

Cookbook for Woodford County Board of Education

Created by HPS Menu Planner

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Sausage Biscuit



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

Sausage Breakfast Pizza



Servings:	1.00	Category:	Entree
Serving Size:	3.67	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS WGRAIN IW 100-3.67Z	1	<p>BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. This product must be cooked to an internal temperature of 165°F prior to eating. Preheat the convection oven to 375°F. Product must be cooked from a frozen state for best results. Do not remove pizza from the wrap. Place 23 frozen wrapped pizzas in an 18" x 26" x 1 2" bun pan. CONVECTION OVEN: 375°F for 16 to 17 minutes. Rotate pan halfway through cooking. NOTE: Oven temperature and times may vary due to oven load and or product temperature. Refrigerate or discard any unused portion.</p>	659981

Preparation Instructions

BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. This product must be cooked to an internal temperature of 165°F prior to eating. Preheat the convection oven to 375°F. Product must be cooked from a frozen state for best results. Do not remove pizza from the wrap. Place 23 frozen wrapped pizzas in an 18" x 26" x 1 2" bun pan. **CONVECTION OVEN: 375°F for 16 to 17 minutes.** Rotate pan halfway through cooking. **NOTE: Oven temperature and times may vary due to oven load and or product temperature. Refrigerate or discard any unused portion.**

SLE Components

Amount Per Serving

Meat	1.00
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Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 3.67

Amount Per Serving

Calories	240.00
Fat	7.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	490.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	5.00g
Protein	11.00g

Vitamin A	200.00IU	Vitamin C	2.40mg
Calcium	150.00mg	Iron	1.80mg

Donut Holes



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	1		839520
SUGAR POWDERED 10X 12-2 PION	1		859740

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.20
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		152.90	
Fat		2.40g	
SaturatedFat		1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		48.60mg	
Carbohydrates		32.80g	
Fiber		0.40g	
Sugar		28.00g	
Protein		0.80g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.28mg	Iron	0.16mg

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

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

Rotini



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 ROTINI 51 WGRAIN 2-10 DAKOTA	10 Pound	2oz dry equals 1 cup cooked 10 lb bag equals 80 servings	229951

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