

Cookbook for MERCER HIGH SCHOOL

Created by HPS Menu Planner

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Summer Fruit Salad

Servings:	250.00	Category:	Fruit
Serving Size:	5.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CLAMSHELL 8 MRKN	8 Quart	Trim and Quarter	212768
WATERMELON RED SDLSS 2CT P/L	8 Quart	Trim and Dice into 1/2 inch cubes	326089
MELON MUSK CANTALOUPE 12CT MFC	8 Quart	Clean trim and remove seeds, dice into 1/2 inch Cubes	200565
GRAPES GREEN SEEDLESS 17AVG P/L	8 Quart	Remove off of stem and clean	197858

Preparation Instructions

After fruit is Cleaned and Prepared, mix thoroughly and measure 5 ounces out into a 9 ounce clear cup (792220) CCP: 1. Must wash hands and put on disposable gloves. 2. Must store all fruit at 41° or below 3. Must be used within 3 days.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 5.00 Ounce

Amount Per Serving

Calories	70.54		
Fat	0.34g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.14mg		
Carbohydrates	17.87g		
Fiber	1.28g		
Sugar	14.93g		
Protein	1.28g		
Vitamin A	846.43IU	Vitamin C	88.30mg
Calcium	17.46mg	Iron	0.49mg

Broc/Cali/Tom/Car. Cup

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	6 1/4 Pound	Wash ans set aside to air dry	510637
TOMATO GRAPE SWT 10 MRKN	6 1/4 Pound	Wash and set aside to air dry	129631
BROCCOLI & CAULIF COMBO 2-3 RSS	7 1/2 Pound	Wash and separate and air dry	283339
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	50 Each		499521

Preparation Instructions

CCP:

1. Must wash hands and put on disposable gloves.
2. Must clean all vegetables and air dry.
3. Must keep all vegetables 41° or below.
4. Must be used up with in 3 Days.

Portion:

1oz Broccoli

1oz Cauliflower

2oz Grape Tomato

2oz Baby Carrots

In a clear 9 ounce Cup (792220) place ranch cup on top and lid with a dome lid (820360)

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories			103.84
Fat			6.19g
SaturatedFat			0.03g
Trans Fat			0.00g
Cholesterol			5.00mg
Sodium			176.54mg
Carbohydrates			12.63g
Fiber			1.99g
Sugar			7.54g
Protein			1.14g
Vitamin A	8292.09IU	Vitamin C	11.98mg
Calcium	26.83mg	Iron	0.72mg

Side Salad

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 1/2 Cup	Wash and let air dry	165761
TOMATO CHERRY 11 MRKN	4 Each	Wash and let air dry	569551
CARROT BABY WHL CLEANED 12-2 RSS	3 Each	Wash and let air dry	510637
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521
CHEESE CHED MLD SHRD FINE 4-5 GFS	1 Ounce		191043

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		236.60	
Fat		15.29g	
SaturatedFat		5.05g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		383.12mg	
Carbohydrates		18.61g	
Fiber		4.06g	
Sugar		10.15g	
Protein		9.02g	
Vitamin A	12747.90IU	Vitamin C	18.11mg
Calcium	250.86mg	Iron	1.54mg

Refried Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	4 #10 CAN		293962
SPICE CHILI POWDER MILD 16Z TRDE	3 Tablespoon		331473
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	2 Teaspoon		518331
SPICE ONION POWDER 19Z TRDE	2 Teaspoon		126993
CHEESE CHED MLD SHRD FINE 4-5 GFS	1 Cup		191043

Preparation Instructions

Directions:

1. Clean top of Cans-CCP

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.52
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	149.48		
Fat	2.44g		
SaturatedFat	0.72g		
Trans Fat	0.00g		
Cholesterol	1.20mg		
Sodium	566.45mg		
Carbohydrates	23.92g		
Fiber	6.23g		
Sugar	1.03g		
Protein	8.57g		
Vitamin A	38.40IU	Vitamin C	0.01mg
Calcium	54.69mg	Iron	2.21mg

Mashed Potatoes (Instant)

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	6 1/4 Each	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 7/8 Cup		184622

Preparation Instructions

- 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. (use hand mixer for ease)
- 3: Add Butter

CCP:

1. Make sure water is from a clean source
2. Make sure water is above 165°
3. keep at 145° or above
4. Use same day

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	44.53
Fat	4.26g
SaturatedFat	0.84g
Trans Fat	0.05g
Cholesterol	0.00mg
Sodium	9.00mg
Carbohydrates	1.33g
Fiber	0.09g
Sugar	0.00g

Protein	0.19g		
Vitamin A	35.30IU	Vitamin C	0.95mg
Calcium	0.80mg	Iron	0.02mg

Carrot Sticks

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup		510637

Preparation Instructions

Directions:

clean carrots hold in cooler

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

Serve 6 sticks = 1/2 cup carrots in correct container

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

Notes:

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.40		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.88mg		
Carbohydrates	0.09g		
Fiber	0.02g		
Sugar	0.05g		
Protein	0.01g		
Vitamin A	156.38IU	Vitamin C	0.10mg
Calcium	0.36mg	Iron	0.01mg

Beans Baked MTG

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN KETTLE BRN SUGAR 6-10 HRTSTN	25/28 #10 CAN		822477

Preparation Instructions

Directions:

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 135°F.

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

Updated December 2013

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.23
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	50.65		
Fat	0.23g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.54mg		
Carbohydrates	10.13g		
Fiber	2.76g		
Sugar	3.22g		
Protein	2.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.42mg	Iron	0.66mg

Steamed Broccoli

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING GARLIC HRB NO SALT 19Z TRDE	1/4 Cup		565164
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1/2 Cup		184622
BROCCOLI CUTS IQF 30 KE	100 Cup		359010

Preparation Instructions

Directions:

Place frozen broccoli in 4 inch serving pan

Add seasoning and Margarine

Place in steam oven for 10 minutes or till

CCP: Heat to 135° F or higher.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

Notes:

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	42.48
Fat	1.12g
SaturatedFat	0.22g
Trans Fat	0.01g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	4.48g
Fiber	2.00g
Sugar	2.00g
Protein	1.00g

Vitamin A	9.34IU	Vitamin C	30.00mg
Calcium	20.00mg	Iron	0.00mg

Salad Mixed Green MTG

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	25 1/4 Cup		305812
TOMATO RANDOM 2 25 MRKN	1 3/4 Pound		508616
CUCUMBER SELECT 24CT MRKN	2 1/2 Pound		418439

Preparation Instructions

Directions:

WASH HANDS.

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

1. Place washed lettuce into a mixing bowl.
2. Core and dice tomatoes.
3. Slice cucumbers into 1/4" slices.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.14
OtherVeg	0.44
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	49.51
Fat	0.12g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.51mg
Carbohydrates	10.32g
Fiber	4.46g
Sugar	1.23g

Protein		0.38g	
Vitamin A	152.85IU	Vitamin C	2.88mg
Calcium	89.36mg	Iron	3.07mg

Tuna Salad Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHNK LT POUCH 6-43Z STARK	43 Ounce		852554
ONION VIDALIA SWT 10 P/L	5 5/24 Ounce		558133
CELERY STALK 24 SZ 6CT MRKN	1 Ounce		170895
PICKLE DILL SLCD HAMB 4-1GAL GFS	4 11/16 Ounce		149195
EGG HARD CKD PLD DRY PK 12-12CT PAP	4 1/6 Each		853800
DRESSING SALAD LT 4-1GAL GFS	53/74 Ounce		429422

Preparation Instructions

Directions:

Drain and flake tuna.

Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and salad dressing or mayonnaise. Mix lightly until well blended.

CCP: Cool to 41° F or lower within 4 hours. Cover and refrigerate until ready to use.

Spread No. 8 scoop (½ cup) of tuna salad on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve.

Portion is 1 sandwich

Notes:

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	429.75		
Fat	4.36g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	237.55mg		
Sodium	1804.62mg		
Carbohydrates	0.89g		
Fiber	0.13g		
Sugar	0.60g		
Protein	90.52g		
Vitamin A	72.59IU	Vitamin C	0.44mg
Calcium	6.52mg	Iron	5.10mg

Rice Brown

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PERFECTED 25 UBEN	5 1/2 Pound		146404
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	2/3 Cup		184622

Preparation Instructions

Directions:

WASH HANDS.

1. Use Directions Indicated on bag
2. Mix 5.5 pounds of rice and 5 quarts of water with 3/4 cup of butter and mix
3. put in hotel pan cove and steam for 25 minutes

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: #8 scoop (1/2 cup) provides= 1 oz eq grain

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.55
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: 0.50 Cup

Amount Per Serving	
Calories	107.01
Fat	2.33g
SaturatedFat	0.30g
Trans Fat	0.02g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	19.80g
Fiber	1.10g
Sugar	0.00g
Protein	2.20g

Vitamin A	12.52IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.20mg

Dinner Roll

Servings:	180.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	180 Each	Prepare sheet pans with parchment paper and pan spray, slack out over night in the cooler. Next day pull product out of cooler place in proof box for 2 hrs.	152131

Preparation Instructions

Directions:

1. Prepare Sheet pans with parchment paper and pan liners
2. Slack out product over night in cooler
3. Move from cooler to Proof Box for 2hrs
4. Bake at 375° for 10-12 min or in till golden brown.

CCP:

Wash hands and put in new disposable gloves, keep hot foods above 135°

Toss any extras.

SLE Components

Amount Per Serving

Meat	0.00
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: 180.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		140.00	
Fat		2.50g	
SaturatedFat		0.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		190.00mg	
Carbohydrates		24.00g	
Fiber		5.00g	
Sugar		3.00g	
Protein		6.00g	
Vitamin A	0.01IU	Vitamin C	4.99mg
Calcium	12.44mg	Iron	0.49mg

biscuits

Servings:	216.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

Direction:

BAKE

1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1

4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

CCP:

Wash and dry hands and put on new disposable gloves

Keep product to 0° or below until time of need

Keep hot food hot at 135°

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: 216.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		0.79	
Fat		0.04g	
SaturatedFat		0.02g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.76mg	
Carbohydrates		0.10g	
Fiber		0.01g	
Sugar		0.01g	
Protein		0.02g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.19mg	Iron	0.01mg

Philly Cheese Steak

Servings:	76.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.92Z 6-5 JTM	10 Pound		720861
PEPPERS GREEN LRG 5 P/L	1 3/5 Pound	Medium dice	592315
ONION VIDALIA SWT 10 P/L	1 1/2 Pound	Medium dice	558133
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	3 Pound		722110
BUN SUB SLCD WGRAIN 5 12-8CT GFS	76 Each		276142

Preparation Instructions

PREPARATION

Prep Time: 25 min.

- 1.Heat Seasoned Beef Steak with diced onions and diced green peppers in oven on sheet pan for 8 - 10 minutes at 350°F.
- 2.Heat Queso Blanco in steamer or water bath to 145°F for 15 seconds and hold hot at 145°F or higher. (HACCP)
- 3.Blend Seasoned Beef Steak, diced onions, diced green peppers
4. Put a garnish of the Queso cheese

On a steamed hoagie, roll 3.81 oz. of the southwestern cheese-steak mixture.

3.81 oz. by weight or a #8 scoop or 1/2 cup by volume provides: 2.0 oz. M/MA + 2.0 oz. Grain Equivalent + 1/8 cup Other Vegetable

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.12
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories			210.88
Fat			5.98g
SaturatedFat			2.63g
Trans Fat			0.07g
Cholesterol			14.74mg
Sodium			368.86mg
Carbohydrates			30.19g
Fiber			3.24g
Sugar			4.97g
Protein			10.06g
Vitamin A	161.79IU	Vitamin C	8.12mg
Calcium	147.86mg	Iron	2.05mg

Chicken Fajitas

Servings:	50.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fajita Strip	6 1/2 Pound		564930
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/3 Tablespoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 1/3 Tablespoon		224839
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon		331473
SPICE CUMIN GRND 15Z TRDE	2 Tablespoon		273945
PEPPERS GREEN LRG 5 P/L	1 1/2 Cup	Cut into medium dice	592315
ONION VIDALIA SWT 10 P/L	12 Ounce	Cut into medium dice	558133
CORN CUT IQF 30 KE	1 14/25 Quart	Should be the last ingredient that you put in	283730
SPICE PAPRIKA 16Z TRDE	2 Teaspoon		518331
TORTILLA FLOUR ULTRGR 8 18-12CT	50 Each		882700

Preparation Instructions

Directions:

1. Get frozen chicken strips out of the freezer
2. in a tilt skillet on med-high heat place onions and peppers in and cook for about 5 min.
3. place frozen chicken in tilt skillet as well with all of the spices
4. then mix in frozen corn
5. cook in till internal temp. is reached of 165°

Using a No. 8 scoop, portion 1/2 cup 2 1/3 tsp (about 4.2 oz) chicken mixture on a tortilla. Spread filling on half of tortilla, and fold in other half like a taco. Place 25 fajitas on each steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Critical Control Point: Hold for hot service at 140 °F or higher.

Serve 1 fajita.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.09

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	217.06		
Fat	5.34g		
SaturatedFat	1.93g		
Trans Fat	0.00g		
Cholesterol	50.94mg		
Sodium	671.50mg		
Carbohydrates	25.36g		
Fiber	2.56g		
Sugar	1.83g		
Protein	17.25g		
Vitamin A	160.21IU	Vitamin C	4.39mg
Calcium	35.66mg	Iron	2.22mg

Taco Seasoning

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CHILI POWDER MILD 16Z TRDE	6 Teaspoon		331473
SPICE ONION POWDER 19Z TRDE	3 Teaspoon		126993
SPICE GARLIC POWDER 21Z TRDE	4 Teaspoon		224839
SPICE PEPR RED CAYENNE GRND 16Z TRDE	3 Teaspoon		225088
SPICE CUMIN GRND 15Z TRDE	3 Teaspoon		273945
SPICE PAPRIKA 16Z TRDE	4 Teaspoon		518331

Preparation Instructions

mix and store in a airtight container

CCP:

Wash and dry hands and put on disposable gloves

store in a cool dry area no temps over 70°

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: 1.00 Tablespoon

Amount Per Serving

Calories	46.40
Fat	1.60g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	736.00mg
Carbohydrates	12.00g
Fiber	4.80g
Sugar	0.00g
Protein	1.60g

Vitamin A	8880.96IU	Vitamin C	2.40mg
Calcium	26.40mg	Iron	5.92mg

Chicken Alfredo

Servings:	54.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 1/2 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
Tap Water for Recipes	72 Ounce	Hot 190° or above	000001WTR
SAUCE ALFREDO FZ 6-5 JTM	5 Pound	Thawed	155661
CHEESE MOZZ 2 SHRD FTNR 4-5 PG	1 Cup		421812
PASTA PENNE RIGATE 51 WGRAIN 2-10	3 Pound		221482

Preparation Instructions

Directions:

1. Preheat Convection oven to 300°
2. Lightly Spray bottom and sides of 4" hotel pan with pan spray
3. pour Alfredo in the middle of pan
4. Add hot water and whisk ingredients
5. Add Dry pasta and mix well
6. Cover pan with foil
7. Remove pan after 30 Min and blend chicken, and Mozzarella
8. cover and bake for 10 min

CCP:

keep all cold foods 41° or under
keep all frozen foods 0° or under
and keep all hot foods at 135° to 145°

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	217.14		
Fat	7.58g		
SaturatedFat	3.38g		
Trans Fat	0.00g		
Cholesterol	44.53mg		
Sodium	434.22mg		
Carbohydrates	23.04g		
Fiber	1.78g		
Sugar	3.32g		
Protein	13.95g		
Vitamin A	193.92IU	Vitamin C	0.00mg
Calcium	171.98mg	Iron	4.57mg

Chicken Alfredo

Servings:	54.00	Category:	Entree
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 1/2 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
Tap Water for Recipes	72 Ounce	Hot 190° or above	000001WTR
SAUCE ALFREDO FZ 6-5 JTM	5 Pound	Thawed	155661
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	1 Cup		421812
PASTA PENNE RIGATE 51 WGRAIN 2-10	3 Pound		221482

Preparation Instructions

Directions:

1. Preheat Convection oven to 300°
2. Lightly Spray bottom and sides of 4" hotel pan with pan spray
3. pour Alfredo in the middle of pan
4. Add hot water and whisk ingredients
5. Add Dry pasta and mix well
6. Cover pan with foil
7. Remove pan after 30 Min and blend chicken, and Mozzarella
8. cover and bake for 10 min

CCP:

keep all cold foods 41° or under
keep all frozen foods 0° or under
and keep all hot foods at 135° to 145°

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 3.00 Cup

Amount Per Serving

Calories	217.14		
Fat	7.58g		
SaturatedFat	3.38g		
Trans Fat	0.00g		
Cholesterol	44.53mg		
Sodium	434.22mg		
Carbohydrates	23.04g		
Fiber	1.78g		
Sugar	3.32g		
Protein	13.95g		
Vitamin A	193.92IU	Vitamin C	0.00mg
Calcium	171.98mg	Iron	4.57mg

Canned Fruit Pineapple Chunk

Servings:	103.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GFS	1/2 Cup		189952

Preparation Instructions

Directions:

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

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 201

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 103.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.78
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.10mg
Carbohydrates	0.17g
Fiber	0.02g
Sugar	0.17g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.12mg
Calcium	0.00mg	Iron	0.00mg

Canned Fruit Peaches Sliced

Servings:	168.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD XL/S 6-10 GFS	1/2 Cup		224448

Preparation Instructions

Directions:

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

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 201

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	0.36
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.06mg
Carbohydrates	0.08g
Fiber	0.01g

Sugar			0.08g
Protein			0.01g
Vitamin A	1.19IU	Vitamin C	0.01mg
Calcium	0.00mg	Iron	0.00mg

Canned Fruit Mandarin Oranges

Servings:	180.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE 6-10 GFS	1 .50 cup		612448

Preparation Instructions

Directions:

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

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.11mg		
Carbohydrates	0.16g		
Fiber	0.00g		
Sugar	0.12g		
Protein	0.01g		
Vitamin A	0.09IU	Vitamin C	0.33mg
Calcium	0.02mg	Iron	0.02mg

Pears Canned

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR SLCD XL/S 6-10 GFS	6 #10 CAN		262706

Preparation Instructions

Directions:

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4z spoodle.

Child Nutrition: 4z spoodle = 1/2 c. fruit

Updated October 2013

Notes:

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	108.64
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.52mg
Carbohydrates	26.38g
Fiber	1.55g
Sugar	23.28g
Protein	0.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

Oranges MTG

Servings:	138.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	139 3/8 Cup		198021

Preparation Instructions

Directions:

WASH HANDS.

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

1. Cut orange into 4 wedges. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1 orange = 1/2c fruit

Updated October 2013

Notes:

1. wash and quarter
2. place in a 9oz clear cup with dome lid

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 138.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	89.08
Fat	0.51g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	21.21g
Fiber	4.55g
Sugar	0.00g
Protein	1.92g
Vitamin A	418.14IU
Vitamin C	88.17mg

Calcium 72.72mg **Iron** 0.16mg

Applesauce Unsweetened MTG

Servings:	96.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	24/25 Each		753911

Preparation Instructions

Directions:

WASH HANDS.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		0.50	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		0.14g	
Fiber		0.01g	
Sugar		0.12g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.05mg	Iron	0.00mg

Peas , Frozen

Servings:	42.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GFS	1	BAKE	285660
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Tablespoon		184622

Preparation Instructions

Directions:

Place 10.5 # of frozen peas in a 4" steam table pan

Pour 4 oz of melted Margarine over peas

Store in refrigerator till time to steam.

CCP: Heat to 145° F or higher for at least 15 Seconds

Hold in steam table

CCP: Hold at 135° F or higher.

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.02

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	5.49		
Fat	0.33g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.55mg		
Carbohydrates	0.43g		
Fiber	0.14g		
Sugar	0.14g		
Protein	0.18g		
Vitamin A	3.06IU	Vitamin C	0.36mg

Calcium	0.00mg	Iron	0.21mg
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Broccoli Steamed MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 KE	51 Pound		359010
SEASONING GARLIC HRB NO SALT 19Z TRDE	5 Tablespoon		565164
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1/2 Cup		184622

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. add spice and butter

3. Steam for 8-10 min

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Serve using a 4 oz spoodle or menued portion.

Child Nutrition: 4 oz spoodle provides= 1/2 cup dark green vegetable

Updated October 2013

Notes:

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		28.38	
Fat		1.12g	
SaturatedFat		0.22g	
Trans Fat		0.01g	
Cholesterol		0.00mg	
Sodium		10.20mg	
Carbohydrates		2.64g	
Fiber		1.02g	
Sugar		1.02g	
Protein		0.51g	
Vitamin A	9.34IU	Vitamin C	15.30mg
Calcium	10.20mg	Iron	0.00mg

Grapes Red MTG

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES GREEN SEEDLESS 17AVG P/L	25 Pound		197858

Preparation Instructions

Directions:

WASH HANDS.

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

1. Wash grapes under cool running water, drain well.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

2. Portion into serving dishes using 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 2013

Notes:

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	28.13		
Fat	0.13g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.83mg		
Carbohydrates	7.33g		
Fiber	0.37g		
Sugar	6.67g		
Protein	0.27g		
Vitamin A	42.00IU	Vitamin C	1.68mg
Calcium	5.88mg	Iron	0.12mg

Banana

Servings:	150.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	150 Each		197769

Preparation Instructions

Directions:

Notes:

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 Each

Amount Per Serving			
Calories		105.00	
Fat		0.40g	
SaturatedFat		0.10g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.20mg	
Carbohydrates		27.00g	
Fiber		3.10g	
Sugar		14.00g	
Protein		1.30g	
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg