

Cookbook for Cassopolis Public Schools

Created by HPS Menu Planner

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Beans Baked MTG

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	4 Gallon		520098

Preparation Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

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

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

Updated December 2013

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	179.20		
Fat	1.28g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	704.00mg		
Carbohydrates	37.12g		
Fiber	6.40g		
Sugar	15.36g		
Protein	7.68g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.20mg	Iron	2.30mg

Walking Taco

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	125 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
TACO FILLING BEEF 4-5 GFS	15 17/27 Pound		776548
CHEESE CHED MLD SHRD FINE 4-5 GFS	7 17/21 Cup		191043
SALSA 103Z 6-10 REDG	8 3/4 Pound	READY_TO_EAT None	452841
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 19/20 Ounce		242489

Preparation Instructions

Directions:

WASH HANDS.

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

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	248.88		
Fat	11.75g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	437.80mg		
Carbohydrates	24.52g		
Fiber	3.01g		
Sugar	1.77g		
Protein	10.76g		
Vitamin A	627.02IU	Vitamin C	4.53mg
Calcium	123.90mg	Iron	1.30mg

Turkey and potatoes

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce		689541

Preparation Instructions

No Preparation Instructions available.

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: 125.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.25		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.10mg		
Sodium	1.15mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mini Cheeseburger

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	1.20		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.17mg		
Sodium	2.37mg		
Carbohydrates	0.13g		
Fiber	0.01g		
Sugar	0.03g		
Protein	0.06g		
Vitamin A	1.67IU	Vitamin C	0.06mg
Calcium	0.50mg	Iron	0.01mg

Curly Fries

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL 6-4 MCC	1 Ounce	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. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	200859

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.30		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.08mg		
Carbohydrates	0.04g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	0.00mg	Iron	0.00mg

Cucumber

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 1-24CT P/L	1 Cup		238653

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		0.05	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.01mg	
Carbohydrates		0.01g	
Fiber		0.00g	
Sugar		0.01g	
Protein		0.00g	
Vitamin A	0.36IU	Vitamin C	0.01mg
Calcium	0.06mg	Iron	0.00mg

ranch dressing

Servings:	150.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 60-1.5Z KENS	1 Ounce		195707

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		0.67	
Fat		0.06g	
SaturatedFat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.04mg	
Sodium		1.60mg	
Carbohydrates		0.03g	
Fiber		0.00g	
Sugar		0.01g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.00mg

Chicken Nuggets

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
2-5-CHICKEN NUGGET F/C BREADE 4714	1 Serving		122421

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

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

Sloppy Joe

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	1 Ounce		564790

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		0.27	
Fat		0.01g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.08mg	
Sodium		0.77mg	
Carbohydrates		0.02g	
Fiber		0.00g	
Sugar		0.01g	
Protein		0.02g	
Vitamin A	0.84IU	Vitamin C	0.01mg
Calcium	0.06mg	Iron	0.00mg

Cheese Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
16 Sliced WG Cheese Pizza	1 Slice		232441
PIZZA CHS 16 WGRAIN 4CHS SLCD 3-3CT	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: Place 1.5 pizza on a tray. Bake at 350°F for 14-17 minutes, High Fan. Rotate product halfway thru bake cycle. IMPINGEMENT OVEN: Load 1 whole pre-sliced pizza. Bake at 420°F for 6-8 minutes. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	667772

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	4.33		
Fat	0.17g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	5.20mg		
Carbohydrates	0.44g		
Fiber	0.04g		
Sugar	0.08g		
Protein	0.27g		
Vitamin A	6.00IU	Vitamin C	0.08mg
Calcium	5.00mg	Iron	0.04mg

Chicken Broccoli Bowl

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DRK MT FC 6-5 TYS	1 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390

Preparation Instructions

- 1 cup white rice.
- 12 ounces broccoli florets, about 2-3 cups.
- 1 tablespoon olive oil.
- 1 pound boneless, skinless chicken breasts, cut into 1-inch chunks.
- Kosher salt and freshly ground black pepper, to taste.
- 1 green onion, thinly sliced.
- 1/4 teaspoon sesame seeds.

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: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.31
Fat	0.02g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.18mg
Sodium	0.89mg
Carbohydrates	0.00g

Fiber	0.00g		
Sugar	0.00g		
Protein	0.04g		
Vitamin A	0.22IU	Vitamin C	0.00mg
Calcium	0.04mg	Iron	0.00mg

waffles

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN 100-3CT	1 Each	Heat and Serve	667462

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		0.47	
Fat		0.02g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.23mg	
Sodium		0.62mg	
Carbohydrates		0.06g	
Fiber		0.01g	
Sugar		0.02g	
Protein		0.02g	
Vitamin A	0.44IU	Vitamin C	0.00mg
Calcium	0.13mg	Iron	0.00mg

Chicken Chunks

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN 100-3CT	1 Each		667462
CHIX CHNK HMSTYL FC 535-.78Z TYS	1 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Place frozen chunks in preheated oven at 400°F for 8-10 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen chunks in preheated oven at 375°F for 6-8 minutes. DEEP_FRY Appliances vary, adjust accordingly. Deep Fry Place frozen chunks in 350°F oil for 2-2 1 2 minutes.	150220

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.83
Fat	0.04g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.33mg
Sodium	1.29mg
Carbohydrates	0.07g
Fiber	0.01g
Sugar	0.02g
Protein	0.04g

Vitamin A	0.61IU	Vitamin C	0.00mg
Calcium	0.13mg	Iron	0.00mg

Grilled Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Grilled Cheese Sandwich	1 Serving		572320

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

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

Hot Ham & Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STUFFER HAM & CHEESE WG 80CT	1 Serving		453762
SAND TKY HAM&CHS WGRAIN IW 100-3.4Z	1 Each		672642

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	1.24		
Fat	0.03g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.11mg		
Sodium	2.61mg		
Carbohydrates	0.18g		
Fiber	0.01g		
Sugar	0.03g		
Protein	0.07g		
Vitamin A	0.81IU	Vitamin C	0.00mg
Calcium	0.70mg	Iron	0.01mg

Turkey Taco

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	1 Ounce		768230

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.24		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.11mg		
Sodium	0.86mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.00mg

Double Stuffed Pizza

Servings:	150.00	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	1 Each		259910

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	2.27		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.13mg		
Sodium	5.93mg		
Carbohydrates	0.24g		
Fiber	0.02g		
Sugar	0.02g		
Protein	0.10g		
Vitamin A	2.00IU	Vitamin C	0.00mg
Calcium	1.27mg	Iron	0.01mg

BBq Pulled Pork

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SANDWICH BBQ PULLD PORK IW 12-3.8Z	1 Each	MICROWAVE 1.) Use 1000 Watt High Power 2.) From refrigerated, heat sandwich on high for 55-60 seconds or until hot. 3.) Microwave ovens vary. Adjust accordingly.	554363

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	1.67		
Fat	0.03g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.20mg		
Sodium	3.80mg		
Carbohydrates	0.25g		
Fiber	0.01g		
Sugar	0.07g		
Protein	0.09g		
Vitamin A	0.67IU	Vitamin C	0.01mg
Calcium	0.74mg	Iron	0.02mg

Turkey & Gravy

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	1 Ounce		653171

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.19		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.06mg		
Sodium	0.80mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cheese Bread Sticks

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS BTR HERB 6-20CT GFS	1 Each	BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side 3-4 minutes or until butter is melted or until heated through.	845421
BREADSTICK CHS STFD WGRAIN 6 144CT	1 Each	CONVECTION Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry 1. Preheat oil to 350° F. 2. THAWED ONLY: 1-2 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.	235411

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	2.20		
Fat	0.08g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.17mg		
Sodium	3.33mg		
Carbohydrates	0.26g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.12g		
Vitamin A	1.33IU	Vitamin C	0.00mg
Calcium	2.38mg	Iron	0.01mg

Grilled Chicken Sandwich

Servings:	150.00	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	1 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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		0.80	
Fat		0.02g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.40mg	
Sodium		2.13mg	
Carbohydrates		0.01g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.15g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.13mg	Iron	0.00mg

Rice & beans

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN & BLK BEAN 6-25.4Z UBEN	1 Serving		877800

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

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

Dough Roll Cinn

Servings:	1.00	Category:	Entree
Serving Size:	20.00 150	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN 84-4Z RICH	1 Each		135181

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 20.00 150

Amount Per Serving			
Calories		300.00	
Fat		5.00g	
SaturatedFat		1.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		320.00mg	
Carbohydrates		56.00g	
Fiber		2.00g	
Sugar		12.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.70mg

Dough Roll Cinn

Servings:	1.00	Category:	Entree
Serving Size:	20.00 150	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN 84-4Z RICH	1 Each		135181

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 20.00 150

Amount Per Serving			
Calories		300.00	
Fat		5.00g	
SaturatedFat		1.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		320.00mg	
Carbohydrates		56.00g	
Fiber		2.00g	
Sugar		12.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.70mg

135181

Servings:	1.00	Category:	Entree
Serving Size:	4.00 150	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN 84-4Z RICH	1 Each		135181

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 150

Amount Per Serving			
Calories	300.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	320.00mg		
Carbohydrates	56.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.70mg

cheese pizza

Servings:	150.00	Category:	Entree
Serving Size:	4.60 96	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 50/50 96- 4.6Z	1 14/25 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pan. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. Note: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585921

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 4.60 96

Amount Per Serving

Calories	3.12		
Fat	0.11g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.16mg		
Sodium	4.89mg		
Carbohydrates	0.35g		
Fiber	0.04g		
Sugar	0.10g		
Protein	0.17g		
Vitamin A	5.20IU	Vitamin C	0.00mg
Calcium	3.12mg	Iron	0.03mg