

Cookbook for Cuyahoga Falls City Schools

Created by HPS Menu Planner

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BOSCO BREAKFAST STICKS

Breakfast ZEE ZEE Bar & Yogurt

Carrot Sticks & Ranch

Ravioli with Meat Sauce

Fish Sticks

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z 20	400 Each	4 sticks per serving	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT CRISSCUT 5-3 LAMB	15 Pound	3 oz. serving.	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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

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

Beef Taco

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each		702633
TACO FILLING BEEF REDC FAT 6-5# COMM	18 3/4 Pound	4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5# COMM	1 Gallon	1/5# bags use scoop #30	150250
LETTUCE BLND ROMAINE MXD 4-5 RSS	1/2 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	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.

SLE Components

Amount Per Serving

Meat	2.53
Grain	0.00
Fruit	0.00
GreenVeg	0.33
RedVeg	0.21

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		307.63	
Fat		12.80g	
SaturatedFat		6.84g	
Trans Fat		0.27g	
Cholesterol		52.32mg	
Sodium		600.18mg	
Carbohydrates		25.37g	
Fiber		3.83g	
Sugar		7.56g	
Protein		20.33g	
Vitamin A	1623.58IU	Vitamin C	6.33mg
Calcium	206.75mg	Iron	3.57mg

Grilled Cheese

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

Ingredients

Description	Measurement	Prep Instructions	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	72 Each	One case has 72 servings.	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Chicken Nuggets

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

Ingredients

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 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

Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Deli Roasters

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SEAS DELI ROASTERS 6-5 MCC	25 Pound	4 oz. per order	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.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.65

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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Chicken Taco

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

Ingredients

Description	Measurement	Prep Instructions	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	2 oz. per serving Use a # 16 scoop.	570533
CHEESE CHED MLD SHRD 4-5# COMM	1 Gallon	Use 1 oz. per serving.	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.

SLE Components

Amount Per Serving

Meat	1.97
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Green Beans

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN FZ 30 COMM	3 Gallon	1/2 cup serving	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.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.39
Legumes	0.00
Starch	0.00

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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	100 Each	1 piece per serving	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Fiesta Black Beans

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK FIESTA TACO 6-10 BUSH	108 Fluid Ounce	27 4 oz. servings per CAN.	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.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Calzone with Marinara Sauce

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	100 Each		135191
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	100 Each	READY_TO_EAT None	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.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Breaded Chicken Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	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.

SLE Components

Amount Per Serving

Meat	0.50
Grain	1.63
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	195.00		
Fat	6.00g		
SaturatedFat	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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	25 Pound	100 orders equals 5 - 5# bags. 1 order equals 4 oz. serving	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		173.23	
Fat		3.94g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		31.50mg	
Carbohydrates		26.77g	
Fiber		3.15g	
Sugar		0.00g	
Protein		3.15g	
Vitamin A	0.00IU	Vitamin C	7.56mg
Calcium	0.00mg	Iron	0.57mg

Curly Twister Fries

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES TWISTER SEAS 6-5 LAMB	25 Pound	4 oz. per serving 5 bags per 100 orders	182600

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.89

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Sweet Potato Ribbon cut fries

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT SEASONED RIBCUT 3-5 LAMB	15 Pound	Each case serves 60 4 oz. servings	192381

Preparation Instructions

Basic Preparation

CONVECTION OVEN 8-12 MINUTES AT 400 DEGREES F,
CONVENTIONAL OVEN 30-35 MINUTES AT 400 DEGREES F.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.61
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Waffle Fries

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WAFFLE 6-4.5 MCC	400 Ounce	4 oz. per order	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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.66

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

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

Ingredients

Description	Measurement	Prep Instructions	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Triangle Hash Browns

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TRIANGLES 2Z 6-5 LAMB	30 Pound	1 case has 120 orders	265659

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.45

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

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

Mini Corn Dog

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	400 Each	4 pieces per serving.	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Mixed Green Salad

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD 4-5 RSS	100 Cup	1 cup each serving	755826
TOMATO GRAPE SWT 10 MRKN	2 Each	2 each serving	129631

Preparation Instructions

1 cup per serving add 2 cherry tomatoes.

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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.67
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Drum Stick

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

Ingredients

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

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 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	
Carbohydrates		5.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		16.00g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Brown Rice

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

Ingredients

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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.04
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		30.19	
Fat		0.18g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		6.57g	
Fiber		0.36g	
Sugar		0.00g	
Protein		0.71g	
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.00mg	Iron	0.13mg
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French Bread Pizza

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

Ingredients

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Popcorn Chicken Bites

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1100 Each	11 pieces per serving	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Mac & Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5# LOL	67 Cup	1 bag = 13 orders.	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.

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Calcium 400.00mg **Iron** 1.08mg

Lasagna Roll-ups

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.15Z	110 Each		234041
SAUCE MARINARA A/P 6-10 REDPK	114 2/3 Ounce	Use one can.	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

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Serving

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

Garlic Bread

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	1 piece per order	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Chicken Strips

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	300 Piece	4 bags	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 6CT	12 1/2 Pound	2 oz. Sliced per serving	626742
TOMATO CHERRY 11 MRKN	12 1/2 Cup	2 oz. whole per serving	569551

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Orange

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

Ingredients

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

Preparation Instructions

One whole orange equals one serving

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Fresh Blueberry Cup

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRIES FZ WILD IQF 30 COMM	3 Gallon	Portion 1/2 cup each serving	764740

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.39
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

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

Meatball Sub

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	400 Each	30 orders per 5 # Bag.	785860
BUN SUB 10 12-4CT GFS	100 Each		647710
SAUCE MARINARA 6-10 REDPK	10 Cup	READY_TO_EAT None	502181

Preparation Instructions

Basic Preparation

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	489.00		
Fat	12.70g		
SaturatedFat	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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN FZ 30 COMM	3 Gallon	3 gallons of corn equals 100 1/2 cup orders of corn.	120490

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Fresh Diced Watermelon

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS 2CT P/L	3 Gallon	1 cup servings	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.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

Amount Per Serving

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

BBQ Meatball Bowl

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	500 Each	5 meatballs per serving	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.

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Soft Pretzel

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL ROD SFT WHEAT 180-1Z J&J	100 Each	1 pretzel per serving	607940

Preparation Instructions

Serve at room temperature or keep warm in the warmer.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	70.00		
Fat	0.50g		
SaturatedFat	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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	1 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Sausage Links

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE TKY LNK CKD .67Z 12 GCHC	200 Each	2 each per serving	509781

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Celery & Carrot Sticks

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	400 Ounce	2 oz. celery 2 oz. carrots	302198

Preparation Instructions

4 oz. serving

serve with Ranch dipping sauce.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.29
OtherVeg	0.29
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Chicken Quesadilla

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

Ingredients

Description	Measurement	Prep Instructions	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Fresh Cooked Carrots

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	50 Cup	1/2 servings	150390

Preparation Instructions

Steam or baked until internal temperature reaches 145* F.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	27.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	43.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Hot Dog on a bun

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

Ingredients

Description	Measurement	Prep Instructions	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	50 Cup	one can has 27 servings 100 servings = 3.50 cans	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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	72 Each	One case = 72 servings	159791

Preparation Instructions

Thaw & Serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Boneless Wings

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	400 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301

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.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES NO MILK 6-5.75 GFS	3 Quart	1 full can = 3 quarts	118508
Tap Water for Recipes	11 1/2 Quart	UNPREPARED	000001WTR
MARGARINE UNSLTD SLD 30-1# P/L	2 8/89 Cup	2.09 cups = 1-1# block	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.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

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

Vitamin A	167.20IU	Vitamin C	28.79mg
Calcium	19.21mg	Iron	0.35mg

Breakfast Pizza

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

Ingredients

Description	Measurement	Prep Instructions	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Yogurt & Graham Crisps

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Mini Waffles

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

Fruit Frudels

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

Ingredients

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 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

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

Burger & Cheese Burger on a Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF 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. Stean 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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRETZEL SLCD 80-4Z J&J	100 Each		564623
CHEESE AMER WHT 160CT SLCD 6-5 LOL	400 Slice	2.5 packs of cheese	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)

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Sweet & Sour Chicken Bowl

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1100 Each	25 orders per bag.	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 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

Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Vegetable Eggrolls

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

Ingredients

Description	Measurement	Prep Instructions	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.

SLE Components

Amount Per Serving

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

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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	300 Ounce	3 oz. per sandwich	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

SRIRACHA CHICKEN

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA 4-7.12	400 Each	4 EACH PER SERVING	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Smokehouse Burger

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF 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.

SLE Components

Amount Per Serving

Meat	3.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Breakfast for Lunch

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Tomato Soup

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	600 Fluid Ounce	One serving equals 6 oz.	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*.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.11
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Golden Crispy Chicken Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	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*

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 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

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

HS Chicken Nugget

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	600 Each	one serving equals 6 pieces	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Steamed Broccoli

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	100 Cup		549292

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	52.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	44.00mg		
Carbohydrates	10.00g		
Fiber	6.00g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

CHICKEN NUGGETS (HS)

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

Ingredients

Description	Measurement	Prep Instructions	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Far East Vegetable Blend

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND FAR EAST 12-2 GFS	100 Cup	= 1 gallon + 1 Quart.	491209

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	72 Each	each case has 72 servings.	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

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

Chicken Gravy

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	1 Gallon	UNPREPARED	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 Tsps. cornstarch

1 cup of water

Bring 1 gallon of stock to a boil.

Mix 4 Tsps. 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.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Pears (Fresh)

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

Ingredients

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

Preparation Instructions

Wash before serving.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Corn & Black Bean Fiesta Blend

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD 6-2.5	2 Gallon	each case has 60 1/2 cup servings	163760

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.14
Starch	0.14

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

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

Coney Dog on a bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	6 1/4 Pound	1 oz. per serving	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.

SLE Components

Amount Per Serving

Meat	2.63
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	400 Each	4 each sub	785860
SAUCE MARINARA A/P 6-10 REDPK	400 Ounce	READY_TO_EAT None	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.

SLE Components

Amount Per Serving

Meat	3.97
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.71
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Chicken Egg Rolls

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

Ingredients

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

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Fish Sandwich on a bun

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

Ingredients

Description	Measurement	Prep Instructions	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.

SLE Components

Amount Per Serving

Meat	1.50
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL CHIX WGRAIN CN 3Z 2-30CT	100 Each	1 per serving	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.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

pancakes

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

Ingredients

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

CinnABar

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

Beacon Street Sliders

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

Ingredients

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

SLE Components

Amount Per Serving

Meat	0.38
Grain	0.63
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	80.00
Fat	2.50g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	145.00mg
Carbohydrates	10.00g
Fiber	1.00g

Sugar			2.50g
Protein			4.00g
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	47.50mg	Iron	0.80mg

Frudels

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

Ingredients

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR 140-2.5Z RICH	50 Each	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.	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	240.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	210.00mg
Carbohydrates	43.00g
Fiber	6.30g
Sugar	17.00g
Protein	5.00g

Vitamin A	8.55IU	Vitamin C	0.00mg
Calcium	29.57mg	Iron	0.62mg

BOSCO BREAKFAST STICKS

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

Ingredients

Description	Measurement	Prep Instructions	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	160.00
Fat	6.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	370.00mg
Carbohydrates	17.00g
Fiber	2.00g
Sugar	1.00g
Protein	9.00g

Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

WALKING TACO

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.26
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

BROCCOLI FLORETS

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	50 Cup	1/2 CUP PER SERVING	732451

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED FRSH 4-6 GFS	200 1/2 Cup		578754
BEEF DIPPERS WONDER BITE 400-.7Z PIER	400 Each	BAKE Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate	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

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	264.00
Fat	8.60g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	428.40mg
Carbohydrates	36.00g
Fiber	5.80g
Sugar	22.00g
Protein	15.60g

Vitamin A	22527.76IU	Vitamin C	697.68mg
Calcium	56.72mg	Iron	3.66mg

Cavatini Cowboy MTG

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

Ingredients

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

Preparation Instructions

Wash Hands.

1. Brown beef and drain.

CCP: Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.

2. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes.

3. Add cooked pasta to meat mixture. Mix well and divide into 2" steam pans.

4. Sprinkle with mozzarella cheese.

5. Bake at Convection oven: 325° F for 30-40 minutes or Conventional oven: 350° F for 40-45 minutes.

6. Serve hot with 6z Spoodle

CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

6z Spoodle provides: 2.25 oz M/MA, 1 oz. eq. of grain and 1/4 cup of red/orange vegetable

Updated January 2016

SLE Components

Amount Per Serving

Meat	1.87
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.40
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Ravioli w/Sauce MTG

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT SPRAY 6-21Z GFS	1 Each	Spray to Coat	405170
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	300 Each	<p>BOIL Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.</p>	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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	218.40		
Fat	4.44g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	489.20mg		
Carbohydrates	28.28g		
Fiber	2.44g		
Sugar	4.84g		
Protein	15.96g		
Vitamin A	344.00IU	Vitamin C	0.58mg
Calcium	169.20mg	Iron	1.60mg

Spaghetti with Meatballs

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

Ingredients

Description	Measurement	Prep Instructions	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	READY_TO_EAT None	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Turkey Corn Chowder

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	7 Pound	Thaw	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	UNPREPARED	000001WTR
PEPPERS & ONION FLME RSTD 6-2.5	2 1/2 Pound	1 bag	847208
BACON TKY CKD 12-50CT JENNO	48 Slice	1 slice each, crumbled	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

SLE Components

Amount Per Serving

Meat	0.93
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.20

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 6.00 Ounce

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

Turkey Empanada

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	5 19/20 Pound	1 bag	653171
PEPPERS & ONION FLME RSTD 6-2.5	2 10/77 Pound	1 bag	847208
POTATO DCD 6-10 GFS	85 Ounce	1 can	118583
CHEESE BLND MOZZ SHRD FTNR 4-5 PG	5 Pound	1 bag	193600
DOUGH BALL PIZZA WGRAIN 12-22Z	10 Each	cut each 22 oz. dough ball into 8 2.75 oz. pieces.	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.

SLE Components

Amount Per Serving

Meat	0.45
Grain	0.26
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.75

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

Chicken Egg Roll-MS

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL CHIX WGRAIN 60-3Z MINH	100 Each	1 per serving	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.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Blueberry Waffles

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	100 Package	1 pack per serving	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

BBQ Chicken Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z 2-5 TYS	100 Each	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. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each		676151
SAUCE BBQ 4-1GAL GFS	1 Gallon	1 Gallon per 100 servings	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.

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Coney Dog on a bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	6 1/4 Pound	1 oz. per serving	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.

SLE Components

Amount Per Serving

Meat	2.63
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each		517810
TOMATO 6X6 LRG 10 MRKN	20 Cup	1 Slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	100 Ounce	1 Leaf	307769
KETCHUP PKT 1000- 9GM FOH CRWNCOLL	100 Package		571720
MAYONNAISE LT 4- 1GAL GFS	1 3/5 Quart		429406

Preparation Instructions

WASH HANDS.

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

,1. Cook beef patty as directed on package.

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

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

,Updated October 2013

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SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 1.00 Serving

Amount Per Serving

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

Sandwich Turkey Burger MTG

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

Ingredients

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

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.10
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Marinated Cole Slaw

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

Ingredients

Description	Measurement	Prep Instructions	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	Thinly sliced	414951
PEPPERS GREEN 12CT P/L	7 1/2 Cup	Thinly sliced	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.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.33
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00
 Serving Size: 1.00 Cup

Amount Per Serving

Calories	163.78	
Fat	11.63g	
SaturatedFat	1.77g	
Trans Fat	0.20g	
Cholesterol	0.00mg	
Sodium	104.41mg	
Carbohydrates	14.22g	
Fiber	2.11g	
Sugar	12.47g	
Protein	1.18g	

Vitamin A	168.84IU	Vitamin C	26.19mg
Calcium	33.71mg	Iron	0.32mg

Fries Sweet Potato Crinkle MTG

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Muffin & Yogurt

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

Ingredients

Description	Measurement	Prep Instructions	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	READY_TO_EAT Ready to eat single serving	551760
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	9.10
Fat	0.28g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	1.60mg
Sodium	7.20mg
Carbohydrates	1.44g
Fiber	0.08g
Sugar	0.80g
Protein	0.20g
Vitamin A	14.00IU
Vitamin C	0.00mg

Calcium 3.08mg **Iron** 0.04mg

Peas & Carrots

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS & CARROT 30 GFS	50 Cup	1/2 cup per serving	285730
SEASONING GARDEN NO SALT 19Z TRDE	2 Teaspoon		565148

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

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

Super Donut

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

Ingredients

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

Preparation Instructions

Thaw & serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

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

Refried Beans

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

Ingredients

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

Preparation Instructions

Heat to 165 F.

Serving 1/2 cup servings.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

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

Ranch Wedge Fries

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE W/RANCH 6-5 LAMB	25 Pound	each serving equals 4 oz.	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.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.68

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	164.38		
Fat	6.85g		
SaturatedFat	1.37g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	383.56mg		
Carbohydrates	23.29g		
Fiber	2.74g		
Sugar	0.00g		
Protein	2.74g		
Vitamin A	0.00IU	Vitamin C	6.58mg
Calcium	23.29mg	Iron	0.00mg

Fruit of The Day

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	1 0.50 cup	1 serving equals 1/2 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.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.06
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		5.50	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.50mg	
Carbohydrates		1.40g	
Fiber		0.12g	
Sugar		1.14g	
Protein		0.01g	
Vitamin A	0.00IU	Vitamin C	0.78mg
Calcium	0.00mg	Iron	0.01mg

Fresh Fruit of The Day

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR 95-110CT MRKN	1 .50 cup	each serving equals 1/2 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.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.03
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK BKFST WGRAIN 6 72-2.5Z	50 Each	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.	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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Breakfast ZEE ZEE Bar & Yogurt

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR COCOA CHRY WGRAIN IW 120-2.2Z	100		136721
YOGURT RASPB RNBW L/F 48-4Z TRIX	100	READY_TO_EAT Ready to eat single serving	551770

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Carrot Sticks & Ranch

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	100 1/2c	8 ea.	768146
DRESSING RNCH DIP CUP 100-1Z GFS	100		844730

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1/2 cup

Amount Per Serving			
Calories		234.00	
Fat		13.00g	
SaturatedFat		2.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		446.00mg	
Carbohydrates		27.00g	
Fiber		8.00g	
Sugar		14.00g	
Protein		2.00g	
Vitamin A	570.00IU	Vitamin C	12.00mg
Calcium	80.00mg	Iron	0.72mg

Ravioli with Meat Sauce

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	252	7 per order	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.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00

RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 36.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	122.92	
Fat	2.50g	
SaturatedFat	1.00g	
Trans Fat	0.00g	
Cholesterol	15.00mg	
Sodium	207.71mg	
Carbohydrates	15.63g	
Fiber	1.21g	
Sugar	1.42g	
Protein	8.21g	
Vitamin A	140.83IU	Vitamin C 4.02mg
Calcium	101.25mg	Iron 0.72mg