

Cookbook for Woodford County Board of Education

Created by HPS Menu Planner

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| | | | |
|----------------------|-----------|-----------------------|-------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 3.00 | HACCP Process: | Complex Food Prep |
| Meal Type: | Breakfast | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| SAUSAGE PTY STHR 1.33Z 6-5 COMM | 1 | BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes. | 785880 |
| BISCUIT STHR STYL EZ SPLT 216-2.2Z | 1 | BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions. | 866920 |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| 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: 3.00

| | | | |
|---------------------------|---------|------------------|--------|
| Amount Per Serving | | | |
| Calories | | 301.00 | |
| Fat | | 17.00g | |
| SaturatedFat | | 7.70g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 26.00mg | |
| Sodium | | 602.00mg | |
| Carbohydrates | | 26.00g | |
| Fiber | | 1.00g | |
| Sugar | | 3.00g | |
| Protein | | 10.00g | |
| Vitamin A | 56.00IU | Vitamin C | 0.00mg |
| Calcium | 96.00mg | Iron | 1.08mg |

Chicken Biscuit



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 54.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| Chicken Patty Breakfast Brd WG | 54 | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. | 528820 |
| BISCUIT STHRN STYL EZ SPLT 216-2.2Z | 54 | BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions. | 866920 |

Preparation Instructions

Split Biscuit in half. Place Chicken patty on bottom. Replace top biscuit.

Hold at 140°F until service.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| Grain | 0.50 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |

| | |
|----------------|------|
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 1.00 Serving

| | | | |
|---------------------------|---------|------------------|---------|
| Amount Per Serving | | | |
| Calories | | 276.00 | |
| Fat | | 11.00g | |
| SaturatedFat | | 5.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 17.00mg | |
| Sodium | | 637.00mg | |
| Carbohydrates | | 32.00g | |
| Fiber | | 2.00g | |
| Sugar | | 3.00g | |
| Protein | | 12.00g | |
| Vitamin A | 43.00IU | Vitamin C | 47.00mg |
| Calcium | 91.00mg | Iron | 2.08mg |

Chocolate Donut



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 2.00 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| DONUT YST RNG WGRAIN 84-2Z RICH | 1 | | 556582 |
| ICING CHOC RTU HEAT NICE 1-12 RICH | 1 | READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING. | 155711 |

Preparation Instructions

Thawing: Remove desired amount of donuts and place on half or full sheet pan. Cover with plastic and thaw at room temperature for 30 minutes. (Reseal case and immediately return to freezer)

Warming Donuts: Place the pan of donuts in a 325°F oven to warm the surface and begin to thaw the centers for 2-3 min.

Finishing w Heat N Ice: Place Heat N Ice in microwave & warm to just 110°F (lukewarm). DO NOT OVER HEAT or icing will become thin and sticky and wont dry on the donuts.

Finishing w Heat N Ice: Stir icing before dipping donuts. Immediately dip top of donuts in the warm icing.

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: 1.00

Serving Size: 2.00

| | | | |
|---------------------------|---------|------------------|--------|
| Amount Per Serving | | | |
| Calories | | 357.84 | |
| Fat | | 17.50g | |
| SaturatedFat | | 7.60g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 308.98mg | |
| Carbohydrates | | 46.17g | |
| Fiber | | 2.60g | |
| Sugar | | 22.57g | |
| Protein | | 5.00g | |
| Vitamin A | 11.41IU | Vitamin C | 0.00mg |
| Calcium | 13.70mg | Iron | 0.80mg |

Chocolate chip french toast



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 2.00 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| FRENCH TST MINI CHOC CHIP IW 72-3.03Z | 1 | | 498492 |

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: 1.00

Serving Size: 2.00

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 210.00 |
| Fat | 6.00g |
| SaturatedFat | 1.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 260.00mg |
| Carbohydrates | 35.00g |
| Fiber | 4.00g |

| | |
|----------------------------|-------------------------|
| Sugar | 11.00g |
| Protein | 5.00g |
| Vitamin A 1000.00IU | Vitamin C 0.00mg |
| Calcium 260.00mg | Iron 3.60mg |

Eggs & Toast



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 80.00 | Category: | Entree |
| Serving Size: | 3.00 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| EGG SCRMBD LIQ BLND 6-5 GFS | 5 Pound | Thaw 2-3 days prior to service | 465798 |
| BACON TOPPING CRUMBLES 10# HRML | 1 cup | | 460584 |
| Cheese, Cheddar Reduced fat, Shredded | 1 Cup | | 100012 |
| BREAD WGRAIN HNY WHT 16-24Z GFS | 80 1 Ea | Place on sheet tray in a single layer. Spray with butter spray. Bake at 325 or 350 until light brown. | 204822 |
| PAN SPRAY BUTTERMIST 6-17Z BTRBUDS | 1 1 oz | | 651171 |

Preparation Instructions

COOK

Steam kettle

Add pouch to water between 180° F to 190° F. Do Not Boil.

Stir water and bags every 5 minutes to insure proper cooking, for 20 to 25 minutes.

CCP: Heat until an internal temperature of 155° F is reached for 15 seconds. SOP: To measure internal temperature, place thermometer between two pouches or fold over one pouch. DO NOT PUNCTURE!

Steamer

Alternatively, place one pouch of eggs in each half steam table pan.

Place uncovered in preheated steamer for 15 to 20 minutes. CCP: Heat until an internal temperature of 155°F is reached for 15 seconds. SOP: To measure internal temperature, place thermometer between two pouches or fold over one pouch. DO NOT PUNCTURE!

Using thick potholders gently knead each bag of eggs to break up any clumps. Be careful as the bags are HOT, and they retain their heat. Hold in warming cart above 135° F until service. CCP: Hold above 135° F.

HOLD

Spray pan with butter spray. Place eggs in pan top with cheese and bacon.

Serve 3oz serving

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: 80.00

Serving Size: 3.00

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 108.85 | | |
| Fat | 2.06g | | |
| SaturatedFat | 0.34g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 24.47mg | | |
| Sodium | 186.35mg | | |
| Carbohydrates | 18.39g | | |
| Fiber | 2.00g | | |
| Sugar | 3.26g | | |
| Protein | 4.74g | | |
| Vitamin A | 33.30IU | Vitamin C | 0.00mg |
| Calcium | 46.81mg | Iron | 1.21mg |

Spaghetti Noodles



| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 80.00 | Category: | Grain |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|--|------------|
| PASTA SPAG 51 WGRAIN 2-10 | 10 Pound | 1 bag equals 80 (1 cup) servings 2oz dry pasta equals 1 cup cooked. | 221460 |

Preparation Instructions

FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL.
GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL.
LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL.
STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING.
TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS.
PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY.
DO NOT RINSE IF SERVING RIGHT AWAY.

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 Cup

| | | | |
|---------------------------|---------|------------------|--------|
| Amount Per Serving | | | |
| Calories | | 210.00 | |
| Fat | | 1.50g | |
| SaturatedFat | | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 0.00mg | |
| Carbohydrates | | 41.00g | |
| Fiber | | 4.00g | |
| Sugar | | 2.00g | |
| Protein | | 7.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 1.80mg |

Meat Sauce



| | | | |
|----------------------|------------|-----------------------|-------------------|
| Servings: | 55.00 | Category: | Entree |
| Serving Size: | 4.00 Ounce | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--------------------------------------|------------|
| BEEF GRND 40 COMM | 7 Pound | Thaw beef 2-3 days prior to serving. | 110520 |
| SAUCE SPAGHETTI POUCH 6-106Z PREGO | 106 Ounce | 1 bag | 315729 |

Preparation Instructions

Cook 10 lbs. of beef until 165°F. for a yield of 7 lbs of edible cooked beef.

Crumble beef and mix with sauce. Hold at 140*- 160* F.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.52 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 4.36 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 4.00 Ounce

Amount Per Serving

| | |
|----------------------|-----------|
| Calories | 394.43 |
| Fat | 14.90g |
| SaturatedFat | 4.97g |
| Trans Fat | 1.52g |
| Cholesterol | 39.51mg |
| Sodium | 1888.17mg |
| Carbohydrates | 50.11g |
| Fiber | 11.56g |
| Sugar | 38.55g |

| | | | |
|------------------|-----------|------------------|--------|
| Protein | 18.35g | | |
| Vitamin A | 1927.27IU | Vitamin C | 9.25mg |
| Calcium | 77.09mg | Iron | 2.78mg |

Taco Meat



| | | | |
|----------------------|--------------|-----------------------|-------------------|
| Servings: | 65.00 | Category: | Entree |
| Serving Size: | 2.00 Serving | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| BEEF GRND 40 COMM | 10 Pound | | 110520 |
| SALSA MILD CHNKY 4-1GAL GFS | 4 Cup | | 598453 |
| SEASONING TACO MIX 6-9Z GRSZ | 3/4 Cup | | 222313 |

Preparation Instructions

Cook 10 lbs. of ground beef in steam kettle, steamer or oven. to 165* F.

Drain fat and excess water. Crumble meat.

Mix 4 cups of salsa and 3/4 cup of taco seasoning.

Yields approx. 65 (2oz) servings

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.84 |
| 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: 65.00

Serving Size: 2.00 Serving

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | | 158.31 | |
| Fat | | 11.02g | |
| SaturatedFat | | 3.67g | |
| Trans Fat | | 1.84g | |
| Cholesterol | | 47.76mg | |
| Sodium | | 249.86mg | |
| Carbohydrates | | 1.72g | |
| Fiber | | 0.25g | |
| Sugar | | 0.49g | |
| Protein | | 13.06g | |
| Vitamin A | 113.17IU | Vitamin C | 3.33mg |
| Calcium | 2.41mg | Iron | 0.08mg |

Woodford Salad



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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE SPRING MIX BLND 4-2 | 1 | | 165761 |
| Grape Tomatoes | 1 | | 749041 |
| CUCUMBER 1-24CT P/L | 1 | | 238653 |
| CARROT SHRD 2-2.5 | 1 | | 607720 |

Preparation Instructions

Place 1 cup romaine/ spring mix in 8 oz bowl. Add 3 washed grape tomatoes, 2 washed cucumber slices. Top with a pinch of shredded carrots.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.50 |
| RedVeg | 0.25 |
| OtherVeg | 0.13 |
| Legumes | 0.00 |

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

| Amount Per Serving | | | |
|---------------------------|---------|------------------|--------|
| Calories | | 15.30 | |
| Fat | | 0.10g | |
| SaturatedFat | | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 6.00mg | |
| Carbohydrates | | 3.50g | |
| Fiber | | 1.30g | |
| Sugar | | 1.50g | |
| Protein | | 0.80g | |
| Vitamin A | 54.60IU | Vitamin C | 1.46mg |
| Calcium | 18.32mg | Iron | 0.51mg |

Spinach Berry Salad



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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|----------------------|------------|
| SPINACH 12-8Z | 1/2 | wash | 560712 |
| LETTUCE ROMAINE CHOP 6-2 RSS | 1/2 | wash | 735787 |
| STRAWBERRY CLAMSHELL 8 MRKN | 1/8 | wash | 212768 |
| Blueberries, Frozen | 1/100 | THAW Thaw and use | 110624 |

Preparation Instructions

Place 1 cup romaine/ spinach mix in 8 oz bowl. Top with 4 blueberries and 2 quartered strawberries.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.25 |
| GreenVeg | 0.50 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

| | | | |
|---------------------------|-----------|------------------|---------|
| Amount Per Serving | | | |
| Calories | 12.00 | | |
| Fat | 0.07g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.22mg | | |
| Carbohydrates | 2.63g | | |
| Fiber | 0.93g | | |
| Sugar | 1.05g | | |
| Protein | 0.13g | | |
| Vitamin A | 2502.32IU | Vitamin C | 26.39mg |
| Calcium | 13.10mg | Iron | 0.44mg |

Nacho Lunch Kit



| | | | |
|----------------------|-------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 3.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|---|------------|
| CHIP TORTL RND R/F 64-1.45Z TOSTIT | 1 | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED | 662512 |
| SAUCE CHS CHED DIP CUP 140-3Z LOL | 1 | Place in warmer. | 528690 |
| SALSA CUP 84-3Z REDG | 1 | READY_TO_EAT None | 677802 |

Preparation Instructions

Assemble in 784910 (black 12 oz container)

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |

| | |
|-----------------|------|
| RedVeg | 1.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 3.00

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 420.00 |
| Fat | 17.00g |
| SaturatedFat | 7.00g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 930.00mg |
| Carbohydrates | 47.00g |
| Fiber | 3.00g |
| Sugar | 14.00g |
| Protein | 13.00g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 646.00IU | Vitamin C | 8.00mg |
| Calcium | 385.00mg | Iron | 1.00mg |

Chicken dunker Kit



| | | | |
|----------------------|-------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 3.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| CHIX POPCORN BRD WGRAIN DRK CKD 30# | 2 | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. | 666232 |
| CHIP NACHO REDC FAT 72- 1Z DORITOS | 1 | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 456090 |
| KETCHUP DIP & SQZ 300- 27GM HEINZ | 1 | | 183842 |
| STRAWBERRY CUP 96-4.5Z COMM | 1 | | 655010 |

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| SAUCE HNY MSTRD CUP 120-1Z MARZ | 1 | | 485131 |

Preparation Instructions

Bake chicken in 350* oven for 6-8 minutes. Let cool.

Assemble in 784910 (black 12 oz container)

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 348.60 | | |
| Fat | 8.40g | | |
| SaturatedFat | 1.60g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 16.20mg | | |
| Sodium | 707.40mg | | |
| Carbohydrates | 62.40g | | |
| Fiber | 4.60g | | |
| Sugar | 33.00g | | |
| Protein | 6.60g | | |
| Vitamin A | 283.40IU | Vitamin C | 1.80mg |
| Calcium | 41.60mg | Iron | 0.40mg |

Yogurt Lunch- kit



| | | | |
|----------------------|-------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 6.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|------------------------------|------------|
| YOGURT DANIMAL STRAWB L/F 48-4Z DANN | 4 ounce | READY_TO_EAT READY_TO_EAT | 885750 |
| PRETZEL HEARTZELS 104-0.7Z ROLD GOLD | 1 | READY_TO_EAT Ready to Eat | 893711 |
| FRUIT SAL PRSRV FR 12 MARKON | 4 Ounce | | 251680 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 | | 786580 |
| CRACKER GRHM STCK SCOOBY 210-1Z | 1 | | 859550 |

Preparation Instructions

Assemble on all ingredients in to- go container.

Store in cooler.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| Fruit | 0.50 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 350.00 | | |
| Fat | 10.50g | | |
| SaturatedFat | 5.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 15.00mg | | |
| Sodium | 575.00mg | | |
| Carbohydrates | 52.00g | | |
| Fiber | 3.00g | | |
| Sugar | 18.00g | | |
| Protein | 14.00g | | |
| Vitamin A | 700.00IU | Vitamin C | 0.00mg |
| Calcium | 480.00mg | Iron | 1.52mg |

Ham & Cheese Sandwich



| | | | |
|----------------------|-------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 6.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|---------------------|-------------------|------------|
| HAM FZ W/A 4-10 COMM | 2 Ounce | | 110600 |
| BREAD WGRAIN HNY WHT 16-24Z GFS | 2 1 piece/ 34 grams | | 204822 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 | | 150260 |
| MUSTARD PKT 1000-1/5Z HNZ | 1 | | 302112 |
| MAYONNAISE OLIVE OIL R/F 200-12.4GM | 1 | | 131011 |

Preparation Instructions

Assemble sandwich. Slice diagonally. Put in plastic sandwich bag.

Store in cooler.

Offer with daily fruits, vegetables, milk choices, mustard and mayo.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.17 |
| 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: 6.00

| Amount Per Serving | | | |
|---------------------------|----------|------------------|--------|
| Calories | | 331.67 | |
| Fat | | 13.33g | |
| SaturatedFat | | 4.17g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 42.50mg | |
| Sodium | | 996.67mg | |
| Carbohydrates | | 41.33g | |
| Fiber | | 4.00g | |
| Sugar | | 8.17g | |
| Protein | | 17.33g | |
| Vitamin A | 137.00IU | Vitamin C | 0.00mg |
| Calcium | 161.50mg | Iron | 2.16mg |

Turkey & Cheese Sandwich



| | | | |
|----------------------|-------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 0.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| TURKEY BRST DELI 8-5# COMM | 2 1/2 ounce | | 765991 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 | | 150260 |
| MAYONNAISE OLIVE OIL R/F 200-12.4GM | 1 | | 131011 |
| MUSTARD PKT 1000-1/5Z HNZ | 1 | | 302112 |
| BREAD WGRAIN HNY WHT 16-24Z GFS | 2 | | 204822 |

Preparation Instructions

Assemble sandwich. Slice diagonally.

Offer with choice of daily fruit, vegetable, milk, mustard and mayo.

Store in cooler.

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: 0.00

| Amount Per Serving | | | |
|---------------------------|----------|------------------|--------|
| Calories | | 270.00 | |
| Fat | | 10.00g | |
| SaturatedFat | | 2.50g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 12.50mg | |
| Sodium | | 610.00mg | |
| Carbohydrates | | 38.00g | |
| Fiber | | 4.00g | |
| Sugar | | 6.50g | |
| Protein | | 9.00g | |
| Vitamin A | 137.00IU | Vitamin C | 0.00mg |
| Calcium | 161.50mg | Iron | 2.16mg |

Wow Butter & Jelly Sandwich



| | | | |
|----------------------|-------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 64.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| SOY BUTTER NUT FREE 2-4.41 WOWBTR | 1 | | 544231 |
| JELLY GRP 6-4 SMUCK | 1 | | 224111 |
| BREAD WGRAIN HNY WHT 16-24Z GFS | 2 | | 204822 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 | | 786580 |

Preparation Instructions

Assemble sandwich. Slice diagonally. Place in plastic sandwich bag with string cheese.
Offer with daily choices of fruits, vegetables, and milk.

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: 64.00

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 410.00 |
| Fat | 15.50g |
| SaturatedFat | 5.50g |
| Trans Fat | 0.00g |
| Cholesterol | 15.00mg |
| Sodium | 490.00mg |
| Carbohydrates | 54.00g |
| Fiber | 5.50g |

| | |
|---------------------------|-------------------------|
| Sugar | 20.00g |
| Protein | 15.50g |
| Vitamin A 200.00IU | Vitamin C 0.00mg |
| Calcium 290.00mg | Iron 2.66mg |

Fresh Roasted Veggies



| | | | |
|----------------------|-------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 4.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| Grape Tomatoes | 1/8 | | 749041 |
| SQUASH MED YEL 1-20#AVG P/L | 1/8 | | 364752 |
| ZUCCHINI 1 10 CASTELLINI | 1/8 | | 588483 |
| ONION RED 1-25 CHIPOTLE | 1/8 | | 202700 |
| POTATO A SIZE YUKON GOLD 1-50 | 1/8 | | 517322 |
| BROCCOLI CRWN ICELESS 20 MRKN | 1/8 | | 704547 |
| CAULIFLOWER 6-4 GFS | 1/8 | | 610882 |
| CARROT BABY WHL PETITE 12-2 GFS | 1/8 | | 599921 |
| SPICE BLND ORIG 3-21Z MDASH | 1/20 | | 265103 |
| SEASONING ACCENT 2 B&G | 1/20 | | 110442 |
| PAN SPRAY BUTTERMIST 6-17Z BTRBUDS | 1/20 | | 651171 |
| PEPPERS RED 5 P/L | 1/8 | | 597082 |

Preparation Instructions

Choose 3 different colored vegetables.

Slice if necessary. Spray sheet tray with non stick spray. Assemble vegetables on tray in a single layer. Spray with butter spray and season with accent and Ms. Dash

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: 1.00

Serving Size: 4.00

| | | | |
|---------------------------|-----------|------------------|---------|
| Amount Per Serving | | | |
| Calories | | 27.94 | |
| Fat | | 0.16g | |
| SaturatedFat | | 0.03g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 50.36mg | |
| Carbohydrates | | 6.02g | |
| Fiber | | 1.48g | |
| Sugar | | 2.98g | |
| Protein | | 0.91g | |
| Vitamin A | 1679.22IU | Vitamin C | 45.65mg |
| Calcium | 18.42mg | Iron | 0.28mg |

Cereal Bar & String Cheese



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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| BAR CEREAL CINN TST WGRAIN 96-1.42Z | 1 | READY_TO_EAT Ready to eat cereal bars | 265891 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 | | 786580 |

Preparation Instructions

Place cheese and cereal in to-go bag.

Offer with choice of fruit, juice and milk

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: 1.00

Serving Size: 1.00

| | | | |
|---------------------------|----------|------------------|---------|
| Amount Per Serving | | | |
| Calories | | 230.00 | |
| Fat | | 9.00g | |
| SaturatedFat | | 4.50g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 15.00mg | |
| Sodium | | 315.00mg | |
| Carbohydrates | | 31.00g | |
| Fiber | | 3.00g | |
| Sugar | | 8.00g | |
| Protein | | 9.00g | |
| Vitamin A | 200.00IU | Vitamin C | 0.00mg |
| Calcium | 220.00mg | Iron | 10.00mg |

Strawberry Cheesecake smoothie



| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 6.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--|------------|
| YOGURT STRAWB L/F PARFPR 6-4 YOPL | 4 ounce | READY_TO_EAT Ready to use with pouch & serving tip. | 811490 |
| CHEESECAKE MIX INST 6-4 JELLO | 1 | | 160946 |
| CRACKER GRHM STCK SCOOPY 210-1Z | 1 | | 859550 |
| STRAWBERRY WHL IQF 4-5 GFS | 1/2 cup | | 244630 |

Preparation Instructions

- 48 servings
- Blend 2 (4lb) bags of yogurt, 2 (5lb) bags of strawberries, 1 package of cheesecake mix.
- Chill until service
- Serving size 8oz.
- Serve with graham snacks

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| Grain | 1.00 |
| Fruit | 0.50 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |

| | |
|-----------------|------|
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

| | | | |
|---------------------------|-----------|------------------|---------|
| Amount Per Serving | | | |
| Calories | | 249.21 | |
| Fat | | 4.34g | |
| SaturatedFat | | 1.59g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 2.63mg | |
| Sodium | | 175.39mg | |
| Carbohydrates | | 47.74g | |
| Fiber | | 2.50g | |
| Sugar | | 27.16g | |
| Protein | | 5.58g | |
| Vitamin A | 1000.00IU | Vitamin C | 27.00mg |
| Calcium | 213.95mg | Iron | 1.08mg |

Macaroni & Cheese



| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 40.00 | Category: | Entree |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| SAUCE CHS CHED 6-5 JTM | 5 Pound | | 271081 |
| CHEESE CHED REDC FAT SHRD 6-5 COMM | 12 ounce | | 448010 |
| PASTA ELBOW MACAR 51 WGRAIN 2-10 | 32 ounce | | 229941 |
| 24-PURIFIED WATER CUSTOM .5 LTR TWIST | 36 ounce | | 955139 |

Preparation Instructions

Speed Scratch Mac & Cheese

Yield: 26

INGREDIENTS

5.0 lbs. JTM Cheddar Cheese Sauce

12 oz. USDA Shredded Cheddar Cheese

32 oz. USDA WGR Elbow Pasta

36 oz. Water

PREPARATION

Prep Time: 60 min.

Pre-preparation

1. Pre-heat convection oven to 350°F.

2. Lightly spray bottom and sides of SS hotel pan with oil.
3. Heat JTM cheese sauce for 20 min in steamer or water bath to thaw contents.

Preparation

1. Cut open bag of JTM Cheddar Cheese Sauce and place in the center of pan.
2. Add hot tap water to pan and blend ingredients using wire whip.
3. Add dry pasta to mixture and blend using a rubber spatula.
4. Cover pan with foil and transfer to preheated oven.
5. Bake at 350°F for approximately 20 minutes.
6. Remove pan from oven add shredded cheddar cheese and blend well.
7. Cover and return to oven for an additional 15 - 20 minutes or until pasta reaches a minimum of 145°F for 15 seconds (HACCP - Critical control point) and pasta is al dente.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.40 |
| Grain | 0.80 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 226.68 | | |
| Fat | 11.19g | | |
| SaturatedFat | 6.25g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 36.77mg | | |
| Sodium | 512.75mg | | |
| Carbohydrates | 18.90g | | |
| Fiber | 1.60g | | |
| Sugar | 1.90g | | |
| Protein | 12.59g | | |
| Vitamin A | 426.37IU | Vitamin C | 0.00mg |
| Calcium | 229.98mg | Iron | 0.72mg |

Beef Burger

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 170.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|--|------------|
| CN Fully Cooked Beef Burger | 2 Each | BAKE Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F. | |

Preparation Instructions

BAKE

Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.01 |
| 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: 170.00

Serving Size: 1.00 Serving

| | |
|---------------------------|--------|
| Amount Per Serving | |
| Calories | 0.71 |
| Fat | 0.05g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.24mg |
| Sodium | 0.59mg |
| Carbohydrates | 0.00g |
| Fiber | 0.00g |
| Sugar | 0.00g |
| Protein | 0.06g |

| | | | |
|------------------|--------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |