

# Cookbook for Woodford County Board of Education

Created by HPS Menu Planner

# Table of Contents

Sausage Biscuit

Spaghetti Noodles

Meat Sauce

Taco Meat

Woodford Salad

Spinach Berry Salad

Nacho Lunch Kit

Chicken dunker Kit

Yogurt Lunch- kit

Ham & Cheese Sandwich

Turkey & Cheese Sandwich

Wow Butter & Jelly Sandwich

Fresh Roasted Veggies

Cereal Bar & String Cheese

Strawberry Cheesecake smoothie

Rotini

HAMBURGER

Strawberry Chocolate Parfait

Very Berry Parfait

Sausage Egg Biscuit

Bacon Egg & Cheese Bagel

Bacon Egg & Cheese Croissant

Pasta Salad

Macaroni Pasta Salad

Dill Chicken Patty Sandwich

Spicy Chicken Patty Sandwich

Spicy Asian Beef

Chicken Slider

Beef Slider

Onion Rings

Bacon Pizza

Ham Sub Sandwich

Turkey Sub Sandwich

Chicken Sub Sandwich

Cheesy Chicken Enchilada Soup

# Sausage Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 COMM	1	<b>BAKE</b> 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 STHRN STYL EZ SPLT 216-2.2Z	1	<b>BAKE</b> 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

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

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

# Spaghetti Noodles

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10 4-5 GFS	10 Pound	1 bag equals 80 (1 cup) servings 2oz dry pasta equals 1 cup cooked.	413370

## 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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		210.00	
<b>Fat</b>		1.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.00mg	
<b>Carbohydrates</b>		42.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		7.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg

# Meat Sauce

<b>Servings:</b>	55.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch		

## Ingredients

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

## 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

<b>Meat</b>	1.52
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	4.36
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	394.43		
<b>Fat</b>	14.90g		
<b>SaturatedFat</b>	4.97g		
<b>Trans Fat</b>	1.52g		
<b>Cholesterol</b>	39.51mg		
<b>Sodium</b>	1888.17mg		
<b>Carbohydrates</b>	50.11g		
<b>Fiber</b>	11.56g		
<b>Sugar</b>	38.55g		
<b>Protein</b>	18.35g		
<b>Vitamin A</b>	1927.27IU	<b>Vitamin C</b>	9.25mg
<b>Calcium</b>	77.09mg	<b>Iron</b>	2.78mg

# Taco Meat

<b>Servings:</b>	65.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	10 Pound		110520
SALSA MILD CHNKY 4-1GAL GCHC	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

<b>Meat</b>	1.84
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 2.00 Serving

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

# Woodford Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE 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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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



# Spinach Berry Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.25
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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

# Nacho Lunch Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

<b>Amount Per Serving</b>			
<b>Calories</b>	420.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	930.00mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	646.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	385.00mg	<b>Iron</b>	1.00mg

# Chicken dunker Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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
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

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

#### Amount Per Serving

<b>Calories</b>	348.60
<b>Fat</b>	8.40g
<b>SaturatedFat</b>	1.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.20mg
<b>Sodium</b>	707.40mg
<b>Carbohydrates</b>	62.40g

<b>Fiber</b>	4.60g		
<b>Sugar</b>	33.00g		
<b>Protein</b>	6.60g		
<b>Vitamin A</b>	283.40IU	<b>Vitamin C</b>	1.80mg
<b>Calcium</b>	41.60mg	<b>Iron</b>	0.40mg

# Yogurt Lunch- kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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 SCOOPY 210-1Z	1		859550

## Preparation Instructions

Assemble on all ingredients in to- go container.

Store in cooler.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

#### Amount Per Serving

<b>Calories</b>	350.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	575.00mg		
<b>Carbohydrates</b>	53.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	700.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	478.00mg	<b>Iron</b>	1.52mg

# Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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

<b>Meat</b>	2.17
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

#### Amount Per Serving

<b>Calories</b>	331.67		
<b>Fat</b>	13.33g		
<b>SaturatedFat</b>	4.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.50mg		
<b>Sodium</b>	991.67mg		
<b>Carbohydrates</b>	41.33g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	8.17g		
<b>Protein</b>	17.33g		
<b>Vitamin A</b>	137.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	161.50mg	<b>Iron</b>	2.16mg

# Turkey & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	345.17		
<b>Fat</b>	11.75g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.50mg		
<b>Sodium</b>	979.13mg		
<b>Carbohydrates</b>	39.75g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	22.99g		
<b>Vitamin A</b>	137.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	161.50mg	<b>Iron</b>	2.16mg

# Wow Butter & Jelly Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	64.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 64.00

Amount Per Serving			
<b>Calories</b>	410.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	490.00mg		
<b>Carbohydrates</b>	55.00g		
<b>Fiber</b>	5.50g		
<b>Sugar</b>	21.00g		
<b>Protein</b>	15.50g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	288.00mg	<b>Iron</b>	2.66mg



# Fresh Roasted Veggies

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

<b>Amount Per Serving</b>			
<b>Calories</b>	27.29		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	49.71mg		
<b>Carbohydrates</b>	6.02g		
<b>Fiber</b>	1.61g		
<b>Sugar</b>	2.98g		
<b>Protein</b>	1.04g		
<b>Vitamin A</b>	1679.22IU	<b>Vitamin C</b>	45.65mg
<b>Calcium</b>	20.89mg	<b>Iron</b>	0.28mg

# Cereal Bar & String Cheese

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

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	230.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	315.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 218.00mg	<b>Iron</b> 10.00mg

# Strawberry Cheesecake smoothie

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	8 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811490
CHEESECAKE MIX INST 6-4 JELLO	1 Package		160946
CRACKER GRHM STCK SCOOBY 210-1Z	48		859550
STRAWBERRY WHL IQF 4-5 GFS	2 Package		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

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 6.00

Amount Per Serving	
<b>Calories</b>	188.84
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	1.34g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.67mg
<b>Sodium</b>	150.16mg
<b>Carbohydrates</b>	34.56g
<b>Fiber</b>	1.13g
<b>Sugar</b>	17.72g
<b>Protein</b>	4.33g
<b>Vitamin A</b> 833.33IU	<b>Vitamin C</b> 2.25mg

**Calcium** 167.58mg **Iron** 0.75mg

# Rotini

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

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Cup

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

# HAMBURGER

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CN Fully Cooked Beef Burger	1 Each	<b>BAKE</b> Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.	
BUN HAMB SLCD 4 10-12CT GFS	1 1each	THAW AND SERVE	763233

## 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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		206.90	
<b>Fat</b>		5.80g	
<b>SaturatedFat</b>		0.40g	
<b>Trans Fat</b>		0.25g	
<b>Cholesterol</b>		20.00mg	
<b>Sodium</b>		287.70mg	
<b>Carbohydrates</b>		28.00g	
<b>Fiber</b>		0.90g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		10.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.40mg
<b>Calcium</b>	34.38mg	<b>Iron</b>	1.90mg

# Strawberry Chocolate Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRINKLES CHOC DECOR 25Z GFS	1 Teaspoon	Sprinkle on top to finish	421600
SYRUP CHOC 24-24Z HERSH	2 Tablespoon	2 Tbsp per parfait	433941
YOGURT VAN L/F 6-32Z DANN	1/2 Cup		541966
Strawberry Cup	1/2 Cup	Use USDA Commodity cup, or fresh strawberry or diced frozen strawberry 621420	100256
GRANOLA BAG IW 144-1Z FLDSTN	1	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

## Preparation Instructions

Assemble ingredients in to- go parfait cup.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Serving

#### Amount Per Serving

<b>Calories</b>	344.40
<b>Fat</b>	6.40g
<b>SaturatedFat</b>	1.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.50mg
<b>Sodium</b>	162.80mg
<b>Carbohydrates</b>	66.44g
<b>Fiber</b>	3.32g
<b>Sugar</b>	45.50g



<b>Protein</b>		<b>8.71g</b>	
<b>Vitamin A</b>	50.64IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	179.95mg	<b>Iron</b>	1.07mg

# Very Berry Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F 4-5 GCHC	1/2 Cup	4 oz scoop	640171
GRANOLA BAG IW 144-1Z FLDSTN	1 1 oz	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
Strawberry Cup	1/2 Cup	1/2 cup of mixed berry cup, #764830 blueberries and fresh strawberries	100256

## Preparation Instructions

Assemble all ingredients in to-go parfait cup.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	141.67		
<b>Fat</b>	3.67g		
<b>SaturatedFat</b>	0.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.83mg		
<b>Sodium</b>	82.92mg		
<b>Carbohydrates</b>	24.61g		
<b>Fiber</b>	2.22g		
<b>Sugar</b>	9.50g		
<b>Protein</b>	3.61g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	17.33mg	<b>Iron</b>	0.72mg

# Sausage Egg Biscuit

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 COMM	1	<b>BAKE</b> 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 STHRN STYL EZ SPLT 216-2.2Z	1	<b>BAKE</b> 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
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1	<b>CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.</b>	462519
CHEESE SLCD BLND 6- 5 COMM	1/2 Slice		150600

## Preparation Instructions

Assemble sandwich: bottom of biscuit, egg patty, sausage, 1/2 slice of cheese, top of biscuit.

Wrap in foil if using for second chance.

If not cover on sheet tray and hold in warmer at 140-160 \*F.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

<b>Amount Per Serving</b>	
<b>Calories</b>	386.00
<b>Fat</b>	23.00g
<b>SaturatedFat</b>	10.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	108.50mg
<b>Sodium</b>	842.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	1.00g

<b>Sugar</b>			4.00g
<b>Protein</b>			16.00g
<b>Vitamin A</b>	166.11IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	111.00mg	<b>Iron</b>	1.08mg

# Bacon Egg & Cheese Bagel

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1	<b>BAKE</b> 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
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1	<b>CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.</b>	462519
CHEESE SLCD BLND 6- 5 COMM	1/2 Slice		150600
BACON LO SOD SLCD 18/22 15 FRML	2 Slice	<b>BAKE IN OVEN AT 350°F FOR 9-13 MINUTES OR TO DESIRED DEGREE OF CRISPNESS. PRODUCT IS ON BAKEABLE PAPER.</b>	117621

## Preparation Instructions

Assemble sandwich: bottom of biscuit, egg patty, 2 slices of bacon, 1/2 slice of cheese, top of biscuit.

Wrap in foil if using for second chance.

If not cover on sheet tray and hold in warmer at 140-160 \*F.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	355.00
<b>Fat</b>	20.00g
<b>SaturatedFat</b>	9.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	100.50mg
<b>Sodium</b>	852.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	4.00g

<b>Protein</b>	15.00g		
<b>Vitamin A</b>	110.11IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	95.00mg	<b>Iron</b>	1.08mg

# Bacon Egg & Cheese Croissant

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON LO SOD SLCD 18/22 15 FRML	1	BAKE IN OVEN AT 350°F FOR 9-13 MINUTES OR TO DESIRED DEGREE OF CRISPNESS. PRODUCT IS ON BAKEABLE PAPER.	117621
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.	462519
CHEESE SLCD BLND 6-5 COMM	1		150600

## Preparation Instructions

Assemble sandwich bottom of croissant, egg patty, 2 slices of bacon cut in 1/2, 1/2 slice cheese, top of croissant.  
Wrap in foil if using for second chance or  
Cover and store in warmer at 140- 160 \* F

### SLE Components

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		390.00	
<b>Fat</b>		21.00g	
<b>SaturatedFat</b>		9.00g	
<b>Trans Fat</b>		0.15g	
<b>Cholesterol</b>		104.00mg	
<b>Sodium</b>		781.00mg	
<b>Carbohydrates</b>		33.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		7.00g	
<b>Protein</b>		17.50g	
<b>Vitamin A</b>	110.11IU	<b>Vitamin C</b>	0.16mg
<b>Calcium</b>	37.14mg	<b>Iron</b>	1.80mg



# Pasta Salad

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 4-5 GFS	5 Pound	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL	413360
PEPPERONI SLCD 14-16/Z 2-5 GFS	32 Each		729981
PEPPERS GREEN LRG 60-70CT MRKN	1 Cup		198757
CUCUMBER SLCD 1/4 2-3 RSS	1 Cup		329517
TOMATO 6X6 LRG 25 MRKN	1 Cup		199036
ONION RED JUMBO 25 MRKN	1 Ounce		198722
DRESSING ITAL CRMY LT 4-1GAL GCHC	1 Tablespoon		243965
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010

## Preparation Instructions

Directions:

Cook and drain noodles. Let the noodles cool.

Dice the onions, green peppers and tomatoes. Peel, slice and dice the cucumbers.

When noodles are cool, then add all other ingredients. Mix well. Refrigerate until serving time.

CCP: Hold for cold service at 41° F or lower.

Notes:

## SLE Components

Amount Per Serving

<b>Meat</b>	0.37
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.01
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	110.89		
<b>Fat</b>	0.93g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.00mg		
<b>Sodium</b>	16.75mg		
<b>Carbohydrates</b>	21.28g		
<b>Fiber</b>	1.07g		
<b>Sugar</b>	1.67g		
<b>Protein</b>	3.78g		
<b>Vitamin A</b>	26.86IU	<b>Vitamin C</b>	1.83mg
<b>Calcium</b>	0.61mg	<b>Iron</b>	0.92mg

# Macaroni Pasta Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD PASTA MACAR 3-10 GFS	10 Pound		738131
Grape Tomatoes	1 cup		749041
CUCUMBER 1-24CT P/L	1 Cup		238653
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 cup		448010

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.25
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	133.76		
<b>Fat</b>	8.92g		
<b>SaturatedFat</b>	1.48g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	8.40mg		
<b>Sodium</b>	332.02mg		
<b>Carbohydrates</b>	10.86g		
<b>Fiber</b>	0.41g		
<b>Sugar</b>	2.82g		
<b>Protein</b>	1.75g		
<b>Vitamin A</b>	41.09IU	<b>Vitamin C</b>	0.51mg
<b>Calcium</b>	8.17mg	<b>Iron</b>	0.44mg

# Dill Chicken Patty Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	1 Each	Conventional Oven: Heat 14-16 minutes at 375F. Turn after 6 minutes. Convection Oven: 13-15 minutes at 375F. Turn after 6 minutes.	542832
BUN HAMB SLCD 4 10-12CT GFS	1 1 each	Thaw and serve.	763233

## Preparation Instructions

SERVE PATTY ON BUN.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	376.90		
<b>Fat</b>	10.80g		
<b>SaturatedFat</b>	1.90g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	677.70mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	1.90g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	28.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	1.40mg
<b>Calcium</b>	74.38mg	<b>Iron</b>	3.70mg

# Spicy Chicken Patty Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.05Z 6-26CT	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	536550
BUN HAMB SLCD 4 10-12CT GFS	1 Each	THAW AND SERVE	763233

## Preparation Instructions

ASSEMBLE SANDWICH

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	334.90		
<b>Fat</b>	9.80g		
<b>SaturatedFat</b>	2.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	34.00mg		
<b>Sodium</b>	468.70mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	1.90g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	155.00IU	<b>Vitamin C</b>	1.40mg
<b>Calcium</b>	61.38mg	<b>Iron</b>	3.90mg

# Spicy Asian Beef

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STEW MEAT DCD CKD 6-5# JTM	2 Ounce		964512
SAUCE SRIRACHA SWT & SPCY 6-.5GAL GFS	1		640211

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Serving

Amount Per Serving			
<b>Calories</b>	104.71		
<b>Fat</b>	2.69g		
<b>SaturatedFat</b>	0.98g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.80mg		
<b>Sodium</b>	210.16mg		
<b>Carbohydrates</b>	8.50g		
<b>Fiber</b>	0.05g		
<b>Sugar</b>	7.50g		
<b>Protein</b>	12.25g		
<b>Vitamin A</b>	65.69IU	<b>Vitamin C</b>	0.39mg
<b>Calcium</b>	7.49mg	<b>Iron</b>	1.25mg

# Chicken Slider

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
BUN HAMB MINI SLCD 2.5 8-24CT GFS	1	Thaw at room temperature for 4-6 hours.	676171

## Preparation Instructions

Assemble sandwich before serving.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	196.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	17.00mg		
<b>Sodium</b>	367.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	43.00IU	<b>Vitamin C</b>	47.00mg
<b>Calcium</b>	55.00mg	<b>Iron</b>	2.00mg

# Beef Slider

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB MINI SLCD 2.5 8-24CT GFS	1	Thaw at room temperature for 4-6 hours.	676171
BEEF PTY CHARB 100-2.1Z PIER	1	<b>BAKE</b> Conventional oven: from the frozen state, bake at 350 degrees f in conventional oven for 9 minutes. Convection oven: from the frozen state, bake at 350 degrees f in convection oven for 7 minutes. Microwave: on full power for 1 minute. Microwave ovens vary. Times given are approximate.	589519

## Preparation Instructions

Assemble sandwich before serving.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		250.00	
<b>Fat</b>		12.00g	
<b>SaturatedFat</b>		4.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		30.00mg	
<b>Sodium</b>		490.00mg	
<b>Carbohydrates</b>		21.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		12.00g	
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	84.00mg	<b>Iron</b>	2.44mg



# Onion Rings

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	5.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING BRD WGRAIN 6-5#TASTY BRAND	5 Each	CONVECTION OVEN: PREHEAT OVEN TO 350°F; HEAT FOR 10-11 MINUTES. LET PRODUCT STAND BEFORE SERVING	234061

## Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350°F; HEAT FOR 10-11 MINUTES. LET PRODUCT STAND BEFORE SERVING.

BATCH COOK.

HOLD AT 140-160\* f UNCOVERED IN WARMER UNTIL SERVICE.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Serving

Amount Per Serving			
<b>Calories</b>		200.00	
<b>Fat</b>		8.00g	
<b>SaturatedFat</b>		1.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		200.00mg	
<b>Carbohydrates</b>		28.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		5.00g	
<b>Protein</b>		3.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.40mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.08mg

# Bacon Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN HAND TOSSED 9CT	1 Each	<b>BAKE</b> COOKING INSTRUCTIONS: COOK BEFORE SERVING. 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. IMPINGEMENT OVEN: 420°F for 7-9 minutes. Bake directly on belt. CONVECTION OVEN: 350°F for 13-17 minutes on high fan. CONVENTIONAL OVEN: 450°F for 13-15 minutes. Rotate pan halfway through bake cycle in convection oven. 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.	237071
BACON TOPPING CRUMBLES 10# HRML	1/2 ounce	4 oz per pizza. 1/2 oz per slice	460584

## Preparation Instructions

Sprinkle 1/2 cup of bacon evenly over pizza.

Bake.

Slice into 8 even slices.

Hold in warmer at 140-160°F

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	404.14
<b>Fat</b>	18.40g
<b>SaturatedFat</b>	8.54g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.71mg
<b>Sodium</b>	724.09mg
<b>Carbohydrates</b>	36.29g
<b>Fiber</b>	4.10g

<b>Sugar</b>			7.29g
<b>Protein</b>			24.03g
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	352.43mg	<b>Iron</b>	2.02mg

# Ham Sub Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	2 1/2 ounce		651470
DOUGH ROLL SUB MINI WGRAIN 180- 2.4Z	1	<b>Thawing Instructions</b> PANNING: PLACE DESIRED NUMBER OF ROLLS ON PAPER LINED SHEET PAN, 20-25 PIECES (4X5 OR 5X5). RETARD/THAWING: 35-38F 12-18 HOURS; OR 60 MINUTES AT ROOM TEMPERATURE. TEMPER/FLOOR TIME: REMOVE FROM RETARDER AND ALLOW TO STAND AT ROOM TEMPERATURE FOR APPROXIMATELY 15 MINUTES. PROOFING: (95F, 85% R.H.) 40 TO 50 MINUTES OR UNTIL ROLLS DOUBLE IN SIZE.	262670

## Preparation Instructions

BAKING; RACK OVEN: 375F, 13-15 MINUTES. DECK OVEN: 400F, 13-15 MINUTES WITH 10 SECONDS STEAM. CONVECTION OVEN: 325F, 13-15 MINUTES.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.05
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	245.82		
<b>Fat</b>	7.10g		
<b>SaturatedFat</b>	2.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.89mg		
<b>Sodium</b>	655.41mg		
<b>Carbohydrates</b>	33.10g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.05g		
<b>Protein</b>	16.25g		
<b>Vitamin A</b>	0.20IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	13.37mg	<b>Iron</b>	1.43mg

# Turkey Sub Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB MINI WGRAIN 180-2.4Z	1	<b>Thawing Instructions</b> PANNING: PLACE DESIRED NUMBER OF ROLLS ON PAPER LINED SHEET PAN, 20-25 PIECES (4X5 OR 5X5). RETARD/THAWING: 35-38F 12-18 HOURS; OR 60 MINUTES AT ROOM TEMPERATURE. TEMPER/FLOOR TIME: REMOVE FROM RETARDER AND ALLOW TO STAND AT ROOM TEMPERATURE FOR APPROXIMATELY 15 MINUTES. PROOFING: (95F, 85% R.H.) 40 TO 50 MINUTES OR UNTIL ROLLS DOUBLE IN SIZE.	262670
TURKEY BRST DELI 8-5# COMM	2 1/2 Ounce		765991

## Preparation Instructions

BAKING; RACK OVEN: 375F, 13-15 MINUTES. DECK OVEN: 400F, 13-15 MINUTES WITH 10 SECONDS STEAM. CONVECTION OVEN: 325F, 13-15 MINUTES.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	245.17		
<b>Fat</b>	4.75g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	554.13mg		
<b>Carbohydrates</b>	30.75g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	19.99g		
<b>Vitamin A</b>	0.20IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	13.37mg	<b>Iron</b>	1.43mg

# Chicken Sub Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB MINI WGRAIN 180-2.4Z	1	<b>Thawing Instructions</b> PANNING: PLACE DESIRED NUMBER OF ROLLS ON PAPER LINED SHEET PAN, 20-25 PIECES (4X5 OR 5X5). RETARD/THAWING: 35-38F 12-18 HOURS; OR 60 MINUTES AT ROOM TEMPERATURE. TEMPER/FLOOR TIME: REMOVE FROM RETARDER AND ALLOW TO STAND AT ROOM TEMPERATURE FOR APPROXIMATELY 15 MINUTES. PROOFING: (95F, 85% R.H.) 40 TO 50 MINUTES OR UNTIL ROLLS DOUBLE IN SIZE.	262670
CHIX FAJT 30 COMM	2 1/2 Ounce		154900

## Preparation Instructions

BAKING; RACK OVEN: 375F, 13-15 MINUTES. DECK OVEN: 400F, 13-15 MINUTES WITH 10 SECONDS STEAM. CONVECTION OVEN: 325F, 13-15 MINUTES.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.47
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	259.71		
<b>Fat</b>	5.94g		
<b>SaturatedFat</b>	1.47g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	54.41mg		
<b>Sodium</b>	625.59mg		
<b>Carbohydrates</b>	30.47g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.47g		
<b>Protein</b>	19.24g		
<b>Vitamin A</b>	0.20IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	13.37mg	<b>Iron</b>	1.43mg

# Cheesy Chicken Enchilada Soup

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHEESY CHIX W/VEG 6-5# CFS	5 Pound	Thawing Instructions Thaw under refrigeration for 24-48 hours or until thawed.	659763
SALSA MILD CHNKY 4-1GAL GCHC	1 Cup		598453
SEASONING TACO MIX 6-9Z GRSZ	1 2 oz		222313
1 % White Milk	2 Cup		

## Preparation Instructions

### Basic Preparation

Submerge whole pouch of cheesy chicken product in 170 degree F water and cook until internal temperature reaches 165 degrees F. Approximately 30 minutes.

Combine with salsa, taco seasoning and milk.

Keep in warmer at 140-165°F until service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.80
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.05
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Serving

#### Amount Per Serving

<b>Calories</b>	94.86		
<b>Fat</b>	5.40g		
<b>SaturatedFat</b>	2.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.20mg		
<b>Sodium</b>	217.88mg		
<b>Carbohydrates</b>	4.77g		
<b>Fiber</b>	0.56g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	7.57g		
<b>Vitamin A</b>	853.02IU	<b>Vitamin C</b>	3.77mg

**Calcium** 75.97mg **Iron** 0.29mg