

Cookbook for Greenville Public Schools

Created by HPS Menu Planner

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Beans Green Sesame MTG

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL 26 P/L	30 Cup	+/- 10 lbs	857424
OIL SESAME PURE 10- 56Z ROLN	1 1/4 Tablespoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
OIL OLIVE PURE 4-3LTR GFS	1 1/4 Tablespoon		432061
SALT SEA 36Z TRDE	2 Teaspoon		748590
SPICE SESAME SEED HULLED 19Z TRDE	1 1/4 Tablespoon		513806

Preparation Instructions

WASH HANDS.

1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

CCP: Hot hold for service at 135°F or above.

Note: Boil beans within 1 hour of service.

They tend to overheat and turn grey after 1 hour

School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		13.23	
Fat		0.38g	
SaturatedFat		0.05g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		45.98mg	
Carbohydrates		2.40g	
Fiber		1.11g	
Sugar		0.60g	
Protein		0.60g	
Vitamin A	227.70IU	Vitamin C	5.38mg
Calcium	12.21mg	Iron	0.34mg

Cauliflower Parslied MTG

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GFS	30 Cup	+/- 17 lbs	610882
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	3/4 Cup		299405
SPICE PARSLEY FLAKES 11Z TRDE	3/4 Cup		513989

Preparation Instructions

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

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

3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

4. Serve using a 4 oz spoodle or menued portion.

Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	19.50
Fat	1.32g
SaturatedFat	0.84g
Trans Fat	0.00g
Cholesterol	3.60mg
Sodium	7.50mg
Carbohydrates	1.20g
Fiber	0.30g
Sugar	0.60g

Protein		0.30g	
Vitamin A	9.60IU	Vitamin C	6.30mg
Calcium	0.00mg	Iron	0.00mg

Cavatini Cowboy MTG

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE PLUS 2-10 BARILLA	1 Ounce	BOIL Cooking Time: 10 Minutes // Pre-cooking time: 7 Minutes	551321
BEEF GRND 80/20 3-10 GFS	17 Pound		158704
SAUCE TOMATO MW 6-10 GCHC	2 1/2 Gallon		306347
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	4 3/4 Cup		421812

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

SLE Components

Amount Per Serving

Meat	1.87
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.40
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Hamburger Deluxe MTG

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	100 Each	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.	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each		517810
TOMATO 6X6 LRG 10 MRKN	20 Cup	1 Slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	100 Ounce	1 Leaf	307769
KETCHUP PKT 1000- 9GM FOH CRWNCOLL	100 Package		571720
MAYONNAISE LT 4- 1GAL GFS	1 3/5 Quart		429406

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

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.10
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 1.00 Serving

Amount Per Serving

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

Hot Dog on WG Bun MTG

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

Ingredients

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

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

SLE Components

Amount Per Serving

Meat	1.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	260.00
Fat	12.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	500.00mg
Carbohydrates	28.00g

Fiber		4.00g	
Sugar		7.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.67mg	Iron	1.60mg

Ham & Cheese Lil Bites

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BITES HAM CHS .5Z 8-72CT LIL BITES	8 Each	BAKE Cooking Instructions: Convection Oven- Preheat oven to 375° F; arrange frozen Lil' Bites in a single layer on a pan Bake for 6-8 minutes or until hot Let Lil' Bites stand for 2 minutes before eating Filling will be very hot; be cautious on first bite Due to variance in appliances, cooking times and or temperatures may require adjustment to meet a minimum of 160 ° DIRECTIONS BASED ON COOKING PRODUCT FROM FROZEN	867412

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.00		
Fat	9.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	530.00mg		
Carbohydrates	30.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	200.00mg	Iron	1.08mg

BBQ Chicken Drumstick

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BBQ CKD 4.4Z 10 TYS	1 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 35 - 40 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 20 - 25 minutes at 325°F from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Place drumsticks on a microwave safe plate and heat on HIGH for the following (rotate and turn over drumsticks halfway through total cook time): 1 drumstick = 3 to 4 minutes 2 drumsticks = 5 to 6 minutes 3 drumsticks = 7 to 9 minutes 4 drumsticks = 10 to 11 minutes</p>	209279

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	140.00
Fat	8.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	6.00g
Fiber	0.00g
Sugar	1.00g
Protein	12.00g
Vitamin A	100.00IU
Vitamin C	0.00mg

Calcium 0.00mg

Iron 0.72mg

Beef and Bean Burrito

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	1 Each	Thawing Instructions THAW UNDER RERIGERATION, DO NOT THAW AT ROOM TEMPERATURE. Preparation Instructions REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED. MICROWAVE AND DEEP FRYING ARE NOT RECOMMENDED. CONVENTIONAL OVEN - 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN 280 DEGREES F FOR 16-22 MINUTES	497221

Preparation Instructions

Thawing Instructions THAW UNDER RERIGERATION, DO NOT THAW AT ROOM TEMPERATURE.

Preparation Instructions REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED. MICROWAVE AND DEEP FRYING ARE NOT RECOMMENDED. CONVENTIONAL OVEN - 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN 280 DEGREES F FOR 16-22 MINUTES

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	360.00		
Fat	15.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	460.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	16.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	100.00mg	Iron	1.44mg

Beef Tacos

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 Ounce	THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO 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.	722330
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690
CHEESE CHED MLD SHRD 4-5# COMM	1/4 Cup		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
SALSA CUP 84-3Z REDC	1 Each	READY_TO_EAT None	677802

Preparation Instructions

Meat:

Thawing Instructions THAW UNDER REFRIGERATION, DO NOT THAW AT ROOM TEMPERATURE.

Preparation Instructions REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED. MICROWAVE AND DEEP FRYING ARE NOT RECOMMENDED.

CONVENTIONAL OVEN - 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN 280 DEGREES F FOR 16-22 MINUTES.

Place cheese in portioned cups and maintain temp between 35-40 degrees till serving

Hold lettuce between 35 - 40 degrees till serving

Hold salsa between 35 - 40 degrees till serving

SLE Components

Amount Per Serving

Meat	2.89
Grain	1.00

Fruit	0.00
GreenVeg	0.13
RedVeg	1.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	337.93
Fat	16.14g
SaturatedFat	9.20g
Trans Fat	0.27g
Cholesterol	63.12mg
Sodium	741.25mg
Carbohydrates	25.23g
Fiber	4.14g
Sugar	6.89g
Protein	21.11g

Vitamin A	2487.41IU	Vitamin C	20.23mg
Calcium	279.80mg	Iron	2.98mg

Nachos Supreme

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 Ounce	THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION. PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE	722330
SAUCE CHS CHED MILD 6- 10 MI PUEBLO	1/4 Cup	HEAT AND SERVE	141931
CHIP TORTL BITE SZ 104- SSV TOSTIT	1 Package		415020

Preparation Instructions

Follow Thawing and heat directions for taco meat

Souffle cup 3 oz of taco meat

Heat cheese sauce

Souffle cup .25 cup of sauce

Serve with a bag of tortilla chips

SLE Components

Amount Per Serving

Meat	1.89
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	305.43
Fat	16.64g
SaturatedFat	3.70g
Trans Fat	0.27g
Cholesterol	33.12mg
Sodium	746.25mg
Carbohydrates	27.73g
Fiber	2.89g
Sugar	2.89g
Protein	14.11g

Vitamin A	610.41IU	Vitamin C	4.73mg
Calcium	58.80mg	Iron	2.25mg

Popcorn Chicken

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	11 Each	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.	327120

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Big Daddy's Cheese Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN 4CHS SLCD 3-3CT	72 Slice	Cook from frozen state	667772

Preparation Instructions

Convection Oven: Place 1.5 pizza on a tray. Bake at 350 degrees F for 14-17 minutes, High Fan. Rotate product halfway thru bake cycle.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Marketing Tips

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	360.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	490.00mg		
Carbohydrates	35.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	21.00g		
Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	450.00mg	Iron	2.70mg

Chicken Drumstick

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	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.	603391

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	190.00
Fat	11.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	450.00mg
Carbohydrates	5.00g
Fiber	1.00g
Sugar	0.00g

Protein	16.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Pepperoni Calzone

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each	PRODUCT MUST BE SLACKED AND THAWED PRIOR TO COOKING. TAKING THE PRODUCT OUT OF THE FREEZER THE NIGHT BEFORE AND THEN SLACKING IT OFF PRIOR TO COOKING IS THE BEST METHOD.	135191

Preparation Instructions

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.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00		
Fat	11.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	590.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	19.00g		
Vitamin A	500.00IU	Vitamin C	8.40mg
Calcium	361.00mg	Iron	2.00mg

French Toast Sticks

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.96Z SNYFR	3 Each	BAKE convection oven 325 degrees F. 10-12 minutes thawed, 20-25 minutes frozen	548722

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	125.00mg		
Sodium	320.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	8.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.80mg

Elem Hot Dog

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TURKEY CN 10/ 4-5 KE	1 Each	FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F	143537
BUN HOT DOG WHEAT WHL 12-12CT GFS	1 Each		517830

Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F.
INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F

SLE Components

Amount Per Serving

Meat	1.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	190.00		
Fat	8.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	625.00mg		
Carbohydrates	21.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	9.00g		
Vitamin A	8.86IU	Vitamin C	0.03mg
Calcium	100.66mg	Iron	1.42mg

Elem Chicken Tenders

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830

Preparation Instructions

Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered.

Marketing Tips

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	240.00		
Fat	12.00g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	405.00mg		
Carbohydrates	12.00g		
Fiber	1.50g		
Sugar	3.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.62mg

Chicken Nuggets

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	5 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	240.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	470.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Bosco Bread Sticks

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 7 WGRAIN 108CT	1 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none">1. Preheat oven to 400° F.2. Place Bosco Stick breadsticks on a baking sheet.3. THAWED: 6-8 minutes.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY 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! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none">1. Thaw before baking.2. Keep Bosco Stick breadsticks covered while thawing.3. Bosco Stick breadsticks may be thawed in packaging.4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	555982

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		210.00	
Fat		6.00g	
SaturatedFat		3.00g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		270.00mg	
Carbohydrates		25.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	1.44mg

Cheese Quesadilla

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS MOZZ WGRAIN 96- 4.4Z	2 Piece	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.	584834

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	320.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	560.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	20.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	350.00mg	Iron	2.70mg

Macaroni & Cheese 566700

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F 6-5	1 Cup	Heat & Serve	566700

Preparation Instructions

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-PANNED, KEEP PRODUCT COVERED TIGHTLY.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	420.00		
Fat	16.00g		
SaturatedFat	9.00g		
Trans Fat	0.50g		
Cholesterol	45.00mg		
Sodium	1460.00mg		
Carbohydrates	48.00g		
Fiber	1.00g		
Sugar	9.00g		
Protein	25.00g		
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	450.00mg	Iron	1.80mg

Walking Taco

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 Ounce	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.	722330
SAUCE CHS CHED MILD 6-10 MI PUEBLO	1/4 Cup	HEAT AND SERVE	141931
CHIP TORTL BITE SZ 104-SSV TOSTIT	1 Package	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.	415020

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.89
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	305.43
Fat	16.64g
SaturatedFat	3.70g
Trans Fat	0.27g
Cholesterol	33.12mg
Sodium	746.25mg
Carbohydrates	27.73g
Fiber	2.89g
Sugar	2.89g
Protein	14.11g
Vitamin A	610.41IU
Vitamin C	4.73mg

Calcium 58.80mg **Iron** 2.25mg

Lumberjack Pancakes

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	COOK FROM FROZEN STATE USE COOKING INSTRUCTIONS ON BACK OF EACH PACKAGE.	284831
EGG OMELET CHS COLBY 225-2.1Z SNYFR	1 Each	BAKE convection oven 325 degrees F. 10-12 minutes thawed, 20-25 minutes frozen	554470

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	320.00		
Fat	14.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	205.00mg		
Sodium	530.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	12.00g		
Vitamin A	900.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	3.42mg

Italian Wrap

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	24 Each		882700
TURKEY ITAL COMBO SLCD 12-1 JENNO	72 Ounce		199721
LETTUCE ROMAINE RIBBONS 6-2 RSS	12 Cup		451730
CHEESE PROV NAT SLCD .75Z 6-1.5 GFS	24 Slice		726532

Preparation Instructions

Fill wrap with two slices of each meat (6 total)

Top with one slice of provolone cheese

Top with .5 cup of lettuce ribbons

Roll

Serve with : Mayo or Italian Dressing

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	318.30
Fat	15.80g
SaturatedFat	6.70g
Trans Fat	0.00g
Cholesterol	73.00mg
Sodium	785.00mg
Carbohydrates	22.00g
Fiber	2.50g
Sugar	1.00g
Protein	22.00g
Vitamin A 2700.00IU	Vitamin C 18.20mg
Calcium 220.00mg	Iron 2.76mg

Breakfast Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH 2Z 12-12CT GCHC	1 Each	THAW UNDER REFRIGERATION 24 HOURS	208640
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each	THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.	462519
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each	Thaw under refrigeration or prepare from frozen state. Heat and serve	184970

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	228.10		
Fat	9.10g		
SaturatedFat	2.20g		
Trans Fat	0.01g		
Cholesterol	106.00mg		
Sodium	386.00mg		
Carbohydrates	23.00g		
Fiber	0.80g		
Sugar	1.00g		
Protein	13.10g		
Vitamin A	110.89IU	Vitamin C	1.25mg
Calcium	71.44mg	Iron	2.67mg

Galaxy Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4 RND WGRAIN 72-4.46Z TONY	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place 24 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 18 to 21 minutes. CONVENTIONAL OVEN: Cook at 400°F for 24 to 26 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.	504610

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	280.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	440.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	15.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	250.00mg	Iron	1.80mg

Chef Boyardee Ravioli

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI FORT/ENRICHED 6-10 CHBOY	1 Cup	HEAT AND SERVE. FULLY COOKED.	496286

Preparation Instructions

Heat to 165

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	260.00		
Fat	8.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	600.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	16.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.70mg

Chicken Sticks

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	7 Each	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.	283562

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	230.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	340.00mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Mini Cheesburger Twins

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESEBURGER MINI TWIN 80-5.5Z COMM	2 Each	BAKE To thaw: for best results, heat from thawed state. Thaw frozen sandwiches in refrigerator. Sandwiches can be stored in refrigerator for up to 14 days. Convection oven: from thawed state, heat sealed wrapped sandwich (es) in a preheated 275 degrees f convection oven for 20-25 minutes. (Do not heat above 275 f).microwave: microwave for 1 minute on full power (1000 watts). Times may vary.	641270

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		360.00	
Fat		15.00g	
SaturatedFat		7.00g	
Trans Fat		1.00g	
Cholesterol		50.00mg	
Sodium		710.00mg	
Carbohydrates		39.00g	
Fiber		4.00g	
Sugar		8.00g	
Protein		19.00g	
Vitamin A	500.00IU	Vitamin C	18.00mg
Calcium	150.00mg	Iron	3.60mg

Chicken Patty Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	558061
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	517810

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	370.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	585.00mg		
Carbohydrates	40.00g		
Fiber	8.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.88mg

Tortellini in Marinara Sauce

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTELLINI CHS CKD 4-3 GCHC	1 Cup	PREPARE FROM FROZEN STATE	874140
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	READY_TO_EAT None	592714

Preparation Instructions

PREPARATION INSTRUCTIONS FOR 1LB: BRING 4 QUARTS OF SALTED WATER TO A SLOW BOIL, PUT FROZEN TORTELLINI INTO BOILING WATER AND STIR GENTLY TO PREVENT FROM STICKING. BOIL FOR 2-3 MINUTES. PRODUCT INTERNAL TEMPERATURE MUST BE 160 DEGREES F OR HIGHER. DRAIN AND SERVE WITH BUTTER, CHEESE OR YOUR FAVORITE SAUCE. TORTELLINI

Serve with 2oz of Marinara sauce per serving

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	308.57		
Fat	7.43g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	608.57mg		
Carbohydrates	51.29g		
Fiber	1.43g		
Sugar	3.86g		
Protein	11.43g		
Vitamin A	277.14IU	Vitamin C	4.29mg
Calcium	69.43mg	Iron	3.00mg

Chicken Parmesean

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	281622
CHEESE PROV NAT SLCD .75Z 6-1.5 GFS	1 Slice		726532
SAUCE MARINARA 6-10 REDPK	1/4 Cup	READY_TO_EAT None	502181
PASTA PENNE CKD 4-5 PG	1/2 Cup		835900

Preparation Instructions

1. Bake Chicken Patties according to directions
2. Place one slice of cheese on top of each patty and return to oven for 1 minute
3. Heat marinara sauce till temp is above 135 degrees
4. Place Penne in steamer and heat till temp is above 135 degrees
5. Serve chicken patty in a boat with a side of pasta

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving	
Calories	685.00
Fat	29.75g
SaturatedFat	5.75g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	710.00mg
Carbohydrates	71.50g

Fiber		6.00g	
Sugar		9.00g	
Protein		31.00g	
Vitamin A	550.00IU	Vitamin C	3.00mg
Calcium	220.00mg	Iron	5.04mg

Tangerine Chicken # 791710

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY WGRAIN TANGR CHIX 6-7.2	4 Ounce	Pre-heat oven to 350°F. Bake frozen chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy. 500°F/400°F. Spread Sauce in a bag - Boil in Bag/Steamer (Best) Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165°F. Microwave (Good) Place entire sauce in bag into microwave for 3 minutes or until content is 165°F. (product must be thawed)	791710

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.05
Grain	0.51
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	194.87
Fat	4.10g
SaturatedFat	1.03g
Trans Fat	0.00g
Cholesterol	46.15mg
Sodium	389.74mg
Carbohydrates	25.64g
Fiber	2.05g
Sugar	13.33g
Protein	14.36g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.48mg

Premium Fried Rice #605824

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED PREM FZ 4-4 KAHIKI	1 Cup	POKE HOLES TO VENT. MICROWAVE OR STEAM ON HIGH FOR 20 MINUTES, ROTATING PRODUCT ONCE DURING HEATING. ALSO MAY SUBMERGE AS A BOILABLE POUCH. HEAT & SERVE.	605824

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	190.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	580.00mg		
Carbohydrates	34.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	5.00g		
Vitamin A	750.00IU	Vitamin C	6.00mg
Calcium	20.00mg	Iron	1.80mg

Four Meat Pizza #731211

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA 4MEAT 16 WGRAIN PRIMO 9CT	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F low fan for 15-17 minutes IMPINGEMENT OVEN: 420°F for 6:30-7:00 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	731211

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	370.00		
Fat	17.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	650.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	20.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	2.70mg

Pepperoni Pizza #537540

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BEEF PEPP 16 WGRAIN 6CT S&F	1 Slice	THAW PRIOR TO COOKING.	537540

Preparation Instructions

COOK AT 350 DEGREES F FOR 12-14 MINUTES OR UNTIL THE CHEESE IS EVENLY MELTED.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		360.00	
Fat		13.00g	
SaturatedFat		4.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		600.00mg	
Carbohydrates		39.00g	
Fiber		4.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	500.00IU	Vitamin C	6.00mg
Calcium	300.00mg	Iron	3.60mg

Mini Corn Dog # 722301

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each		722301

Preparation Instructions

From a frozen state open bag and place mini corn dogs on cooking tray and cook at 350 degrees F. Heat for approximately 20 minutes or until product reaches serving temperature

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	267.00		
Fat	11.00g		
SaturatedFat	1.90g		
Trans Fat	0.00g		
Cholesterol	34.00mg		
Sodium	365.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	12.00g		
Protein	9.00g		
Vitamin A	114.00IU	Vitamin C	51.00mg
Calcium	66.00mg	Iron	1.00mg

Hot & Spicy Popcorn Chicken # 327130

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN BITES HOT&SPCY WGRAIN 4-8	11 Piece	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. UNPREPARED	327130

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	340.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

French Bread Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	1 Each	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.	154321

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Honey Siracha Wings #750892

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA 4-7.12	4 Each	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.	750892

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.67
Grain	1.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	190.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	250.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	15.00g		
Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	1.08mg

Chicken Enchilada

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENCHILADA CHIX WGRAIN 112-2.5Z	100 Each	Conventional Oven: 300 degrees F for 20-25 minutes from frozen, 15-20 minutes from thawed. Convection Oven: 300 degrees F for 12-18 minutes from frozen, 9-12 minutes from thawed. Internal temperature should reach 160 degrees F.	402332
SAUCE ENCHILADA MILD 4-1GAL GRSZ	200 Tablespoon		598461
CHEESE CHED MLD SHRD 4-5# COMM	25 Cup		150250

Preparation Instructions

Conventional Oven: 300 degrees F for 20-25 minutes from frozen, 15-20 minutes from thawed. Convection Oven: 300 degrees F for 12-18 minutes from frozen, 9-12 minutes from thawed. Internal temperature should reach 160 degrees F.

Place Enchiladas in pan cover with Enchilada sauce. Heat @ 300 for 15 min

Sprinkle cheese on top and return to oven for 3 min

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	259.15		
Fat	13.10g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	553.95mg		
Carbohydrates	21.00g		
Fiber	4.35g		
Sugar	2.00g		
Protein	15.30g		
Vitamin A	1432.27IU	Vitamin C	4.78mg

Calcium	286.20mg	Iron	3.12mg
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Servings:	100.00	Category:	Entree
Serving Size:	1.00 ea	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
SAUSAGE PTY STHRN 1.33Z 6-5 COMM	1 Each		785880
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED LOW SODIUM	1 Ounce	READY_TO_EAT	46288

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 ea

Amount Per Serving

Calories	4.11
Fat	0.23g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.46mg
Sodium	6.82mg
Carbohydrates	0.33g
Fiber	0.02g
Sugar	0.07g

Protein		0.19g	
Vitamin A	0.56IU	Vitamin C	0.00mg
Calcium	0.38mg	Iron	0.02mg

Primo Cheese Pizza

Servings:	72.00	Category:	Entree
Serving Size:	1.00 1 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	72 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 1 Slice

Amount Per Serving

Calories	360.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	490.00mg		
Carbohydrates	35.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	21.00g		
Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	450.00mg	Iron	2.70mg

Pepperoni & Cheese Lil Bites

Servings:	72.00	Category:	Entree
Serving Size:	8.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BITES PEPP CHS .5Z 8-72CT LIL BITES	576 Each	<p>BAKE Cooking Instructions: Convection Oven- Preheat oven to 375° F; arrange frozen Lil' Bites in a single layer on a pan Bake for 6-8 minutes or until hot Let Lil' Bites stand for 2 minutes before eating Filling will be very hot; be cautious on first bite Due to variance in appliances, cooking times and or temperatures may require adjustment to meet a minimum of 160 ° DIRECTIONS BASED ON COOKING PRODUCT FROM FROZEN</p>	867440

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 8.00 Each

Amount Per Serving

Calories	270.00		
Fat	12.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	570.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	10.00g		
Vitamin A	500.00IU	Vitamin C	4.80mg
Calcium	150.00mg	Iron	1.44mg

Ore-Ida Tater Tots

Servings:	120.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	30 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.79

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	206.35		
Fat	9.52g		
SaturatedFat	1.59g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	492.06mg		
Carbohydrates	25.40g		
Fiber	3.17g		
Sugar	0.00g		
Protein	3.17g		
Vitamin A	0.00IU	Vitamin C	5.71mg
Calcium	0.00mg	Iron	0.00mg

Nacho Fish Taco

Servings:	76.00	Category:	Entree
Serving Size:	2.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z 20	304 Each	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.	715051
COLE SLAW HERITAGE 2-5 GCHC	19 Cup		223247
TORTILLA FLOUR ULTRGR 6 30-12CT	152 Each		882690

Preparation Instructions

1. Prepare fish according to directions
2. place 2 strips of fish in each tortilla
3. top with 2 tbs of cole slaw
4. Serve with chopped tomato and non-fat sour cream

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 2.00 TACO

Amount Per Serving	
Calories	440.00
Fat	14.25g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	635.00mg
Carbohydrates	60.50g
Fiber	5.50g
Sugar	9.00g
Protein	16.50g
Vitamin A	150.00IU
Vitamin C	10.50mg

Calcium 50.00mg **Iron** 2.82mg

Biscuits & Gravy

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUSAGE FZ ORIG 10-2 BOBEV	100 Fluid Ounce	READY_TO_EAT Ready to use	511773
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	50 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

Preparation Instructions

Prepare Biscuits following package direction
Heat gravy according to directions
Top one biscuit with .25 cup of gravy and serve.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	267.50		
Fat	14.00g		
SaturatedFat	8.75g		
Trans Fat	0.88g		
Cholesterol	8.75mg		
Sodium	710.00mg		
Carbohydrates	31.25g		
Fiber	2.00g		
Sugar	3.50g		
Protein	6.50g		
Vitamin A	25.00IU	Vitamin C	1.50mg

Calcium 155.00mg **Iron** 1.35mg

Warm Spiced Apples

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GFS	30 Cup		271497
APPLE SLCD W/P 6-10 GFS	25 Cup		117773
SUGAR BROWN MED 25 GFS	3 Cup	UNSPECIFIED	108626
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon		224723
SPICE ALLSPICE GRND 16Z TRDE	2 Teaspoon		513601

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.30
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		76.60	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		16.00mg	
Carbohydrates		19.56g	
Fiber		2.20g	
Sugar		15.66g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chicken & Waffles

Servings:	96.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	480 Each	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.	561301
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	96 Each		607351

Preparation Instructions

Prepare Chicken according to directions

Prepare dutch waffles according to directions

SLE Components

Amount Per Serving

Meat	2.50
Grain	3.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 5.00 Each

Amount Per Serving	
Calories	500.00
Fat	21.75g
SaturatedFat	4.88g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	687.50mg
Carbohydrates	55.50g
Fiber	5.50g
Sugar	12.00g
Protein	21.50g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 40.00mg **Iron** 2.70mg

Tuna Salad

Servings:	14.00	Category:	Entree
Serving Size:	1.00 1/2 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHNK LT POUCH 6-43Z STARK	1 Cup		852554
RELISH SWT PICKLE 4-1GAL GFS	0		517186

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 1/2 cup

Amount Per Serving			
Calories		51.50	
Fat		0.43g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		25.71mg	
Sodium		214.99mg	
Carbohydrates		0.02g	
Fiber		0.00g	
Sugar		0.02g	
Protein		11.14g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.62mg