

# Cookbook for Cuyahoga Falls City Schools

Created by HPS Menu Planner

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BOSCO BREAKFAST STICKS

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Ravioli with Meat Sauce

# Fish Sticks

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

## Ingredients

Description	Measurement	DistPart #
POLLOCK BRD STIX NACH MSC 1Z 20	400 Each	715051

## Preparation Instructions

BAKE

COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F. CONVENTIONAL OVEN: BAKE AT 425°F FOR 16-18 MINUTES.

CONVECTION OVEN: BAKE AT 400°F. BAKE 12-14 MINUTES.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 220.00

**Fat** 9.00g

**SaturatedFat** 1.50g

**Trans Fat** 0.00g

**Cholesterol** 35.00mg

**Sodium** 400.00mg

**Carbohydrates** 22.00g

**Fiber** 1.00g

**Sugar** 0.00g

**Protein** 12.00g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

**Calcium** 0.00mg **Iron** 1.20mg

# Criss-Cross Sweet Potato Fries

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

## Ingredients

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

## Preparation Instructions

1. Lay each bag in a single layer onto a large sheet tray.
  2. Bake for about 20-30 minutes in a 350 F. oven
  3. Be careful not to burn.
- 1 case equals 80 3 oz. servings

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	150.50		
<b>Fat</b>	6.02g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	170.57mg		
<b>Carbohydrates</b>	23.08g		
<b>Fiber</b>	2.01g		
<b>Sugar</b>	5.02g		
<b>Protein</b>	2.01g		
<b>Vitamin A</b>	3511.71IU	<b>Vitamin C</b>	2.41mg
<b>Calcium</b>	20.07mg	<b>Iron</b>	0.00mg



# Beef Taco

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

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each	702633
TACO FILLING BEEF REDC FAT 6-5# COMM	18 3/4 Pound	722330
CHEESE CHED MLD SHRD 4-5# COMM	1 Gallon	150250
LETTUCE BLND ROMAINE MXD 4-5 RSS	1/2 Cup	755826
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Pound	786543

## Preparation Instructions

### Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

### Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

### OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	307.63
<b>Fat</b>	12.80g
<b>SaturatedFat</b>	6.84g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	52.32mg
<b>Sodium</b>	600.18mg
<b>Carbohydrates</b>	25.37g

<b>Fiber</b>		<b>3.83g</b>	
<b>Sugar</b>		<b>7.56g</b>	
<b>Protein</b>		<b>20.33g</b>	
<b>Vitamin A</b>	<b>1623.58IU</b>	<b>Vitamin C</b>	<b>6.33mg</b>
<b>Calcium</b>	<b>206.75mg</b>	<b>Iron</b>	<b>3.57mg</b>

# Grilled Cheese

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

## Ingredients

Description	Measurement	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	200 Each	710650
MARGARINE &BTR BLND EURO 36-1	2 Cup	121160
CHEESE AMER 160CT SLCD 6-5 COMM	400 Slice	150260

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 362.00

**Fat** 23.84g

**SaturatedFat** 11.30g

**Trans Fat** 1.12g

**Cholesterol** 50.00mg

**Sodium** 1070.00mg

**Carbohydrates** 26.00g

**Fiber** 3.00g

**Sugar** 5.00g

**Protein** 15.00g

**Vitamin A** 708.00IU **Vitamin C** 0.01mg

**Calcium** 394.00mg **Iron** 1.66mg

# Stuffed Crust Pizza

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

## Ingredients

Description	Measurement	DistPart #
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	72 Each	259910

## Preparation Instructions

1. In a single layer, lay individual pizza slices on a large sheet tray.
2. Bake for about 20 minutes.
3. Be careful not to burn.

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Chicken Nuggets

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

## Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	400 Each	281831

## Preparation Instructions

Basic Preparation:

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

School Equivalents:

Child Nutrition Label: Yes

Serving Size: 5 Each

Meat/Meat Alternative: n/a

Fruit/Vegetables: n/a

Grain/Breads: n/a

Updated For New Final Rule:

Meat/Meat Alternative: 2 oz

Grain/Breads: 1 oz eq

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 210.00

**Fat** 12.00g

**SaturatedFat** 2.00g

**Trans Fat** 0.00g

**Cholesterol** 20.00mg

**Sodium** 320.00mg

**Carbohydrates** 13.00g

**Fiber** 2.00g

**Sugar** 1.00g

**Protein** 13.00g

<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

# Deli Roasters

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

## Ingredients

Description	Measurement	DistPart #
POTATO SEAS DELI ROASTERS 6-5 MCC	25 Pound	726590

## Preparation Instructions

### BAKE

PREHEAT OVEN TO 425° F. SPREAD FROZEN ROASTER IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 8 TO 12 MINUTES. SERVE IMMEDIATELY.

### CONVECTION

PREHEAT OVEN TO 375° F. SPREAD FROZEN ROASTERS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 130.72

**Fat** 2.61g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 150.33mg

**Carbohydrates** 24.84g

**Fiber** 2.61g

**Sugar** 0.00g

**Protein** 3.92g

**Vitamin A** 0.00IU **Vitamin C** 6.27mg

**Calcium** 0.00mg **Iron** 0.94mg

# Burger

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

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD W/CHER 2.4Z 6-5 COMM	100 Each	785820
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each	676151

## Preparation Instructions

Basic Preparation:

PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AND HEAT IN OVEN AT 350°F FOR APPROX 7-8 MINUTES. BURGERS CAN BE PREPARED IN STEAMER AS WELL. PLACE IN STEAMER AND HEAT FOR APPROX 14 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 165 DEGREES.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	303.00		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	5.70g		
<b>Trans Fat</b>	0.90g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	444.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	28.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	58.00mg	<b>Iron</b>	2.72mg



# Chicken Taco

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

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each	702633
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	12 1/2 Pound	570533
CHEESE CHED MLD SHRD 4-5# COMM	1 Gallon	150250
SEASONING MESQ HRB&FAJITA 22Z TRDE	3 Teaspoon	527971

## Preparation Instructions

For each 5 # bag of diced chicken add 1 1/2 tablespoons of mesquite seasoning.

Add 1/2 - 1 cup of water. heat in the over until temp. reaches 165\* F.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	249.17		
<b>Fat</b>	11.49g		
<b>SaturatedFat</b>	6.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.87mg		
<b>Sodium</b>	408.20mg		
<b>Carbohydrates</b>	13.37g		
<b>Fiber</b>	0.62g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	18.90g		
<b>Vitamin A</b>	191.09IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	141.58mg	<b>Iron</b>	1.70mg

# Green Beans

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

## Ingredients

Description	Measurement	DistPart #
BEAN GRN FZ 30 COMM	3 Gallon	355490

## Preparation Instructions

Add green beans to a large roaster.

Add 1/2 gallon of water.

Cover and place in a 350\* F. oven for 30 - 45 minutes. (Until internal temperature reaches 145\* F.)

\*\*Green Beans can be cooked in the Cooker/warmers\*\* Timing will vary. Cool until internal temperature reaches 14°F.

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 15.20

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.80mg

**Carbohydrates** 3.20g

**Fiber** 1.60g

**Sugar** 0.80g

**Protein** 0.80g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

**Calcium** 0.00mg **Iron** 0.00mg

# French Toast

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

## Ingredients

Description	Measurement	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	100 Each	646262

## Preparation Instructions

On a sheet tray with parchment paper, lay each piece in a single layer.

Bake in a 350\* F. oven for 5-7 minutes.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	200.60
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.09g
<b>Cholesterol</b>	109.00mg
<b>Sodium</b>	282.70mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	2.50g
<b>Sugar</b>	11.00g
<b>Protein</b>	7.80g
<b>Vitamin A</b> 225.12IU	<b>Vitamin C</b> 0.07mg
<b>Calcium</b> 73.53mg	<b>Iron</b> 1.46mg

# Fiesta Black Beans

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

## Ingredients

Description	Measurement	DistPart #
BEAN BLACK FIESTA TACO 6-10 BUSH	108 Fluid Ounce	581180

## Preparation Instructions

Heat & Serve.

Heat beans to 145\* F.

\*\*Black beans in a rich tasty sauce enhanced with a zesty mix of authentic Mexican seasonings.

### Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Calzone with Marinara Sauce

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

## Ingredients

Description	Measurement	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	100 Each	135191
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	100 Each	677721

## Preparation Instructions

### Basic Preparation

PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING TEMPERATURE. THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	320.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	790.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 862.00IU	<b>Vitamin C</b> 14.40mg
<b>Calcium</b> 375.00mg	<b>Iron</b> 2.00mg

# Breaded Chicken Sandwich

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

## Ingredients

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

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

10-12 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 195.00

**Fat** 6.00g

**Saturated Fat** 1.00g

**Trans Fat** 0.00g

**Cholesterol** 12.50mg

**Sodium** 310.00mg

**Carbohydrates** 25.00g

**Fiber** 5.50g

**Sugar** 2.00g

**Protein** 11.00g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

**Calcium** 60.00mg **Iron** 1.62mg

# Crinkle Cut Baked Fries

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	25 Pound	200697

## Preparation Instructions

BAKE

PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Curly Twister Fries

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

## Ingredients

Description	Measurement	DistPart #
FRIES TWISTER SEAS 6-5 LAMB	25 Pound	182600

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	213.33		
<b>Fat</b>	10.67g		
<b>SaturatedFat</b>	2.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	568.89mg		
<b>Carbohydrates</b>	26.67g		
<b>Fiber</b>	3.56g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	3.56g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	6.40mg
<b>Calcium</b>	23.11mg	<b>Iron</b>	1.78mg



# Sweet Potato Ribbon cut fries

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

## Ingredients

Description	Measurement	DistPart #
FRIES SWT SEASONED RIBCUT 3-5 LAMB	15 Pound	192381

## Preparation Instructions

Basic Preparation

CONVECTION OVEN 8-12 MINUTES AT 400 DEGREES F,

CONVENTIONAL OVEN 30-35 MINUTES AT 400 DEGREES F.

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	213.02		
<b>Fat</b>	10.65g		
<b>SaturatedFat</b>	0.59g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	591.72mg		
<b>Carbohydrates</b>	29.59g		
<b>Fiber</b>	2.37g		
<b>Sugar</b>	7.10g		
<b>Protein</b>	1.18g		
<b>Vitamin A</b>	4733.73IU	<b>Vitamin C</b>	2.84mg
<b>Calcium</b>	22.49mg	<b>Iron</b>	1.18mg

# Waffle Fries

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

## Ingredients

Description	Measurement	DistPart #
FRIES WAFFLE 6-4.5 MCC	400 Ounce	201081

## Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

18 orders per bag

108 orders per case

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 185.43

**Fat** 6.62g

**SaturatedFat** 1.32g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 105.96mg

**Carbohydrates** 29.14g

**Fiber** 3.97g

**Sugar** 0.00g

**Protein** 2.65g

**Vitamin A** 0.00IU **Vitamin C** 4.77mg

**Calcium** 0.00mg **Iron** 0.95mg

# Black Pepper Fries

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

## Ingredients

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

## Preparation Instructions

CONVECTION

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

Place 4 oz. fries per order into a boat.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Triangle Hash Browns

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

## Ingredients

Description	Measurement	DistPart #
POTATO TRIANGLES 2Z 6-5 LAMB	30 Pound	265659

## Preparation Instructions

CONVECTION OVEN: Layer onto a sheet tray. Bake at 400\* F. for about 13 minutes.

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Mini Corn Dog

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

## Ingredients

Description	Measurement	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	400 Each	497360

## Preparation Instructions

### Basic Preparation

REHEATING FROM THAWED STATE IS RECCOMENDED METHOD.

CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES.

FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	180.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.44mg

# Mixed Green Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ROMAINE MXD 4-5 RSS	100 Cup	755826
TOMATO GRAPE SWT 10 MRKN	2 Each	129631

## Preparation Instructions

1 cup per serving add 2 cherry tomatoes.

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Drum Stick

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

## Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	100 Piece	603391

## Preparation Instructions

### BAKE

Preparation: Appliances vary, adjust accordingly.

#### Conventional Oven

1. Preheat oven to 375°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 35-40 minutes.

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

### CONVECTION

Preparation: Appliances vary, adjust accordingly.

#### Convection Oven

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 25-30 minutes

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

## Nutrition Facts

Servings Per Recipe: 100.00

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

<b>Carbohydrates</b>	5.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg



# Brown Rice

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

## Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	4 11/25 Cup	516371

## Preparation Instructions

Directions:

WASH HANDS.

1. Bring water to a boil, add rice. Cover tightly and simmer for 20 minutes or until liquid is absorbed.
2. Fluff with fork.

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

Child Nutrition: #8 scoop (1/2 cup) provides= 1 oz eq grain

Updated October 2013

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# French Bread Pizza

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

## Ingredients

Description	Measurement	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	100 Each	154321

## Preparation Instructions

BAKE

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Popcorn Chicken Bites

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

## Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1100 Each	327120

## Preparation Instructions

### BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

### CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

One case serves 155 orders.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

# Mac & Cheese

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

## Ingredients

Description	Measurement	DistPart #
ENTREE MAC & CHS WGRAIN 6-5# LOL	67 Cup	527582

## Preparation Instructions

### Thawing Instructions

REMOVE POUCHES FROM CASE AND THAW UNDER REFRIGERATION OVERNIGHT

### Basic Preparation:

1. Empty thawed bags into a roaster pan.
2. Cover and heat in the oven TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.
4. WARMING CABINET HOLDING INSTRUCTIONS: MAINTAIN HOT HOLDING TEMPERATURE AT 145 DEGREES F.

IF PRE-PANDED, KEEP PRODUCT COVERED TIGHTLY. CAN BE HELD UP TO 1.5 HOURS.

\*\* The sturdy bags can heated in the Cooker Warmers. Add water then carefully submerge the bags in the water. Heating time may vary, test the temperature by carefully folding the bag over the thermometer. Heat until temperature reaches 165\* F.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 400.00mg **Iron** 1.08mg

# Lasagna Roll-ups

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

## Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.15Z	110 Each	234041
SAUCE MARINARA A/P 6-10 REDPK	114 2/3 Ounce	592714

## Preparation Instructions

1. Spray a large sheet tray with vegetable spray, then ladle sauce on the tray.
2. Lay out 35 lasagna rolls, (5 across and 7 down).
3. Ladle more sauce over the lasagna.
4. bake at 350\* F. for about 35 minutes.
5. serve in a boat

## Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	254.89
<b>Fat</b>	6.74g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	509.14mg
<b>Carbohydrates</b>	31.23g
<b>Fiber</b>	2.74g
<b>Sugar</b>	6.49g
<b>Protein</b>	15.74g
<b>Vitamin A</b> 544.45IU	<b>Vitamin C</b> 8.23mg
<b>Calcium</b> 305.96mg	<b>Iron</b> 1.08mg

# Garlic Bread

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

## Ingredients

Description	Measurement	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	277862

## Preparation Instructions

BAKE

Preheat oven to 375 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 5-7 minutes or until heated through.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Chicken Strips

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

## Ingredients

Description	Measurement	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	300 Piece	283951

## Preparation Instructions

### Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 260.00

**Fat** 15.00g

**SaturatedFat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 25.00mg

**Sodium** 390.00mg

**Carbohydrates** 16.00g

**Fiber** 3.00g

**Sugar** 1.00g

**Protein** 15.00g

**Vitamin A** 100.00IU **Vitamin C** 0.00mg

**Calcium** 40.00mg **Iron** 1.80mg



# Cucumbers & Tomatoes

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	DistPart #
CUCUMBER 6CT	12 1/2 Pound	626742
TOMATO CHERRY 11 MRKN	12 1/2 Cup	569551

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	4.05		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.13mg		
<b>Carbohydrates</b>	0.88g		
<b>Fiber</b>	0.28g		
<b>Sugar</b>	0.63g		
<b>Protein</b>	0.20g		
<b>Vitamin A</b>	187.43IU	<b>Vitamin C</b>	2.86mg
<b>Calcium</b>	2.25mg	<b>Iron</b>	0.06mg

# Orange

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	DistPart #
ORANGES NAVEL/VALENCIA CHC 138CT MRKN	100 Each	322326

## Preparation Instructions

One whole orange equals one serving

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	73.30		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	3.70g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	350.83IU	<b>Vitamin C</b>	82.95mg
<b>Calcium</b>	62.37mg	<b>Iron</b>	0.16mg

# Fresh Blueberry Cup

<b>Servings:</b>	120.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	DistPart #
BLUEBERRIES FZ WILD IQF 30 COMM	3 Gallon	764740

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Meatball Sub

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

## Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	400 Each	785860
BUN SUB 10 12-4CT GFS	100 Each	647710
SAUCE MARINARA 6-10 REDPK	10 Cup	502181

## Preparation Instructions

Basic Preparation

PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 489.00

**Fat** 12.70g

**Saturated Fat** 3.60g

**Trans Fat** 0.60g

**Cholesterol** 36.00mg

**Sodium** 844.00mg

**Carbohydrates** 72.00g

**Fiber** 3.40g

**Sugar** 6.00g

**Protein** 22.40g

**Vitamin A** 105.00IU **Vitamin C** 9.40mg

**Calcium** 148.00mg **Iron** 5.82mg

# Corn

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

## Ingredients

Description	Measurement	DistPart #
CORN FZ 30 COMM	3 Gallon	120490

## Preparation Instructions

Add frozen corn to a large roaster pan. Add 1/2 gallon of water. Heat corn until temperature reaches 145\* F.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Fresh Diced Watermelon

<b>Servings:</b>	120.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	DistPart #
WATERMELON RED SDLSS 2CT P/L	3 Gallon	326089

## Preparation Instructions

Diced watermelon and portion into cups. Keep refrigerated until serving time.

Basic Preparation

PACKAGING: 2 CT IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE TEMPERATURE IS 45-50 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES.

PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A RECIPE APPLICATION.

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	33.89		
<b>Fat</b>	0.17g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.13mg		
<b>Carbohydrates</b>	8.53g		
<b>Fiber</b>	0.45g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	0.69g		
<b>Vitamin A</b>	642.69IU	<b>Vitamin C</b>	9.15mg
<b>Calcium</b>	7.91mg	<b>Iron</b>	0.27mg

# BBQ Meatball Bowl

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

## Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	500 Each	785860
SAUCE BBQ PIT STYL BSE 4-1GAL GFS	1/2 Gallon	810301

## Preparation Instructions

Bake or steam meatballs until temperature reaches 165\* F.

Stir in 1/2 gallon of BBQ sauce.

Serving with a pretzel stick.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	227.11		
<b>Fat</b>	11.25g		
<b>SaturatedFat</b>	4.38g		
<b>Trans Fat</b>	0.75g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	461.82mg		
<b>Carbohydrates</b>	15.20g		
<b>Fiber</b>	1.25g		
<b>Sugar</b>	9.53g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	6.25IU	<b>Vitamin C</b>	1.25mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	2.50mg

# Soft Pretzel

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

## Ingredients

Description	Measurement	DistPart #
PRETZEL ROD SFT WHEAT 180-1Z J&J	100 Each	607940

## Preparation Instructions

Serve at room temperature or keep warm in the warmer.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 70.00

**Fat** 0.50g

**Saturated Fat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 40.00mg

**Carbohydrates** 14.00g

**Fiber** 1.00g

**Sugar** 0.00g

**Protein** 2.00g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

**Calcium** 0.00mg **Iron** 0.72mg



# Meatloaf With Cheese

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

## Ingredients

Description	Measurement	DistPart #
MEATLOAF CKD SLCD W/CHS 100-2.9Z	1 Piece	765641

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	1.70		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.30mg		
<b>Sodium</b>	3.90mg		
<b>Carbohydrates</b>	0.08g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	0.12g		
<b>Vitamin A</b>	2.00IU	<b>Vitamin C</b>	0.09mg
<b>Calcium</b>	0.60mg	<b>Iron</b>	0.01mg

# Sausage Links

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

## Ingredients

Description	Measurement	DistPart #
SAUSAGE TKY LNK CKD .67Z 12 GCHC	200 Each	509781

## Preparation Instructions

Warm in the oven or steamer until internal temperature reaches 165\* F.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Celery & Carrot Sticks

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	400 Ounce	302198

## Preparation Instructions

4 oz. serving

serve with Ranch dipping sauce.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	34.29
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	85.71mg
<b>Carbohydrates</b>	6.86g
<b>Fiber</b>	2.29g
<b>Sugar</b>	3.43g
<b>Protein</b>	1.14g
<b>Vitamin A</b> 9714.29IU	<b>Vitamin C</b> 5.49mg
<b>Calcium</b> 45.71mg	<b>Iron</b> 0.41mg

# Chicken Quesadilla

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

## Ingredients

Description	Measurement	DistPart #
QUESADILLA CHIX & MOZZ WGRAIN 96-4.4Z	96 Piece	606783

## Preparation Instructions

BAKE

COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	150.00
<b>Fat</b>	5.50g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	15.50g
<b>Fiber</b>	1.50g
<b>Sugar</b>	1.00g
<b>Protein</b>	9.50g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 125.00mg	<b>Iron</b> 1.35mg

# Fresh Cooked Carrots

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

## Ingredients

Description	Measurement	DistPart #
CARROT FZ 30 COMM	50 Cup	150390

## Preparation Instructions

Steam or baked until internal temperature reaches 145\* F.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Hot Dog on a bun

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

## Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 10/ 2-5 GFS	100 Each	305286
BUN HOT DOG WHLWHE 12-12CT ANTMILL	100 Each	564053

## Preparation Instructions

Basic Preparation

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

HOLD ABOVE 140 DEG F.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 270.00

**Fat** 15.00g

**SaturatedFat** 4.00g

**Trans Fat** 0.00g

**Cholesterol** 35.00mg

**Sodium** 585.00mg

**Carbohydrates** 26.00g

**Fiber** 5.00g

**Sugar** 4.00g

**Protein** 10.00g

**Vitamin A** 0.06IU **Vitamin C** 0.00mg

**Calcium** 72.09mg **Iron** 1.69mg

# Baked Beans

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

## Ingredients

Description	Measurement	DistPart #
BEAN BAKED 6-10 BUSH	50 Cup	520098

## Preparation Instructions

EAT & SERVE. WARM IN 350\* OVEN FOR 30 MIN,IF DESIRED. CAN BE USED AS AN INGREDIENT IN OTHER RECIPES ALSO. CONTAINS: NAVY BEANS W/BACON IN BROWN SUGAR SAUCE. HOLDS WELL IN STEAMTABLE.

\*\*CONTAINS PORK\*\*

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 140.00

**Fat** 1.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 550.00mg

**Carbohydrates** 29.00g

**Fiber** 5.00g

**Sugar** 12.00g

**Protein** 6.00g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

**Calcium** 40.00mg **Iron** 1.80mg

# Cornbread Muffin

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

## Ingredients

Description	Measurement	DistPart #
CORBREAD SNAC FORT WGRAIN IW 72-2Z	72 Each	159791

## Preparation Instructions

Thaw & Serve.

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	90.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.00mg	<b>Iron</b>	1.00mg



# Boneless Wings

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

## Ingredients

Description	Measurement	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	400 Each	561301

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 160.00

**Fat** 7.00g

**SaturatedFat** 1.50g

**Trans Fat** 0.00g

**Cholesterol** 20.00mg

**Sodium** 270.00mg

**Carbohydrates** 10.00g

**Fiber** 2.00g

**Sugar** 0.00g

**Protein** 14.00g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

**Calcium** 0.00mg **Iron** 0.72mg

# Mashed Potatoes

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

## Ingredients

Description	Measurement	DistPart #
POTATO GRANULES NO MILK 6-5.75 GFS	3 Quart	118508
Tap Water for Recipes	11 1/2 Quart	000001WTR
MARGARINE UNSLTD SLD 30-1# P/L	2 8/89 Cup	425561
SALT IODIZED 24-26Z GFS	1 Teaspoon	108308
SPICE PEPR WHITE GRND 5 TRDE	1 Teaspoon	777099

## Preparation Instructions

1. In a large mixer add 1 can of dry granulated potatoes.
  2. Add 11.5 quarts of Boiling water (be careful)
  3. add Margarine
  4. Salt & Pepper
  5. Mix well
- Hold in the warmer at 140\* F.

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 119.81

**Fat** 3.68g

**SaturatedFat** 0.67g

**Trans Fat** 1.00g

**Cholesterol** 0.00mg

**Sodium** 42.64mg

**Carbohydrates** 19.19g

**Fiber** 1.92g

**Sugar** 0.00g

**Protein** 1.92g

<b>Vitamin A</b>	167.20IU	<b>Vitamin C</b>	28.79mg
<b>Calcium</b>	19.21mg	<b>Iron</b>	0.35mg

# Breakfast Pizza

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

## Ingredients

Description	Measurement	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	50 Each	160432

## Preparation Instructions

### Basic Preparation

PLACE FROZEN PIZZAS IN 18"X26"X1/2" LIGHTLY GREASED BUN PANS. CONVECTION OVEN: 350F FOR 15 TO 17 MINUTES. CONVENTIONAL OVEN: 400F FOR 16 TO 19 MINUTES. REFRIGERATE OR DISCARD ANY UNUSED PORTION. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS.

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	223.00		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	2.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	16.00mg		
<b>Sodium</b>	500.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.10g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	10.60g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	160.00mg	<b>Iron</b>	1.98mg

# Yogurt & Graham Crisps

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	50 Each	551760
CRACKER GRHM BUG BITES 210CT KEEB	50 Package	859560

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Mini Waffles

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Fruit Frudels

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

## Ingredients

Description	Measurement	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	50 Each	838350

## Preparation Instructions

BAKE

Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 210.00

**Fat** 6.00g

**SaturatedFat** 1.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 260.00mg

**Carbohydrates** 37.00g

**Fiber** 2.00g

**Sugar** 11.00g

**Protein** 5.00g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

**Calcium** 0.00mg **Iron** 1.08mg

# Breakfast Fruit Muffins

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	DistPart #
MUFFIN BLUEB IW 80-1.8Z GFS	50 Each	577006

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg



# Burger & Cheese Burger on a Bun

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

## Ingredients

Description	Measurement	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	100 Each	451400
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each	676151

## Preparation Instructions

Steamer: Place 15 burgers in a 2" roaster pan. Steam for about 7 minutes. Temp at 165 F.

BAKE

Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 330.00

**Fat** 18.50g

**SaturatedFat** 7.00g

**Trans Fat** 1.00g

**Cholesterol** 70.00mg

**Sodium** 465.00mg

**Carbohydrates** 19.00g

**Fiber** 4.00g

**Sugar** 2.00g

**Protein** 20.00g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

**Calcium** 60.00mg **Iron** 2.16mg

# Toasted Cheese on a Pretzel Bun

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

## Ingredients

Description	Measurement	DistPart #
ROLL PRETZEL SLCD 80-4Z J&J	100 Each	564623
CHEESE AMER WHT 160CT SLCD 6-5 LOL	400 Slice	861940

## Preparation Instructions

1. Each sandwich gets 2 oz. of cheese, 4 slices.
2. Place sandwiches on a large sheet tray.
3. bake in a 350\* F. oven for about 10 minutes (until cheese is melted)

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	500.00
<b>Fat</b>	20.50g
<b>SaturatedFat</b>	12.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	1015.00mg
<b>Carbohydrates</b>	62.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 538.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 336.00mg	<b>Iron</b> 3.78mg

# Sweet & Sour Chicken Bowl

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

## Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1100 Each	327120
SAUCE SWT & SOUR 4-1GAL LACHY	1/2 Gallon	242292

## Preparation Instructions

1. Baked popcorn chicken on sheet trays.
2. In a roaster pan mix popcorn chicken to 1/2 gallon of sweet & sour sauce.
3. serve over brown rice.

### BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

### CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 268.36

**Fat** 13.00g

**SaturatedFat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 20.00mg

**Sodium** 420.33mg

**Carbohydrates** 22.95g

**Fiber** 3.00g

**Sugar** 8.03g

**Protein** 14.00g

<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Vegetable Eggrolls

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

## Ingredients

Description	Measurement	DistPart #
EGG ROLL VEG 3Z 4-18CT GLDT	100 Each	612316

## Preparation Instructions

BAKE

Preparation Type: Heating Instructions: Conventional Oven Instructions: Preheat oven to 375°F. Place frozen egg rolls on baking sheet. Turn once during baking. Conventional: 18 - 20 minutes. Convection: 14 - 16 minutes.

Preparation Notes: Heating time may vary with equipment.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 140.00

**Fat** 5.00g

**SaturatedFat** 1.00g

**Trans Fat** 0.00g

**Cholesterol** 5.00mg

**Sodium** 550.00mg

**Carbohydrates** 22.00g

**Fiber** 2.00g

**Sugar** 2.00g

**Protein** 4.00g

**Vitamin A** 1500.00IU **Vitamin C** 15.00mg

**Calcium** 26.00mg **Iron** 1.20mg

# BBQ Pulled Pork Sandwich

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

## Ingredients

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

## Preparation Instructions

OVEN OR STEAMER : BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F. sTEAM UNTIL INTERNAL TEMPERATURE REACHES 160\* f.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# SRIRACHA CHICKEN

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

## Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK BRD SRIRACHA 4-7.12	400 Each	750892

## Preparation Instructions

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

From Frozen:

1. Preheat oven to 375°F.
2. Arrange pieces in a single layer on a baking sheet.
3. Heat in oven for 12-15 minutes.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

# Smokehouse Burger

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

## Ingredients

Description	Measurement	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	100 Each	451400
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each	676151
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice	150260

## Preparation Instructions

Steam in steamer for 10 minutes, until internal temperature reaches 165\* F.

BAKE

Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	23.00g		
<b>SaturatedFat</b>	9.50g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	82.50mg		
<b>Sodium</b>	690.00mg		
<b>Carbohydrates</b>	19.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	22.50g		
<b>Vitamin A</b>	137.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	143.50mg	<b>Iron</b>	2.22mg



# Breakfast for Lunch

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

## Ingredients

Description	Measurement	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	100 Each	646262

## Preparation Instructions

Heat in oven from frozen, 5-7 minutes, then serve.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	200.60
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.09g
<b>Cholesterol</b>	109.00mg
<b>Sodium</b>	282.70mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	2.50g
<b>Sugar</b>	11.00g
<b>Protein</b>	7.80g
<b>Vitamin A</b> 225.12IU	<b>Vitamin C</b> 0.07mg
<b>Calcium</b> 73.53mg	<b>Iron</b> 1.46mg

# Tomato Soup

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

## Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	600 Fluid Ounce	101427

## Preparation Instructions

Steamer: Add 3 cans of tomato soup and 3 cans of water to a roaster pan. Cover then heat in the steamer until the internal temperature reaches 165\*.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Golden Crispy Chicken Sandwich

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

## Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	100 Each	525480
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each	676151

## Preparation Instructions

### BAKE

Appliances vary, adjust accordingly.

#### Conventional Oven

Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes.

#### CONVECTION

Appliances vary, adjust accordingly.

#### Convection Oven

Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.

Temp at 165\*

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 300.00

**Fat** 10.50g

**SaturatedFat** 1.50g

**Trans Fat** 0.00g

**Cholesterol** 45.00mg

**Sodium** 385.00mg

**Carbohydrates** 28.00g

**Fiber** 7.00g

**Sugar** 2.00g

**Protein** 23.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# HS Chicken Nugget

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

## Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	600 Each	281831

## Preparation Instructions

### BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

### CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

# Steamed Broccoli

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

## Ingredients

Description	Measurement	DistPart #
BROCCOLI FZ 30 COMM	100 Cup	549292

## Preparation Instructions

Steam in a roaster. Do not overcook.  
Sprinkle with Veggie seasoning.

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

#### Amount Per Serving

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

# CHICKEN NUGGETS (HS)

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

## Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	600 Each	281831

## Preparation Instructions

### BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

### CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

# Far East Vegetable Blend

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

## Ingredients

Description	Measurement	DistPart #
VEG BLND FAR EAST 12-2 GFS	100 Cup	491209

## Preparation Instructions

Steam in the steamer for about 7 - 10 minutes. until the internal temperature reaches 145\* F.  
Add veggie seasoning.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 40.00

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 30.00mg

**Carbohydrates** 5.00g

**Fiber** 2.00g

**Sugar** 2.00g

**Protein** 1.00g

**Vitamin A** 750.00IU **Vitamin C** 15.00mg

**Calcium** 20.00mg **Iron** 0.36mg



# Fiestada Pizza

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

## Ingredients

Description	Measurement	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	72 Each	487272

## Preparation Instructions

BAKE

COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans.

CONVECTION OVEN: 350°F for 11-14 minutes. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.

NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	850.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	250.00mg	<b>Iron</b>	3.60mg

# Chicken Gravy

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

## Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	1 Gallon	000001WTR
STARCH CORN BIB 25 ARGO	4 Tablespoon	704377
BASE CHIX NO ADDED MSG 4-5 STOUF	3 1/4 Fluid Ounce	177910

## Preparation Instructions

FOR BROTH/STOCK:

ADD

3/4 TSP BASE TO 1 CUP WATER

3/4 oz. TO 1QT

3.25 oz. TO 1 GAL

16 oz. TO 5 GAL A FULL BODIED CHICKEN FLAVOR MADE FROM REAL CHICKEN & DELICATE SEASONINGS.

GRAVY:

1 gallon of Stock.

4 Tsp. cornstarch

1 cup of water

Bring 1 gallon of stock to a boil.

Mix 4 Tsp. of cornstarch to 1 cup of water.

Stir the cornstarch mixture to the boiling stock.

Boil for 1 minute then hold or setup on the line.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 1.26

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.48mg		
<b>Carbohydrates</b>	0.28g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.01mg	<b>Iron</b>	0.00mg

# Pears (Fresh)

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	DistPart #
PEAR 95-110CT MRKN	100 Ounce	198056

## Preparation Instructions

Wash before serving.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	16.40		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.32mg		
<b>Carbohydrates</b>	4.46g		
<b>Fiber</b>	0.96g		
<b>Sugar</b>	2.71g		
<b>Protein</b>	0.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.15mg
<b>Calcium</b>	3.18mg	<b>Iron</b>	0.06mg

# Corn & Black Bean Fiesta Blend

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

## Ingredients

Description	Measurement	DistPart #
CORN & BLK BEAN FLME RSTD 6-2.5	2 Gallon	163760

## Preparation Instructions

Steam in the steamer for about 10-14 minutes until internal temperature reaches 145\* F.

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	149.33		
<b>Fat</b>	3.20g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	245.33mg		
<b>Carbohydrates</b>	25.60g		
<b>Fiber</b>	6.40g		
<b>Sugar</b>	6.40g		
<b>Protein</b>	6.40g		
<b>Vitamin A</b>	691.59IU	<b>Vitamin C</b>	13.78mg
<b>Calcium</b>	15.32mg	<b>Iron</b>	1.19mg

# Coney Dog on a bun

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

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	6 1/4 Pound	722330
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	100 Each	154792
BUN HOT DOG WHLWHE 12-12CT ANTMILL	100 Each	564053

## Preparation Instructions

Heat taco meat and hot dogs in the steamer until internal temperature reaches 165\* F.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 345.14

**Fat** 20.55g

**SaturatedFat** 6.57g

**Trans Fat** 0.09g

**Cholesterol** 46.04mg

**Sodium** 797.08mg

**Carbohydrates** 28.58g

**Fiber** 5.63g

**Sugar** 4.63g

**Protein** 15.04g

**Vitamin A** 203.54IU **Vitamin C** 1.58mg

**Calcium** 61.40mg **Iron** 2.30mg

# Italian Meatball Sub

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

## Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	400 Each	785860
SAUCE MARINARA A/P 6-10 REDPK	400 Ounce	592714
CHEESE MOZZ SHRD 4-5 LOL	400 Fluid Ounce	645170
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each	276142

## Preparation Instructions

1. Heat meatballs and marinara in the steamer until temperature reaches 165\* F.
2. add 4 meats, 1 oz. of sauce and 1 oz of mozz cheese per sandwich.

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	389.64		
<b>Fat</b>	23.88g		
<b>SaturatedFat</b>	10.51g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	66.00mg		
<b>Sodium</b>	1094.94mg		
<b>Carbohydrates</b>	15.85g		
<b>Fiber</b>	3.89g		
<b>Sugar</b>	7.75g		
<b>Protein</b>	28.92g		
<b>Vitamin A</b>	849.29IU	<b>Vitamin C</b>	9.57mg
<b>Calcium</b>	497.66mg	<b>Iron</b>	2.16mg

# Chicken Egg Rolls

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

## Ingredients

Description	Measurement	DistPart #
EGG ROLL CHIX WGRAIN CN 3Z 2-30CT	200 Each	599440
SAUCE REDHOT SWT CHILI 4-.5GAL FRNKS	200 Fluid Ounce	838090

## Preparation Instructions

BAKE

Preparation Type: Heating Instructions Conventional Oven Instructions: Preheat oven to 450°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 17 minutes Convection Oven Instructions: Preheat oven to 425°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Convection: 12-14 minutes Preparation Notes: Heating time may vary with equipment.

\*\*Serve with Frank's Sweet Chili sauce

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	440.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	1640.00mg
<b>Carbohydrates</b>	66.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	32.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 2711.20IU	<b>Vitamin C</b> 15.42mg
<b>Calcium</b> 83.18mg	<b>Iron</b> 3.26mg



# Fish Sandwich on a bun

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

## Ingredients

Description	Measurement	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	100 Each	576255
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each	676151

## Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen fillets on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 270.00

**Fat** 8.50g

**SaturatedFat** 1.00g

**Trans Fat** 0.00g

**Cholesterol** 25.00mg

**Sodium** 675.00mg

**Carbohydrates** 36.00g

**Fiber** 6.00g

**Sugar** 3.00g

**Protein** 15.00g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

**Calcium** 60.00mg **Iron** 1.80mg

# Chicken Egg Rolls

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

## Ingredients

Description	Measurement	DistPart #
EGG ROLL CHIX WGRAIN CN 3Z 2-30CT	100 Each	599440

## Preparation Instructions

BAKE

Preparation Type: Heating Instructions Conventional Oven Instructions: Preheat oven to 450°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 17 minutes Convection Oven Instructions: Preheat oven to 425°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Convection: 12-14 minutes Preparation Notes: Heating time may vary with equipment.

Serve with Frank's Sweet & Spicy Sauce.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# pancakes

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

## Ingredients

Description	Measurement	DistPart #
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	50 Package	269220

## Preparation Instructions

READY\_TO\_EAT

Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.\*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.\*Microwave: Heat for 45 seconds on high. \*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# CinnA Bar

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

## Ingredients

Description	Measurement	DistPart #
Whole Wheat Cinnamon Bar	50 Serving	123192

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Beacon Street Sliders

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

## Ingredients

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

## Preparation Instructions

BAKE

COOKING GUIDELINES: COOK BEFORE EATING. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. ROTATE PANS ONE HALF TURN HALF WAY THROUGH COOKING TO PREVENT CHEESE FROM BURNING. DUE TO VARIANCES IN OVEN REGULATORS AND NUMBER OF PIZZAS IN AN OVEN, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN (BASED ON FULL OVEN): 1. PREHEAT OVEN TO 350°F. 2. PLACE 48 WRAPPED PIZZAS (2 PIZZAS PER WRAPPER) IN 18" x 26" PAN. 3. BAKE 17-20 MINUTES.

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

# Frudels

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

## Ingredients

Description	Measurement	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	50 Each	838350

## Preparation Instructions

BAKE

Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 210.00

**Fat** 6.00g

**SaturatedFat** 1.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 260.00mg

**Carbohydrates** 37.00g

**Fiber** 2.00g

**Sugar** 11.00g

**Protein** 5.00g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

**Calcium** 0.00mg **Iron** 1.08mg

# Breakfast Round UBR's

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

## Ingredients

Description	Measurement	DistPart #
ROUND BKFST UBR 140-2.5Z RICH	50 Each	794230

## Preparation Instructions

BAKE

HANDLING INSTRUCTIONS:

1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES.
2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN.
3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES.
4. REMOVE FROM OVEN AND COOL ON SHEET PAN.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 240.00

**Fat** 6.00g

**Saturated Fat** 2.00g

**Trans Fat** 0.00g

**Cholesterol** 5.00mg

**Sodium** 210.00mg

**Carbohydrates** 43.00g

**Fiber** 6.30g

**Sugar** 17.00g

**Protein** 5.00g

<b>Vitamin A</b>	8.55IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.57mg	<b>Iron</b>	0.62mg



# BOSCO BREAKFAST STICKS

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

## Ingredients

Description	Measurement	DistPart #
BREADSTICK BKFST WGRAIN 6 72-2.5Z	50 Each	856081

## Preparation Instructions

### CONVECTION

#### Heating Instructions

#### Convection Oven

1. Preheat convection oven to 350°F with fan on.
2. Place Stick on baking sheet.
3. Thawed: Bake 8-10 minutes or until a minimum temperature of 165°F has been reached
2. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary . Adjust baking time and or temperature as necessary.

Product is For Food Service Use Only, must be cooked in accordance with the Food Code and or State and Local requirements.

### THAW

#### Heating Instructions

#### Thawing Instructions

1. Thaw before baking.
2. Keep Sticks covered while thawing.
3. Sticks have 7 day shelf life when refrigerated.

Oven temperatures may vary . Adjust baking time and or temperature as necessary.

Product is For Food Service Use Only, must be cooked in accordance with the Food Code and or State and Local requirements.

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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**Amount Per Serving**

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

# WALKING TACO

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

## Ingredients

Description	Measurement	DistPart #
CHIP NACHO CHS TOP N GO 21-1.4Z DORIT	100 Package	865611
TACO FILLING BEEF REDC FAT 6-5# COMM	200 Ounce	722330
CHEESE CHED SHRD 6-5 COMM	100 Ounce	199720
SALSA 103Z 6-10 REDG	100 Ounce	452841
LETTUCE ROMN CUT 9-2 P/L	100 Cup	361290

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		393.28	
<b>Fat</b>		19.09g	
<b>SaturatedFat</b>		8.14g	
<b>Trans Fat</b>		0.18g	
<b>Cholesterol</b>		52.08mg	
<b>Sodium</b>		713.50mg	
<b>Carbohydrates</b>		34.15g	
<b>Fiber</b>		4.26g	
<b>Sugar</b>		1.93g	
<b>Protein</b>		18.08g	
<b>Vitamin A</b>	5525.61IU	<b>Vitamin C</b>	34.49mg
<b>Calcium</b>	107.20mg	<b>Iron</b>	2.38mg

# BROCCOLI FLORETS

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	50 Cup	732451

## Preparation Instructions

1. Wash
2. place into portion cups,
3. serve with Ranch dip

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 15.00

**Fat** 0.20g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 14.50mg

**Carbohydrates** 3.00g

**Fiber** 1.10g

**Sugar** 1.00g

**Protein** 1.20g

**Vitamin A** 290.40IU **Vitamin C** 39.25mg

**Calcium** 20.68mg **Iron** 0.32mg

# Asian Mashed Potato Bowl

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

## Ingredients

Description	Measurement	DistPart #
POTATO MASHED FRSH 4-6 GFS	200 1/2 Cup	578754
BEEF DIPPERS WONDER BITE 400-.7Z PIER	400 Each	770817
PEPPERS RED DCD 3/8 2-3 RSS	300 Ounce	581992
BROCCOLI FLORET 100-2Z MI LOCAL	3 1/4 Gallon	699673

## Preparation Instructions

WASH HANDS.

1. Cook potatoes according to recipe/package instructions.
2. Bake the beef according to manufacturer instructions.

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

3. Steam or saute the bell peppers until tender.
4. Place 1 cup potatoes in a 16oz container. Evenly place 4 pieces of beef over potatoes. Add 1/2 cup broccoli and 1/4 cup peppers.
5. Serve warm.

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

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

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	264.00
<b>Fat</b>	8.60g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg

<b>Sodium</b>	428.40mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	5.80g		
<b>Sugar</b>	22.00g		
<b>Protein</b>	15.60g		
<b>Vitamin A</b>	22527.76IU	<b>Vitamin C</b>	697.68mg
<b>Calcium</b>	56.72mg	<b>Iron</b>	3.66mg

# Cavatini Cowboy MTG

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

## Ingredients

Description	Measurement	DistPart #
PASTA PENNE PLUS 2-10 BARILLA	1 Ounce	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

### 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

<b>Sodium</b>	579.23mg		
<b>Carbohydrates</b>	8.38g		
<b>Fiber</b>	1.62g		
<b>Sugar</b>	4.81g		
<b>Protein</b>	15.47g		
<b>Vitamin A</b>	838.00IU	<b>Vitamin C</b>	3.84mg
<b>Calcium</b>	41.90mg	<b>Iron</b>	2.39mg



# Ravioli w/Sauce MTG

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

## Ingredients

Description	Measurement	DistPart #
PAN COAT SPRAY 6-21Z GFS	1 Each	405170
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	300 Each	553982
SAUCE SPAGHETTI NO SALT 6-106Z PREGO	1 1/2 Gallon	416096

## Preparation Instructions

WASH HANDS.

1. Place ravioli and spaghetti sauce into a hotel pan, lightly coated with cooking spray.
2. Bake in 350 degree F oven for 20-25 minutes or until heated through.

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

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

3. Serve 3 ravioli each, topped off with 1/4 cup of spaghetti sauce.

Child Nutrition: 1 serving = 2 oz meat/meat alternate, 1 oz eq grain, 1/4 c. red/orange vegetable

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

**Calcium** 169.20mg **Iron** 1.60mg

# Spaghetti with Meatballs

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

## Ingredients

Description	Measurement	DistPart #
PASTA SPAG 51 WGRAIN 2-10	2 Ounce	221460
MEATBALL CKD .65Z 6-5 COMM	4 Each	785860
SAUCE MARINARA A/P 6-10 REDPK	4 Ounce	592714

## Preparation Instructions

Cook pasta according to package directions.

Meatballs: Place frozen meatballs in sauce, cover and heat in oven at 375 F for approximately 30-40 minutes.

Alternatively, heat in steamer. Heat until internal temperature of meatballs reaches 155 F for 15 seconds or longer.

Serve 1 cup of spaghetti, 1/2 cup marinara, and 4 meatballs.

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	418.14		
<b>Fat</b>	13.36g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	36.00mg		
<b>Sodium</b>	673.14mg		
<b>Carbohydrates</b>	54.57g		
<b>Fiber</b>	7.86g		
<b>Sugar</b>	9.71g		
<b>Protein</b>	21.86g		
<b>Vitamin A</b>	559.29IU	<b>Vitamin C</b>	9.57mg
<b>Calcium</b>	106.86mg	<b>Iron</b>	3.80mg

# Turkey Corn Chowder

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

## Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	7 Pound	653171
CELERY 10 MI LOCAL	1 Cup	601542
CORN FZ 30 COMM	4 Cup	120490
POTATO DCD 6-10 GFS	7 1/2 Cup	118583
Tap Water for Recipes	8 Cup	000001WTR
PEPPERS & ONION FLME RSTD 6-2.5	2 1/2 Pound	847208
BACON TKY CKD 12-50CT JENNO	48 Slice	834770

## Preparation Instructions

### STOVE TOP:

1. Chop Celery.
2. Add celery to a large stock pot and saute until tender.
3. Add onion & peppers, corn, saute for 2 minutes.
4. Drain the liquid from the canned potatoes, then add them to the pot.
5. Stir in the Jennie-O Shredded White Turkey & Gravy.
6. Stir in 8 cups of water and simmer until the temperature reaches 145 F.
7. Top each serving with 1/2 oz. Jennie -O's

### OVEN:

1. Chop and saute celery.
2. Add celery to a large roaster pan.
3. Add onion & peppers, corn.
4. Drain the liquid from the canned potatoes, then add them to the roaster pan.
5. Stir in the Jennie-O Shredded White Turkey & Gravy.
6. Stir in 8 cups of water then cover.
7. Place in a 350 F. oven and heat for about 20-30 minutes or until the temperature reaches 145 F.
8. Ladle each 6 oz. serving into a bowl then top each serving with 1/2 oz. Jennie -O's

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 6.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>		128.03	
<b>Fat</b>		4.80g	
<b>SaturatedFat</b>		0.84g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		27.44mg	
<b>Sodium</b>		511.59mg	
<b>Carbohydrates</b>		9.60g	
<b>Fiber</b>		1.79g	
<b>Sugar</b>		1.49g	
<b>Protein</b>		12.99g	
<b>Vitamin A</b>	66.14IU	<b>Vitamin C</b>	5.77mg
<b>Calcium</b>	9.33mg	<b>Iron</b>	0.40mg

# Turkey Empanada

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

## Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	5 19/20 Pound	653171
PEPPERS & ONION FLME RSTD 6-2.5	2 10/77 Pound	847208
POTATO DCD 6-10 GFS	85 Ounce	118583
CHEESE BLND MOZZ SHRD FTNR 4-5 PG	5 Pound	193600
DOUGH BALL PIZZA WGRAIN 12-22Z	10 Each	566960
SEASONING MESQ HRB&FAJITA 22Z TRDE	1 Teaspoon	527971

## Preparation Instructions

1. cut each dough ball into 8 portions.
2. press with a pizza press or roll each one out.
3. in a large bowl mix Jennie-O Shredded Turkey and gravy, onions & peppers, and potatoes.
4. stir in Mesquite seasoning.
5. Using a # 12 scoop, scoop turkey mixture into the each pressed dough then add 1/2 oz. of mozzarella cheese.
6. fold and crimp sides, then place onto a baking pan.
7. bake at 375 F. for about 15 minutes until golden brown and the internal temperature reaches 145F.
8. Hold in a warmer until ready to serve.

### Nutrition Facts

Servings Per Recipe: 85.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 177.38

**Fat** 3.15g

**SaturatedFat** 1.35g

**Trans Fat** 0.00g

**Cholesterol** 15.48mg

**Sodium** 855.31mg

<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.59g
<b>Sugar</b>	0.48g
<b>Protein</b>	8.50g
<b>Vitamin A</b> 83.29IU	<b>Vitamin C</b> 19.35mg
<b>Calcium</b> 111.58mg	<b>Iron</b> 0.80mg

# Chicken Egg Roll-MS

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

## Ingredients

Description	Measurement	DistPart #
EGG ROLL CHIX WGRAIN 60-3Z MINH	100 Each	277731

## Preparation Instructions

BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. COOKING INSTRUCTIONS BASED ON FULL SIZE SHEET PAN (WITH APPROXIMATELY 54 EGG ROLLS). CONVECTION OVEN: PREHEAT OVEN TO 350°F. PLACE EGG ROLLS ON BAKING SHEET. FOR FROZEN PRODUCT COOK FOR 22 MINUTES; FOR THAWED PRODUCT COOK FOR 13 MINUTES. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS.

Serving with dipping sauce.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	410.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg



# Blueberry Waffles

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

## Ingredients

Description	Measurement	DistPart #
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	100 Package	269240

## Preparation Instructions

BAKE

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.\* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.\* Microwave: Heat for 30-35 seconds on high. \*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# BBQ Chicken Sandwich

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

## Ingredients

Description	Measurement	DistPart #
CHIX BRST GRLLD CKD 3Z 2-5 TYS	100 Each	152121
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each	676151
SAUCE BBQ 4-1GAL GFS	1 Gallon	734136

## Preparation Instructions

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	294.30		
<b>Fat</b>	4.13g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	983.67mg		
<b>Carbohydrates</b>	37.90g		
<b>Fiber</b>	4.38g		
<b>Sugar</b>	12.23g		
<b>Protein</b>	26.38g		
<b>Vitamin A</b>	215.17IU	<b>Vitamin C</b>	1.01mg
<b>Calcium</b>	71.19mg	<b>Iron</b>	1.85mg

# Coney Dog on a bun

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

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	6 1/4 Pound	722330
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	100 Each	154792
BUN HOT DOG WHLWHE 12-12CT ANTMILL	100 Each	564053

## Preparation Instructions

Heat taco meat and hot dogs in the steamer until internal temperature reaches 165\* F.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 345.14

**Fat** 20.55g

**SaturatedFat** 6.57g

**Trans Fat** 0.09g

**Cholesterol** 46.04mg

**Sodium** 797.08mg

**Carbohydrates** 28.58g

**Fiber** 5.63g

**Sugar** 4.63g

**Protein** 15.04g

**Vitamin A** 203.54IU **Vitamin C** 1.58mg

**Calcium** 61.40mg **Iron** 2.30mg

# Hamburger Deluxe MTG

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

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	100 Each	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each	517810
TOMATO 6X6 LRG 10 MRKN	20 Cup	199001
LETTUCE ICEBERG FS 4-6CT MRKN	100 Ounce	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

## 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

<b>Fiber</b>			7.11g
<b>Sugar</b>			8.36g
<b>Protein</b>			17.99g
<b>Vitamin A</b>	415.42IU	<b>Vitamin C</b>	7.05mg
<b>Calcium</b>	96.93mg	<b>Iron</b>	3.22mg

# Sandwich Turkey Burger MTG

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

## Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each	517810
TURKEY BRGR FLAMEBR 90-2.5Z ADV	100 Each	897690
TOMATO 6X6 LRG 10 MRKN	20 Cup	199001
LETTUCE ICEBERG FS 4-6CT MRKN	1 Ounce	307769

## Preparation Instructions

WASH HANDS.

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

- ,
1. Cook chicken patty as directed on package.
  2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
  3. Serve.
  4. Allow student to select condiment of choice.

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

,Updated October 2013

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 276.58

**Fat** 11.08g

**SaturatedFat** 2.52g

**Trans Fat** 0.00g

**Cholesterol** 40.00mg

**Sodium** 366.87mg

**Carbohydrates** 29.42g

**Fiber** 6.45g

<b>Sugar</b>			5.01g
<b>Protein</b>			19.33g
<b>Vitamin A</b>	399.88IU	<b>Vitamin C</b>	4.60mg
<b>Calcium</b>	63.73mg	<b>Iron</b>	2.62mg

# Marinated Cole Slaw

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

## Ingredients

Description	Measurement	DistPart #
VINEGAR APPLE CIDER 5 4-1GAL GFS	10 Cup	430795
OIL SALAD VEG CLR NT 35 GFS	7 1/2 Cup	107999
SUGAR CANE GRANUL XTRA FINE 25#	7 1/2 Cup	151343
SEASONING SALT 32Z BADIA	10 Teaspoon	430947
SPICE PEPR BLK GRND TABLE 16Z BADIA	10 Tablespoon	430989
SPICE MUSTARD GRND 14Z TRDE	10 Teaspoon	224928
SPICE CELERY SEED WHOLE 16Z TRDE	10 Teaspoon	224677
CABBAGE GREEN SHRD 5-3	100 Cup	607740
ONION RED MED/LRG 5-10	7 1/2 Cup	414951
PEPPERS GREEN 12CT P/L	7 1/2 Cup	100995

## Preparation Instructions

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

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

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

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

#### Amount Per Serving

**Calories** 163.78

**Fat** 11.63g



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

# Fries Sweet Potato Crinkle MTG

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

## Ingredients

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

## Preparation Instructions

Directions:

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

# Muffin & Yogurt

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	9.10		
<b>Fat</b>	0.28g		
<b>SaturatedFat</b>	0.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.60mg		
<b>Sodium</b>	7.20mg		
<b>Carbohydrates</b>	1.44g		
<b>Fiber</b>	0.08g		
<b>Sugar</b>	0.80g		
<b>Protein</b>	0.20g		
<b>Vitamin A</b>	14.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.08mg	<b>Iron</b>	0.04mg

# Peas & Carrots

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

## Ingredients

Description	Measurement	DistPart #
PEAS & CARROT 30 GFS	50 Cup	285730
SEASONING GARDEN NO SALT 19Z TRDE	2 Teaspoon	565148

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

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

# Super Donut

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

## Ingredients

Description	Measurement	DistPart #
DONUT RING WGRAIN GLZ IW 80-2.5Z	80 Each	668181

## Preparation Instructions

Thaw & serve.

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Refried Beans

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

## Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	12 1/2 Cup	293962

## Preparation Instructions

Heat to 165 F.

Serving 1/2 cup servings.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Ranch Wedge Fries

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

## Ingredients

Description	Measurement	DistPart #
FRIES WEDGE W/RANCH 6-5 LAMB	25 Pound	609676

## Preparation Instructions

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

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

COOK UNTIL GOLDEN BROWN AND CRISPY.

1 case has 120 servings.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

# Fruit of The Day

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

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

## Preparation Instructions

Serve a variety of fresh and canned fruits daily.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	5.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.50mg		
<b>Carbohydrates</b>	1.40g		
<b>Fiber</b>	0.12g		
<b>Sugar</b>	1.14g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.78mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.01mg



# Fresh Fruit of The Day

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	DistPart #
PEAR 95-110CT MRKN	1 .50 cup	198056
BLUEBERRIES FZ WILD IQF 30 COMM	1 Cup	764740
STRAWBERRY CUP 96-4.5Z COMM	1 Each	655010
KIWI 33-39CT P/L	1 Each	287008
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	1 Cup	198013
GRAPE RED SDLSS 18AVG MRKN	1 Cup	197831
APPLE RD MI 100CT MRKN	1 Each	197726

## Preparation Instructions

Serve a variety of fresh and canned fruits each day.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 5.02

**Fat** 0.01g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.11mg

**Carbohydrates** 1.28g

**Fiber** 0.19g

**Sugar** 0.93g

**Protein** 0.05g

**Vitamin A** 7.00IU **Vitamin C** 1.84mg

**Calcium** 1.36mg **Iron** 0.01mg

# BOSCO BREAKFAST STICKS

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

## Ingredients

Description	Measurement	DistPart #
BREADSTICK BKFST WGRAIN 6 72-2.5Z	50 Each	856081

## Preparation Instructions

### CONVECTION

#### Heating Instructions

#### Convection Oven

1. Preheat convection oven to 350°F with fan on.
2. Place Stick on baking sheet.
3. Thawed: Bake 8-10 minutes or until a minimum temperature of 165°F has been reached
2. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary . Adjust baking time and or temperature as necessary.

Product is For Food Service Use Only, must be cooked in accordance with the Food Code and or State and Local requirements.

### THAW

#### Heating Instructions

#### Thawing Instructions

1. Thaw before baking.
2. Keep Sticks covered while thawing.
3. Sticks have 7 day shelf life when refrigerated.

Oven temperatures may vary . Adjust baking time and or temperature as necessary.

Product is For Food Service Use Only, must be cooked in accordance with the Food Code and or State and Local requirements.

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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**Amount Per Serving**

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

# Breakfast ZEE ZEE Bar & Yogurt

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	DistPart #
BAR COCOA CHRY WGRAIN IW 120-2.2Z	100	136721
YOGURT RASPB RNBW L/F 48-4Z TRIX	100	551770

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	280.00
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	120.00mg
<b>Carbohydrates</b>	54.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	26.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 600.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 1.80mg

# Carrot Sticks & Ranch

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1/2 cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	100 1/2c	768146
DRESSING RNCH DIP CUP 100-1Z GFS	100	844730

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1/2 cup

#### Amount Per Serving

<b>Calories</b>	141.56		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	289.56mg		
<b>Carbohydrates</b>	5.67g		
<b>Fiber</b>	0.89g		
<b>Sugar</b>	3.33g		
<b>Protein</b>	0.22g		
<b>Vitamin A</b>	63.33IU	<b>Vitamin C</b>	1.33mg
<b>Calcium</b>	8.89mg	<b>Iron</b>	0.08mg

# Ravioli with Meat Sauce

<b>Servings:</b>	36.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	252	524650
SAUCE SPAGHETTI FCY 6-10 REDPK	9 Cup	852759

## Preparation Instructions

### BAKING:

1. PREHEAT CONVECTION OVEN TO 375 DEGREES F, FAN SPEED ON HIGH.
2. SPRAY BOTTOM AND SIDES OF FULL STEAM TABLE PAN WITH NON-STICK COOKING SPRAY.
3. POUR 3 CUPS OF ROOM TEMPERATURE, CANNED SAUCE INTO THE BOTTOM OF A STAINLESS STEEL PAN AND SPREAD TO COVER THE BOTTOM.
4. PLACE 5 POUNDS OF FROZEN RAVIOLI AND COVER WITH 5 CUPS OF ROOM TEMPERATURE, CANNED SAUCE.
5. SPREAD SAUCE OVER PASTA TO COVER. LIGHTLY APPLY NON-STOCK COOKING SPRING TO BOTTOM OF ALUMINUM FOIL AND COVER THE PAN TIGHTLY WITH THE FOIL.
6. BAKE FOR 50 MINUTES OR UNTIL REACHING A MINIMUM INTERNAL TEMPERATURE OF 165 DEGREES F FOR AT LEAST 15 SECOND IN THE COLDEST SPOT.

### BOILING:

1. HEAT AN APPROPRIATE AMOUNT OF WATER TO A FULL BOIL. USE 3 QUARTS WATER FOR EACH 1 POUND OF RAVIOLI. ADD THE FROZEN RAVIOLI TO THE BOILING WATER.
2. GENTLY STIP THE CONTENTS, INITIALLY AND PERIODICALLY, TO PREVENT STICKING. BOIL THE MINI RAVIOLI FOR APPROXIMATELY 3-4 MINUTES.
3. THE RAVIOLI WITH BEGIN TO FLOAT. COOK ALL THOROUGHLY TO 165 DEGREES F.

IF STORING IN A MOIST 145 DEGREES F WARMER, COVER THE PAN WITH PLASTIC FILM AND HOLD UP TO 1 HOUR.

## Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 122.92

**Fat** 2.50g

**SaturatedFat** 1.00g

<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	207.71mg		
<b>Carbohydrates</b>	15.63g		
<b>Fiber</b>	1.21g		
<b>Sugar</b>	1.42g		
<b>Protein</b>	8.21g		
<b>Vitamin A</b>	140.83IU	<b>Vitamin C</b>	4.02mg
<b>Calcium</b>	101.25mg	<b>Iron</b>	0.72mg