contact PepsiCo Foodservice for display equipment options.
<b>1/4 Cup</b>	150250	CHEESE CHED MLD SHRD 4-5# COMM	Ready to use
<b>1/4 Ounce</b>	135271	SAUCE CHS QUESO JALAP POUC 6-106Z LOL	UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN. DO NOT MICROWAVE.

## Preparation Instructions

# Bacon Cheeseburger on bun

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

Hamburger, cheese and bacon on Bun

## Nutrition Information

<b>Calories</b>	2.45	<b>Protein</b>	0.20g
<b>Fat</b>	0.18g	<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.01g	<b>Cholesterol</b>	0.60mg
<b>Carbohydrates</b>	0.02g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.01g	<b>Sodium</b>	6.55mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	2.37IU	<b>Calcium</b>	1.04mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	214880	BEEF STK FLAMEBR 160-3Z COMM	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.
1 Slice	365620	BACON CKD RND WHOLE MUSCLE 2- 96CT GFS	Basic Preparation  HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS
1 Slice	150260	CHEESE AMER 160CT SLCD 6-5 COMM	Ready to use

## Preparation Instructions

# Cinnamon Toast Stick with Sausage Patties

<b>Servings:</b>	250.00
<b>Serving Size:</b>	3.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

French toast sticks with Sausage Patties

## Nutrition Information

<b>Calories</b>	1.92	<b>Protein</b>	0.06g
<b>Fat</b>	0.05g	<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.60mg
<b>Carbohydrates</b>	0.32g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.23g	<b>Sodium</b>	2.54mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.80IU	<b>Calcium</b>	0.32mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Each	548722	FRENCH TST STIX WGRAIN 300-.96Z SNYFR	BAKE  convection oven 325 degrees F. 10-12 minutes thawed, 20-25 minutes frozen
1 Each	109000	SAUSAGE PTY CKD 250-1.2Z COMM	BAKE  Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.
2 Fluid Ounce	107611	SYRUP PANCK MAPL 4-1GAL KE	Ready to use

## Preparation Instructions

# Sweet & Sour Chicken

<b>Servings:</b>	250.00
<b>Serving Size:</b>	10.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Popcorn Chicken with Sweet & Sour Sauce

## Nutrition Information

<b>Calories</b>	1.24	<b>Protein</b>	0.07g
<b>Fat</b>	0.05g	<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.24mg
<b>Carbohydrates</b>	0.12g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.03g	<b>Sodium</b>	2.84mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.01mg
<b>Vitamin A</b>	0.67IU	<b>Calcium</b>	0.07mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
10 Each	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.
2 Tablespoon	534811	SAUCE SWT & SOUR 6-64Z MINR	HEAT & SERVE. MADE W/SOY SAUCE,LARGE CHUNKS OF GREEN PEPPERS, TOMATOES & FRESH PINEAPPLE- IT LENDS ITSELF TO A HOMEMADE APPEARANCE & TASTE W/O THE WORK!

## Preparation Instructions

# Spaghetti Sauce with Meat over Spaghetti Noodles

<b>Servings:</b>	250.00
<b>Serving Size:</b>	6.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Spaghetti with Spaghetti sauce with Meat

## Nutrition Information

<b>Calories</b>	1.09	<b>Protein</b>	0.07g
<b>Fat</b>	0.03g	<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.22mg
<b>Carbohydrates</b>	0.12g	<b>Fiber</b>	0.02g
<b>Sugar</b>	0.03g	<b>Sodium</b>	1.16mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.08mg
<b>Vitamin A</b>	2.59IU	<b>Calcium</b>	0.22mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
5 3/5 Ounce	573201	SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	Steam or boil to a temperature of 165

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	221460	PASTA SPAG 51 WGRAIN 2- 10	<p>FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PERFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES</p> <p>Marketing Tips</p>

## Preparation Instructions

# Chicken Fajita

<b>Servings:</b>	100.00
<b>Serving Size:</b>	3.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken Fajita Meat on Tortilla with cheese

## Nutrition Information

<b>Calories</b>	6.66	<b>Protein</b>	0.40g
<b>Fat</b>	0.46g	<b>SaturatedFat</b>	0.29g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	1.62mg
<b>Carbohydrates</b>	0.27g	<b>Fiber</b>	0.01g
<b>Sugar</b>	0.01g	<b>Sodium</b>	13.60mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	13.57IU	<b>Calcium</b>	9.36mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
-------------	------------	-------------	--------------------------

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	860390	CHIX STRP FAJT DRK MT FC 6-5 TYS	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.
1 Each	713330	TORTILLA FLOUR 8 SFST 24-12CT GRSZ	ready to use
1 Ounce	722110	SAUCE CHS QUESO BLANCO FZ 6-5 JTM	Basic Preparation PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED
1 Ounce	150250	CHEESE CHED MLD SHRD 4-5# COMM	Ready to use

## Preparation Instructions



# Soft Shell Taco

<b>Servings:</b>	150.00
<b>Serving Size:</b>	2.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Taco meat and shredded cheese on Tortilla shell

## Nutrition Information

<b>Calories</b>	4.20	<b>Protein</b>	0.26g
<b>Fat</b>	0.28g	<b>SaturatedFat</b>	0.18g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.95mg
<b>Carbohydrates</b>	0.19g	<b>Fiber</b>	0.02g
<b>Sugar</b>	0.02g	<b>Sodium</b>	7.96mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.02mg
<b>Vitamin A</b>	10.23IU	<b>Calcium</b>	5.69mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	722330	TACO FILLING BEEF REDC FAT 6-5 COMM	Basic Preparation  PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.
1 Ounce	150250	CHEESE CHED MLD SHRD 4-5# COMM	Ready to use
1 Each	713330	TORTILLA FLOUR 8 SFST 24-12CT GRSZ	Ready to use

## Preparation Instructions

# Chicken & Waffle

<b>Servings:</b>	100.00
<b>Serving Size:</b>	3.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Waffle with 3 chicken strips and syrup

## Nutrition Information

<b>Calories</b>	6.85	<b>Protein</b>	0.28g
<b>Fat</b>	0.27g	<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.80mg
<b>Carbohydrates</b>	0.85g	<b>Fiber</b>	0.05g
<b>Sugar</b>	0.37g	<b>Sodium</b>	8.43mg
<b>Iron</b>	0.03mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.70mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	607351	WAFFLE DUTCH WGRAIN 5 48- 2.93Z J&J	Oven: Preheat to 450 degrees F. Bake for 3-4 minutes. Deep Fryer: Preheat to 375 degrees F. Fry for approximately 30 seconds. Once heated, sprinkle with confectioner s sugar or other toppings as desired.

Measurement	DistPart #	Description	Preparation Instructions
3 Each	740820	CHIX BRST STRP BRD WGRAIN 6- 5.15	<p>BAKE</p> <p>PREPARATION: Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered.</p> <p>CONVECTION</p> <p>PREPARATION: Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.</p>
1 Fluid Ounce	107611	SYRUP PANCK MAPL 4-1GAL KE	Ready to use

## Preparation Instructions

# Orange Chicken over Rice

<b>Servings:</b>	250.00
<b>Serving Size:</b>	3.93
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Stir Fry Kit Chicken and Sauce with Rice

## Nutrition Information

<b>Calories</b>	11.65	<b>Protein</b>	0.31g
<b>Fat</b>	0.11g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.18mg
<b>Carbohydrates</b>	2.40g	<b>Fiber</b>	0.14g
<b>Sugar</b>	0.05g	<b>Sodium</b>	1.53mg
<b>Iron</b>	0.03mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 40/43 Ounce	791710	STIR FRY WGRAIN TANGR CHIX 6-7.2	AUTHENTIC HEAT N SERVE TANGERINE CHICKEN. FULLY COOKED, NO MSG, ZERO TRANS FATS, AND LOW SODIUM. TANGERINE CHICKEN IS LIGHTLY BATTERED BONELESS CHICKEN CHUNK TOSSED W/ A TANGY SWEET SAUCE. ** K-12 SCHOOLS ** SERVE INDIVIDUALLY OR WITH FRIED RICE, WHITE RICE, OR VEGETABLE LO MEIN. heat to 165 degrees
4 Ounce	146404	RICE BRN PERFECTED 25 UBEN	Basic Preparation  PER DIRECTIONS: BOIL WATER. ADD RICE,BUTTER OR MARGARINE & SALT. COVER TIGHTLY & SIMMER 20 MIN OR UNTIL LIQUID IS ABSORB-ED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING

## Preparation Instructions

# Popcorn Chicken

<b>Servings:</b>	250.00
<b>Serving Size:</b>	10.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Popcorn Chicken

## Nutrition Information

<b>Calories</b>	0.11	<b>Protein</b>	0.01g
<b>Fat</b>	0.01g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.02mg
<b>Carbohydrates</b>	0.01g	<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g	<b>Sodium</b>	0.24mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.07IU	<b>Calcium</b>	0.01mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	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.

## Preparation Instructions

# Turkey Gravy over Mashed Potatoes

<b>Servings:</b>	250.00
<b>Serving Size:</b>	4.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Turkey Gravy over Potatoes

## Nutrition Information

<b>Calories</b>	2.23	<b>Protein</b>	0.11g
<b>Fat</b>	0.04g	<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.20mg
<b>Carbohydrates</b>	0.36g	<b>Fiber</b>	0.02g
<b>Sugar</b>	0.00g	<b>Sodium</b>	4.17mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.25mg
<b>Vitamin A</b>	0.05IU	<b>Calcium</b>	0.21mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Ounce	722460	TURKEY & GRAVY 4-7	<p>Basic Preparation</p> <p>BOIL IN THE BAG: FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS OF PRODUCT IN BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 TO 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. STEAMER: PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN AND PLACE INTO STEAMER. HEAT FOR 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.</p>

Measurement	DistPart #	Description	Preparation Instructions
4 3/25 Ounce	146581	POTATO PRLS EXCEL 12-26.5Z SMART SERV	RECONSTITUTE  1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

## Preparation Instructions

# Chicken Sandwich on Bun

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

Chicken Breast

## Nutrition Information

<b>Calories</b>	2.00	<b>Protein</b>	0.19g
<b>Fat</b>	0.09g	<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.45mg
<b>Carbohydrates</b>	0.09g	<b>Fiber</b>	0.03g
<b>Sugar</b>	0.00g	<b>Sodium</b>	2.90mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	525480	CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	<b>BAKE</b> 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. <b>CONVECTION</b> 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.

## Preparation Instructions



# Chicken Strips

<b>Servings:</b>	100.00
<b>Serving Size:</b>	3.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

chicken strips

## Nutrition Information

<b>Calories</b>	2.85	<b>Protein</b>	0.24g
<b>Fat</b>	0.14g	<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.60mg
<b>Carbohydrates</b>	0.17g	<b>Fiber</b>	0.02g
<b>Sugar</b>	0.00g	<b>Sodium</b>	4.65mg
<b>Iron</b>	0.02mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.30mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Each	740820	CHIX BRST STRP BRD WGRAIN 6-5.15	<p>BAKE</p> <p>PREPARATION: Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered.</p> <p>CONVECTION</p> <p>PREPARATION: Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.</p>

# Preparation Instructions

# Italian Sub Sandwich

<b>Servings:</b>	40.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Ham, Salami, and white american sliced cheese and tomato on Sub Bun

## Nutrition Information

<b>Calories</b>	14.32	<b>Protein</b>	0.66g
<b>Fat</b>	0.33g	<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	1.06mg
<b>Carbohydrates</b>	2.25g	<b>Fiber</b>	0.21g
<b>Sugar</b>	0.35g	<b>Sodium</b>	32.58mg
<b>Iron</b>	0.17mg	<b>Vitamin C</b>	1.76mg
<b>Vitamin A</b>	174.97IU	<b>Calcium</b>	1.55mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Slice	776260	SALAMI HARD SLCD 4/Z 5-2 PG	Ready to use maintain 41 degrees
3 Slice	556121	TURKEY HAM SLCD 12-1 JENNO	Ready to use maintain 41 degrees
2 Slice	199001	TOMATO 6X6 LRG 10 MRKN	Wash, then Ready to use maintain 41degrees
4/5 Serving	735787	LETTUCE ROMAINE CHOP 6-2 RSS	Wash, then ready to use maintain 41 degrees

Measurement	DistPart #	Description	Preparation Instructions
1 Each	556971	DOUGH ROLL FREN SUB DLX 6Z 22.5 RICH	<p>Basic Preparation</p> <p>ON LINED SHEET PAN OR 4 CHANNEL PAN INSERT. 3. RETARD THAWING: 35 F - 38 F (1 C - 3 C) 12 - 18 HOURS; OR 60 MINUTES AT ROOM TEMPERATURE. 4. TEMPER FLOOR TIME: 15 MINUTES AT ROOM TEMPERATURE. 5. PROOFING: (95 F (35 C), 85 % R.H.), 40 - 50 MINUTES TO TEMPLATE # 23 FOR SHEET PAN OR UNTIL ROLLS FILL IN AND ARE 1/2" ABOVE TOP OF CHANNEL INSERT. 6. BAKING: RACK OVEN: 375 F (190 C), 14 - 16 MINUTES DECK OVEN: 400 F (205 C), 14 - 16 MINUTES</p>

## Preparation Instructions

# Grilled Chicken Jalapeno Ranch Sandwich

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

Grilled Chicken Sandwich on Pretzel Bun with Jalapeno Ranch Dressing, Fried Onions and Lettuce Ribbons

## Nutrition Information

<b>Calories</b>	3.85	<b>Protein</b>	0.29g
<b>Fat</b>	0.15g	<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.88mg
<b>Carbohydrates</b>	0.34g	<b>Fiber</b>	0.04g
<b>Sugar</b>	0.03g	<b>Sodium</b>	7.70mg
<b>Iron</b>	0.03mg	<b>Vitamin C</b>	0.31mg
<b>Vitamin A</b>	51.35IU	<b>Calcium</b>	1.29mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	214210	CHIX BRST FLLT CHARGRLLD RWA 4Z 2-5	Basic Preparation  COOK FROM FROZEN TO INTERNAL TEMP 145 DEGREES F. CONVENTIONAL OVEN 12-14 MIN @375 DEGREES F. CONVECTION OVEN 10-12 MIN @375 DEGREES F
1 Each	500162	ROLL PRETZEL WGRAIN 120- 2.2Z J&J	Basic Preparation  READY TO SERVE ONCE THAWED
1 Slice	861940	CHEESE AMER WHT 160CT SLCD 6-5 LOL	Basic Preparation  READY TO USE Hold at 41 degrees
1 Tablespoon	197681	DRESSING RNCH JALAP 2- 1GAL LTHSE	READY_TO_EAT  Open, pour and enjoy! Hold at 41 degrees

Measurement	DistPart #	Description	Preparation Instructions
1 Piece	451730	LETTUCE ROMAINE RIBBONS 6-2 RSS	<p>COOLER= USE BY EXPIRATION DATE.</p> <p>Basic Preparation</p> <p>PACKAGING: 2# POLY BAG IN CORRUGATE BOX.</p> <p>STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 32-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. DO NOT ICE - LETTUCES ARE SUSCEPTIBLE TO FREEZE DAMAGE.</p> <p>RESEAL UNUSED PORTION IN ORIGINAL BAG.</p> <p>PREPARATION: RINSE THOROUGHLY. READY TO USE.</p>

## Preparation Instructions

# Italain Sub

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

Ham , Salami, and Cheese slice on Sub Bun

## Nutrition Information

<b>Calories</b>	11.00	<b>Protein</b>	0.51g
<b>Fat</b>	0.33g	<b>SaturatedFat</b>	0.13g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	1.10mg
<b>Carbohydrates</b>	1.51g	<b>Fiber</b>	0.06g
<b>Sugar</b>	0.09g	<b>Sodium</b>	30.40mg
<b>Iron</b>	0.11mg	<b>Vitamin C</b>	0.01mg
<b>Vitamin A</b>	2.69IU	<b>Calcium</b>	1.78mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Slice	776260	SALAMI HARD SLCD 4/Z 5-2 PG	Basic Preparation  PRODUCT IS FULLY COOKED AND PRE-SLICED. READY TO USE. Hold at 41 degrees.
1 Slice	861940	CHEESE AMER WHT 160CT SLCD 6- 5 LOL	Basic Preparation  READY TO USE. Hold at 41 degrees.
3 Slice	556121	TURKEY HAM SLCD 12-1 JENNO	Thawing Instructions  THAW IN COOLER DEFROST FROZEN PRODUCT SLOWLY AND THOROUGHLY IN A COOLER FOR 24 HOURS.

Measurement	DistPart #	Description	Preparation Instructions
1 Each	556971	DOUGH ROLL FREN SUB DLX 6Z 22.5 RICH	ON LINED SHEET PAN OR 4 CHANNEL PAN INSERT. 3. RETARD THAWING: 35 F - 38 F (1 C - 3 C) 12 - 18 HOURS; OR 60 MINUTES AT ROOM TEMPERATURE. 4. TEMPER FLOOR TIME: 15 MINUTES AT ROOM TEMPERATURE. 5. PROOFING: (95 F (35 C), 85 % R.H.), 40 - 50 MINUTES TO TEMPLATE # 23 FOR SHEET PAN OR UNTIL ROLLS FILL IN AND ARE 1/2" ABOVE TOP OF CHANNEL INSERT. 6. BAKING: RACK OVEN: 375 F (190 C), 14 - 16 MINUTES DECK OVEN: 400 F (205 C), 14 - 16 MINUTES

## Preparation Instructions



# Nacho Taco Meat & Cheese

<b>Servings:</b>	300.00
<b>Serving Size:</b>	0.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Nacho meat with Chips and Cheese

## Nutrition Information

<b>Calories</b>	1.12	<b>Protein</b>	0.06g
<b>Fat</b>	0.07g	<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.25mg
<b>Carbohydrates</b>	0.07g	<b>Fiber</b>	0.00g
<b>Sugar</b>	0.03g	<b>Sodium</b>	6.97mg
<b>Iron</b>	0.01mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.58mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	135081	BEEF GRND CKD 6-5 COMM	
1 Ounce	563005	SAUCE CHS CHED MILD 6-10 THNKU	Basic Preparation  READY TO SERVE. STORE REFRIGERATED. RECOMMEND HEATING TO AROUND 140 DEGREES

## Preparation Instructions