

# Cookbook for Findlay City Schools

Created by HPS Menu Planner

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# TURKEY / CHEESE SANDWICH

<b>Servings:</b>	18.00	<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 #
BREAD WGRAIN HNY WHT 16-24Z GFS	36 Slice		204822
TURKEY HAM SLCD 12-1 JENNO	108 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	36 Slice		150260

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<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: 18.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		390.00	
<b>Fat</b>		15.50g	
<b>SaturatedFat</b>		6.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		85.00mg	
<b>Sodium</b>		1220.00mg	
<b>Carbohydrates</b>		39.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		7.00g	
<b>Protein</b>		27.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	263.00mg	<b>Iron</b>	2.88mg

# HAM / CHEESE SANDWICH

<b>Servings:</b>	18.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GFS	36 Slice		204822
CHEESE AMER 184CT SLCD 4-5 GFS	18 Slice		272744
TURKEY HAM SLCD 12-1 JENNO	108 Slice		556121

## Preparation Instructions

No Preparation Instructions available.

### 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: 18.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		325.00	
<b>Fat</b>		10.50g	
<b>SaturatedFat</b>		4.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		70.00mg	
<b>Sodium</b>		920.00mg	
<b>Carbohydrates</b>		37.50g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		6.00g	
<b>Protein</b>		23.50g	
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	175.00mg	<b>Iron</b>	2.88mg

# TURKEY ROLL UP

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	1 Each	READY_TO_EAT HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	220462
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
CHEESE AMER 184CT SLCD 4-5 GFS	1 Slice		272744

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.04
<b>Grain</b>	0.03
<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: 70.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	4.36		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.79mg		
<b>Sodium</b>	8.93mg		
<b>Carbohydrates</b>	0.38g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.34g		
<b>Vitamin A</b>	2.14IU	<b>Vitamin C</b>	0.00mg

**Calcium** 2.21mg **Iron** 0.03mg



# Spicy Chicken Patty

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	50 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

## Preparation Instructions

**BAKE**

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

**CONVECTION**

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 50.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	270.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	400.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	15.00g

<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.70mg

# Cheeseburger 9-12

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 184CT SLCD 4-5 GFS	50 Slice		272744
4" Bun, WG	50 Each	READY_TO_EAT	3159

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

### SLE Components

Amount Per Serving

<b>Meat</b>	3.25
<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: 50.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	385.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	26.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	26.50g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	75.00mg	<b>Iron</b>	1.80mg

# Pepperoni Rippers

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 sticks	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
W/G Pepperoni Pizza Rippers	150 sticks	<b>BAKE</b> Allow to thaw prior to cooking. Cook for 9 - 12 minutes in a 325°F - 350°F convection oven. Products appear to be cooked but are not and need to be cooked to an internal temperature of 165°F. Keep frozen, may be refrigerated.	090B

## Preparation Instructions

No Preparation Instructions available.

### 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: 50.00

Serving Size: 3.00 sticks

Amount Per Serving			
<b>Calories</b>	270.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	8.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	4.00mg

# Cheese Rippers

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 sticks	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
W/G Cheese Pizza Rippers	150 sticks	<b>BAKE</b> Allow to thaw prior to cooking. Cook for 9 - 12 minutes in a 325°F - 350°F convection oven. Products appear to be cooked but are not and need to be cooked to an internal temperature of 165°F. Keep frozen, may be refrigerated.	092B

## Preparation Instructions

\*\*ALLERGEN MILK, SOY, WHEAT\*\*

### 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: 50.00

Serving Size: 3.00 sticks

<b>Amount Per Serving</b>			
<b>Calories</b>	340.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	600.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	8.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	20.00mg

# Fresh Salad w/ Ranch

<b>Servings:</b>	15.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Pound		735787
DRESSING RNCH LT 4-1GAL GCHC	12 Fluid Ounce		472999

## Preparation Instructions

Wash Hands and put on proper gloves

Mix Romaine lettuce with the ranch dressing 15 minutes before serving.

Place pan of frozen ice pack for service.

Hold for cold service at 41 degrees or below

**\*\*ALLERGENS; MILK, EGG\*\***

## 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>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	64.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	9.60g		
<b>Fiber</b>	0.80g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	3999.92IU	<b>Vitamin C</b>	24.00mg
<b>Calcium</b>	32.00mg	<b>Iron</b>	0.58mg

# Diced Pear Cup

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD XL/S 6-10 GFS	1 #10 CAN		290203

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		72.43	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		10.35mg	
<b>Carbohydrates</b>		17.59g	
<b>Fiber</b>		1.03g	
<b>Sugar</b>		15.52g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Deluxe Burger

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 PATTY	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	50 Piece	<b>BAKE</b> This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641
3 1/2" Whole Grain Hamburger Bun	50 Each		

## Preparation Instructions

\*\*ALLERGENS: WHEAT AND MILK\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<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: 50.00

Serving Size: 1.00 PATTY

Amount Per Serving			
<b>Calories</b>	280.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	64.00mg	<b>Iron</b>	11.44mg



# Green Beans

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	1 #10 CAN	BAKE	221990

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly.

Pour beans into a steam table pan.

Place in

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

### 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: 24.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	20.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	139.99mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	4.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	4.00mg

# Diced Peaches

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GFS	1 #10 CAN		268348

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		62.08	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		10.35mg	
<b>Carbohydrates</b>		14.49g	
<b>Fiber</b>		1.03g	
<b>Sugar</b>		13.45g	
<b>Protein</b>		1.03g	
<b>Vitamin A</b>	206.93IU	<b>Vitamin C</b>	1.24mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chicken Dippers

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX GRILLBITES CHARB 400-.65Z PIER	200 Each	<b>BAKE</b> Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 6-7 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 4-5 minutes time.	534684

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 50.00

Serving Size: 4.00 Piece

Amount Per Serving			
<b>Calories</b>	150.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	350.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

# Mashed Potatoes

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package	<b>RECONSTITUTE</b> 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

## Preparation Instructions

1: Pour 4 Liters (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half steamtable pan. 2: Add all potatoes

and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

Hold for service at 145 degrees

\*\*ALLERGEN: MILK\*\*

## 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>	0.76

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.75 Cup

Amount Per Serving			
<b>Calories</b>		106.06	
<b>Fat</b>		0.76g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		143.94mg	
<b>Carbohydrates</b>		21.21g	
<b>Fiber</b>		1.52g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		3.03g	
<b>Vitamin A</b>	2.88IU	<b>Vitamin C</b>	15.21mg
<b>Calcium</b>	12.65mg	<b>Iron</b>	0.39mg

# Mandarin Oranges

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND BRKN L/S 6-10 GFS	1 6/19 #10 CAN		152811

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		122.92	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		13.66mg	
<b>Carbohydrates</b>		27.32g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		25.95g	
<b>Protein</b>		1.37g	
<b>Vitamin A</b>	546.30IU	<b>Vitamin C</b>	24.58mg
<b>Calcium</b>	27.32mg	<b>Iron</b>	0.49mg

# Macaroni and Cheese K-8

<b>Servings:</b>	13.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	5 Pound		609121

## Preparation Instructions

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, EGG, WHEAT\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.05
<b>Grain</b>	1.03
<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: 13.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

<b>Calories</b>	302.15		
<b>Fat</b>	15.08g		
<b>SaturatedFat</b>	8.31g		
<b>Trans Fat</b>	0.51g		
<b>Cholesterol</b>	48.21mg		
<b>Sodium</b>	777.95mg		
<b>Carbohydrates</b>	26.67g		
<b>Fiber</b>	2.05g		
<b>Sugar</b>	3.08g		
<b>Protein</b>	16.41g		
<b>Vitamin A</b>	670.77IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	372.31mg	<b>Iron</b>	1.03mg

# Steamed Broccoli

<b>Servings:</b>	19.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	9 1/2 Cup		610902
SEASONING VEGETABLE NO SALT 21Z TRDE	1 Teaspoon		647230

## Preparation Instructions

9.50 cups = to 4# of frozen broccoli

Stove Top Preparation: Place in a minimum amount of boiling water while still frozen. The low temperature of the frozen vegetables will cool the water and stop boiling. Cook from second boil until tender and reach a temperature of 140°F. Avoid overcooking for better flavor and color.

Add seasoning.

Steamer: Pour into 2" perforated steam table pan with non-perforated pan. Heat just until tender and reach a temperature of 145°F.

Hold for hot service at 145 degrees

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.33
<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: 19.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	21.05		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	13.33mg		
<b>Carbohydrates</b>	2.88g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	1.33g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	20.00mg
<b>Calcium</b>	13.33mg	<b>Iron</b>	0.00mg

# Grilled Chicken

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	50 Each		561331

## Preparation Instructions

APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 16-20 MINUTES. CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 20-24 MINUTES

Heat to 165 degrees

Hold for service at 145 degrees

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	310.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.72mg



# Southwest Beef Pizza

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	12 Each	<b>BAKE</b> COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	487272

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, WHEAT, SOY\*\*

### 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: 12.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	710.00mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 91.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 241.00mg **Iron** 3.10mg

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# Corn

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL R/SOD 6-10 P/L	1 #10 CAN		222011

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly.

Pour corn into a steam table pan.

Place in

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

### 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>	0.50

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	86.22		
<b>Fat</b>	1.08g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.89mg		
<b>Carbohydrates</b>	18.32g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	4.31g		
<b>Protein</b>	2.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.88mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Cheeseburger K-8

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 184CT SLCD 4-5 GFS	50 Slice		272744
BEEF PTY FLAMEBR 210-2.4Z	50 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	205030
3.5" Whole Grain Hamburger Bun	50 1		3354

## Preparation Instructions

\*\*ALLERGENS: SOY,WHEAT\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	1.50
<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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	295.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	22.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	19.50g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	97.00mg	<b>Iron</b>	9.80mg

# Mini Pancakes

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	50 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269220

## Preparation Instructions

Hold for hot service at 145 degrees

\*\*ALLERGENS: MILK, WHEAT, EGG\*\*

### 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: 50.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	220.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	130.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

# Chicken Stix

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	200 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283562

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

**\*\*ALLERGENS: SOY, WHEAT\*\***

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
<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: 50.00

Serving Size: 4.00 Piece

#### Amount Per Serving

<b>Calories</b>	115.00		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	6.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Emoji Potatoes

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	5.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	250 Piece	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818

## Preparation Instructions

Hold for hot service at 145 degrees

### 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>	0.75

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 5.00 Piece

#### Amount Per Serving

<b>Calories</b>	269.71		
<b>Fat</b>	9.34g		
<b>SaturatedFat</b>	1.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	373.44mg		
<b>Carbohydrates</b>	41.49g		
<b>Fiber</b>	4.15g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	4.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	4.98mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.75mg

# Applesauce

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GFS	1 #10 CAN		271497

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

### 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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		51.73	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		10.35mg	
<b>Carbohydrates</b>		13.45g	
<b>Fiber</b>		2.07g	
<b>Sugar</b>		9.31g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Rotini W/Meat Sauce

<b>Servings:</b>	10.50	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	5 Pound		728590

## Preparation Instructions

Place sealed bags in steamer or in boiling water, heat approximately 45 minutes or until product reaches serving temperature of 165°

Place in heated cabinet and hold at 145°F until service

\*\*ALLERGENS: EGG, WHEAT\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.05
<b>Grain</b>	0.51
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.51
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 10.50

Serving Size: 8.00 Ounce

#### Amount Per Serving

<b>Calories</b>	321.56		
<b>Fat</b>	16.39g		
<b>SaturatedFat</b>	6.35g		
<b>Trans Fat</b>	1.02g		
<b>Cholesterol</b>	55.30mg		
<b>Sodium</b>	620.58mg		
<b>Carbohydrates</b>	24.58g		
<b>Fiber</b>	4.10g		
<b>Sugar</b>	8.19g		
<b>Protein</b>	18.43g		
<b>Vitamin A</b>	627.75IU	<b>Vitamin C</b>	23.55mg
<b>Calcium</b>	56.32mg	<b>Iron</b>	3.07mg

# Shrimp Poppers

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	20.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	2 Pound		275752

## Preparation Instructions

TO BAKE: Preheat oven to 425°F. Place frozen Shrimp Poppers in a single layer on a baking sheet on center oven rack and bake for 8 to 10 minutes or until golden brown.

TO BAKE: (convection oven): Preheat oven to 375°F. Place frozen Shrimp Poppers in a single layer on a baking sheet on center oven rack and bake for 7 to 8 minutes or until golden brown.

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: WHEAT, SOY, SHELLFISH\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	1.07
<b>Grain</b>	1.33
<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: 10.00

Serving Size: 20.00 Piece

#### Amount Per Serving

<b>Calories</b>	224.00		
<b>Fat</b>	10.67g		
<b>SaturatedFat</b>	1.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.67mg		
<b>Sodium</b>	298.67mg		
<b>Carbohydrates</b>	22.40g		
<b>Fiber</b>	4.27g		
<b>Sugar</b>	1.07g		
<b>Protein</b>	9.60g		
<b>Vitamin A</b>	14.05IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	25.80mg	<b>Iron</b>	1.74mg

# Pepperoni Bosco Sticks

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PEPP CHS WGRAIN 144-4BOSC	144 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>Preheat oven to 400° F.</li> <li>Place Pepperoni Sticks on a baking sheet.</li> <li>THAWED: 6-8 minutes.</li> <li>Let stand 2 minutes before serving.</li> </ol> <p>1. Oven temperatures may vary. Adjust cooking time and or temperatures as needed.</p> <ol style="list-style-type: none"> <li>Top Pepperoni Sticks with butter and parmesan cheese (not included) after cooking.</li> <li>This product must be cooked thoroughly to an internal temperature of at least 165° F before serving.</li> </ol> <p><b>DEEP_FRY</b> Deep Fry</p> <ol style="list-style-type: none"> <li>Heat oil to 350°F.</li> <li>Place sticks in frying oil.</li> <li>THAWED: 3-4 minutes.</li> <li>Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b></p> <ol style="list-style-type: none"> <li>Oven temperatures may vary. Adjust cooking time and or temperatures as needed.</li> <li>Top Pepperoni Sticks with butter and parmesan cheese (not included) after cooking.</li> <li>This product must be cooked thoroughly to an internal temperature of at least 165° F before serving.</li> </ol> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>Thaw before cooking.</li> <li>Keep Pepperoni Sticks covered while thawing.</li> <li>Pepperoni Sticks may be thawed in packaging.</li> <li>Pepperoni Sticks have 7 days shelf life when refrigerated.</li> </ol> <ol style="list-style-type: none"> <li>Oven temperatures may vary. Adjust cooking time and or temperatures as needed.</li> <li>Top Pepperoni Sticks with butter and parmesan cheese (not included) after cooking.</li> <li>This product must be cooked thoroughly to an internal temperature of at least 165° F before serving.</li> </ol>	787421

# Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, WHEAT\*\*

## 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: 72.00

Serving Size: 2.00 Piece

### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	460.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	1.44mg

# Taco Meat

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	5 Pound		722330

## Preparation Instructions

Place frozen sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches 165°F

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: SOY\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	0.00
<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: 25.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	112.45		
<b>Fat</b>	4.95g		
<b>SaturatedFat</b>	1.82g		
<b>Trans Fat</b>	0.29g		
<b>Cholesterol</b>	35.33mg		
<b>Sodium</b>	294.66mg		
<b>Carbohydrates</b>	5.05g		
<b>Fiber</b>	2.02g		
<b>Sugar</b>	2.02g		
<b>Protein</b>	12.92g		
<b>Vitamin A</b>	651.10IU	<b>Vitamin C</b>	5.05mg
<b>Calcium</b>	41.39mg	<b>Iron</b>	2.02mg

# Refried Beans

<b>Servings:</b>	16.76	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	5.51 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	1 Package		183910

## Preparation Instructions

1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steam table. Hold for hot service at 145 degrees

### 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>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 16.76

Serving Size: 5.51 Ounce

#### Amount Per Serving

<b>Calories</b>	180.70		
<b>Fat</b>	1.51g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	652.52mg		
<b>Carbohydrates</b>	31.12g		
<b>Fiber</b>	10.04g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	10.04g		
<b>Vitamin A</b>	0.70IU	<b>Vitamin C</b>	0.99mg
<b>Calcium</b>	56.17mg	<b>Iron</b>	2.42mg

# Breaded Chicken Bites

<b>Servings:</b>	18.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	5 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, SOY, WHEAT\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.07
<b>Grain</b>	1.03
<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: 18.00

Serving Size: 10.00 Piece

Amount Per Serving			
<b>Calories</b>	277.98		
<b>Fat</b>	13.43g		
<b>SaturatedFat</b>	3.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	62.00mg		
<b>Sodium</b>	609.71mg		
<b>Carbohydrates</b>	20.67g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	18.60g		
<b>Vitamin A</b>	173.61IU	<b>Vitamin C</b>	1.03mg
<b>Calcium</b>	17.57mg	<b>Iron</b>	2.07mg

# French Toast Sticks

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	75 Each		646222

## Preparation Instructions

Preheat Oven to 325°F.

Place a single layer of the french toast on a baking sheet lined with baking paper. Cover with aluminum foil.

Bake for 6-8 minutes or until internal temperatures reaches 155°F.

Hold for hot service at 145 degrees

**\*\*ALLERGENS: MILK, EGG, WHEAT\*\***

### 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: 25.00

Serving Size: 3.00 Piece

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	105.00mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	1.00mg



# Sausage Patty

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	50 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. <b>PAN_FRY</b> Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.	138941

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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: 50.00

Serving Size: 1.00 Piece

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	250.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	0.00mg	<b>Iron</b>	0.72mg
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# Sloppy Joe

<b>Servings:</b>	22.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.63 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

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

## Preparation Instructions

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGEN: SOY\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<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: 22.00

Serving Size: 3.63 Ounce

#### Amount Per Serving

<b>Calories</b>	145.25		
<b>Fat</b>	6.01g		
<b>SaturatedFat</b>	2.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.08mg		
<b>Sodium</b>	417.73mg		
<b>Carbohydrates</b>	10.02g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.01g		
<b>Protein</b>	13.02g		
<b>Vitamin A</b>	459.80IU	<b>Vitamin C</b>	6.01mg
<b>Calcium</b>	34.06mg	<b>Iron</b>	2.00mg

# Mini Maple Waffles

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	25 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269260

## Preparation Instructions

Hold for hot service at 145 degrees

\*\*ALLERGENS: SOY, MILK, EGG, WHEAT\*\*

### 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: 25.00

Serving Size: 1.00 Package

Amount Per Serving			
<b>Calories</b>	200.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

# Pancake Wrap

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP BLUEB WGRAIN STIX 56-2.85Z	25 Each		497182

## Preparation Instructions

RE HEATING INSTRUCTIONS

CONVENTIONAL OVEN 350°F

- FROZEN: 31-33 MINUTES ; THAWED 22-25 MINUTES. QUANTITY - FULL SHEET PAN

CONVECTION OVEN 350°F

- FROZEN: 16-18 MINUTES ; THAWED 10-12 MINUTES. QUANTITY - FULL SHEET PAN

INTERNAL TEMPERATURE OF PRODUCT SHOULD REACH 165°F.

CAUTION:

PRODUCT WILL BE HOT. TIMES AND TEMPERATURES MAY VARY BASED ON ACTUAL EQUIPMENT AND QUANTITY OF PRODUCT PREPARED.

Hold for hot service at 145 degrees

\*\*ALLERGENS: WHEAT, SOY, EGGS, GLUTEN\*\*

### 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: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	360.00mg
<b>Carbohydrates</b>	18.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g

<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>	1.44mg

# Mashed Potato Bowl

<b>Servings:</b>	45.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL R/SOD 6-10 P/L	1 #10 CAN	Heat Corn to 145 Degrees	222011
CHIX PCORN LRG WGRAIN CKD 6-5	6 1/4 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CHEESE CHED MLD SHRD 4-5# COMM	2 1/2 Pound		150250
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package	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
GRAVY MIX TKY 12-15Z GCHC	1 Quart	Prepare gravy according to package instructions and hold hot.	242440

## Preparation Instructions

Spray 4" full sized steam table pan with pan release.

Place hot mashed potatoes in bottom of pan

Place hot corn on the top of the potatoes.

Layer 4 cups of hot chicken gravy over corn.

Top with 2.5 pounds of cheese

Place foil on pan and heat in oven for 10 minutes. Uncover and heat an additional 3-5 minutes.

Place in preheated holding unit until service at 145 degrees

## SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	0.52
<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>	1.00

## Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 6.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>		365.44	
<b>Fat</b>		16.34g	
<b>SaturatedFat</b>		6.88g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		57.67mg	
<b>Sodium</b>		1158.46mg	
<b>Carbohydrates</b>		36.11g	
<b>Fiber</b>		3.37g	
<b>Sugar</b>		3.72g	
<b>Protein</b>		18.55g	
<b>Vitamin A</b>	88.09IU	<b>Vitamin C</b>	9.35mg
<b>Calcium</b>	201.25mg	<b>Iron</b>	1.21mg



# Pepperoni Calzone

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	50 Each	Allow to thaw prior to cooking. Cook for 12 - 15 minutes in a 325°F - 350°F convection oven. Products appear to be cooked but are not and need to be cooked to an internal temperature of 165°F. Keep frozen, may be refrigerated	135191

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: wheat Soy, Milk, Egg\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<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: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	361.00mg	<b>Iron</b>	2.00mg

# BBQ Beef Rib Sandwich 9-12

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
4" Bun, WG	25 Each	READY_TO_EAT	3159

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, SOY, WHEAT\*\* (BEEF RIB)

: WHEAT (BUN)

### 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: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	860.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Sweet Potato Fries

<b>Servings:</b>	15.18	<b>Category:</b>	Vegetable
<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 #
FRIES SWT C/C SLIM 5-3 SWT THINGS	3 Pound		767650

## Preparation Instructions

### Cooking Instructions

Conventional Oven: Preheat oven to 400F. Minimum cook weight 1 lb. Arrange product in a single layer.

Bake 2125 minutes or to desired crispness and texture.

Convection Oven: Preheat oven to 400F. Minimum cook weight 1 lb. Arrange product in a single layer.

Bake 1012 minutes or to desired crispness and texture.

Perishable. Keep frozen DO NOT THAW. Store at 0°F (18°C) or colder. PRODUCT MUST BE COOKED THOROUGHLY. Product must reach a minimum of 165°F (74°C) internal

temperature as measured by a food thermometer in several spots.

Hold for hot service at 145 degrees

\*\*ALLERGENS: NONE\*\*

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

### Nutrition Facts

Servings Per Recipe: 15.18

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	139.65		
<b>Fat</b>	4.99g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	179.55mg		
<b>Carbohydrates</b>	23.94g		
<b>Fiber</b>	2.99g		
<b>Sugar</b>	7.98g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.95mg	<b>Iron</b>	0.00mg

# Goldrush Juice

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Carton	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	25 Carton		597380

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Carton

#### Amount Per Serving

<b>Calories</b>	40.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	60.00mg
<b>Carbohydrates</b>	10.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 5000.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

# Animal Crackers

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER ANIMAL WGRAIN 150-1Z KEEB	25 Package		682840

## Preparation Instructions

\*\*ALLERGENS: WHEAT, SOY\*\*

### 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>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	130.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	110.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.08mg

# Fruit Punch

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Carton	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE FRT PNCH 100 70-4FLZ SNCUP	25 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<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: 25.00

Serving Size: 1.00 Carton

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

# Mini Rice Crispy Treat

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TREAT RICE KRISPIE MINI WGRAIN 600CT	25 Each		565002

## Preparation Instructions

\*\*ALLERGENS: MILK, SOY\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.25
<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: 25.00

Serving Size: 1.00 Package

Amount Per Serving			
<b>Calories</b>	50.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	45.00mg		
<b>Carbohydrates</b>	9.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

# Cereal Bar

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	50 Each	READY_TO_EAT Ready to eat cereal bars	268690

## Preparation Instructions

\*\*ALLERGENS: WHEAT, SOY\*\*

### 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>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	100.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	250.00mg	<b>Iron</b>	1.80mg



# Breakfast Kit

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCO PUFFS BKFST KIT R/S 60CT	25 Package	READY_TO_EAT Ready-to-eat	533130

## Preparation Instructions

\*\*ALLERGENS: CHECK IND. PACKAGING\*\*

### 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>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

# Hawaiian Ham Cheese Slider

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND TKY HAM&CHS WGRAIN IW 100-3.4Z	25 Package		672642

## Preparation Instructions

Thaw overnight.

\*\*ALLERGENS: WHEAT, MILK, SOY, GLUTEN\*\*

### 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: 25.00

Serving Size: 1.00 Package

<b>Amount Per Serving</b>			
<b>Calories</b>	186.20		
<b>Fat</b>	4.20g		
<b>SaturatedFat</b>	1.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	17.00mg		
<b>Sodium</b>	392.20mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	10.60g		
<b>Vitamin A</b>	121.85IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	105.20mg	<b>Iron</b>	1.85mg

# Grape Juice

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	25 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<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: 25.00

Serving Size: 4.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.36mg

# Goldfish Crackers

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	25 Package		736280

## Preparation Instructions

\*\*ALLERGENS: WHEAT, MILK\*\*

### 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>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

# Fish Sandwich 9-12

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	12 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
4" Bun, WG	12 Each	READY_TO_EAT	3159
CHEESE AMER 184CT SLCD 4-5 GFS	12 Slice		272744

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGEN: FISH, MILK, WHEAT, SOY (FISH)

: WHEAT (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: 12.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	355.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	920.00mg		
<b>Carbohydrates</b>	43.50g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	19.50g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 95.00mg **Iron** 1.08mg