

Cookbook for Cheatham County School District

Created by HPS Menu Planner

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Ketchup

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD 1000-9GM HNZ	1 Tablespoon		603842

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		10.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		25.00mg	
Carbohydrates		3.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mustard

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT 1000-1/5Z HNZ	1 Teaspoon		302112

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		0.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		70.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

1-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 #
Romaine, Chopped	1 Cup	BAKE	15D44
Shredded Cheddar	1 Tablespoon		
TOMATO CHERRY 11 MRKN	3 Each		569551

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
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	108.10		
Fat	6.10g		
SaturatedFat	3.52g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	206.25mg		
Carbohydrates	4.25g		
Fiber	0.55g		
Sugar	1.25g		
Protein	8.40g		
Vitamin A	374.70IU	Vitamin C	5.71mg
Calcium	19.50mg	Iron	0.12mg

3-Corn, Commodity

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	30 Pound		100348
BUTTER SUB 24-4Z BTRBUDS	1/2 Package		209810

Preparation Instructions

Spray pan with food release spray.

Mix butter buds according to package.

Pour butter buds over the pans of corn.

Cook until corn reaches a temperature of 140 or higher. (It shouldn't take more than 8-10 minutes).

Place one pan on the serving line. Cover any additional pans and place in the warmer.

CCP: Hold at 140 degrees or higher.

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	0.50

Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	69.04		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.45mg		
Carbohydrates	16.58g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Juice Variety

Servings:	2.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% Apple Juice	4 Ounce		
100% Orange Juice	4 Ounce		

Preparation Instructions

No Preparation Instructions available.

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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	55.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	13.50g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	30.00mg
Calcium	5.00mg	Iron	1.00mg

2-Baked Beans

Servings:	56.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
BEAN KETTLE BRN SUGAR 6-10 HRTHTN	1 #10 CAN		822477

Preparation Instructions

Do not drain the liquid off the beans! It is necessary for the crediting!

Pour 1 can of vegetarian bans and 1 can of baked beans into a 4 inch half size pan and stir.

Place a lid on the pan and steam for about 20 min.

Serve with sauce in a 1/2 c (#8) scoop.

CCP: Heat to 140 degrees or higher for at least 15 seconds.

CCP: HOId at 140 degrees or higher for service

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.73
Starch	0.00

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	105.80		
Fat	0.73g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	227.04mg		
Carbohydrates	20.16g		
Fiber	5.27g		
Sugar	5.73g		
Protein	5.81g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.48mg	Iron	0.67mg

5-carrot stick cups

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	4 Ounce		768146

Preparation Instructions

Portion out 1/2 cup of carrot sticks and place in a cup for service.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	46.22		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	78.22mg		
Carbohydrates	10.67g		
Fiber	3.56g		
Sugar	5.33g		
Protein	0.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.56mg	Iron	0.32mg

4-Celery Stick cups

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1/2 Cup		781592

Preparation Instructions

If sticks are too big, cut them in two.

Place 1/2 cup of celery sticks in cups for service (approximately 7 sticks)

CCP: Hold for cold service at 40 degrees or lower.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	8.70		
Fat	0.10g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	49.60mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.45g		
Vitamin A	278.38IU	Vitamin C	1.92mg
Calcium	24.80mg	Iron	0.13mg

5-Sweet Potato Mash

Servings:	37.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED SWT 12-2 LAMB	5 Package		353870
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon	TO TASTE/FOR GARNISH	224723

Preparation Instructions

BOILING: PLACE FROZEN BAG IN POT OF BOILING WATER FOR APPROXIMATELY 20 MINUTES. HEAT CONTENTS TO 160 DEGREES F TO 170 DEGREES F

Prepare 5 bags and place in pans for service. Garnish with a sprinkle of cinnamon.

Serve with a #8 (1/2 cup) scoop.

CCP: Hold at 140 degrees or higher for service.

Note: Mashed sweet potatoes are lightly seasoned with brown sugar, molasses, and sweet butter creating a homestyle taste. May wish to add cinnamon to taste.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.51
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		122.39	
Fat		1.02g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		45.89mg	
Carbohydrates		27.54g	
Fiber		3.06g	
Sugar		15.30g	
Protein		1.02g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.01mg	Iron	1.02mg

4-Mixed Vegetable

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 30 KE	25 Cup		283771
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon		265103
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
Black Pepper	1 Teaspoon		24108

Preparation Instructions

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN.

NOTE: THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR.

SEASON TO TASTE WITH GARLIC POWDER, MRS. DASH, AND PEPPER.

CCP: Hold at 140 degrees or higher for service.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	52.24		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.66mg		
Carbohydrates	8.96g		
Fiber	2.24g		
Sugar	2.24g		
Protein	1.49g		
Vitamin A	559.70IU	Vitamin C	4.48mg

Calcium 14.93mg **Iron** 0.54mg

4-Green Beans

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 GREEN CUT MXD SV LO SOD 6-10	2 #10 CAN	HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990
BUTTER SUB 24-4Z BTRBUDS	1/4 Cup		209810
SPICE BLND ORIG 3-21Z MDASH	1/2 Tablespoon		265103
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

Preparation Instructions

Wash tops of cans before opening. Clean can opener when done.

Pour cans into 4 inch pan (2 cans per pan). Measure out 1/2 TBSP Mrs. Dash, 1/2 cup onions, and add 1/4 cup of butter buds per pan.

After all is added to beans, cover and place in oven on steam and cook for about 20 min or until temperature reaches 140 degrees.

Place pans into hot holding until service.

Serve with 1/2 cup ladle.

CCP: Hold at 140 degrees or higher.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.51

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		20.96	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		147.60mg	
Carbohydrates		4.48g	
Fiber		2.04g	
Sugar		2.04g	
Protein		1.02g	
Vitamin A	4.08IU	Vitamin C	6.12mg
Calcium	2.04mg	Iron	4.08mg

3-Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package		146581
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
Black Pepper	1/2 Teaspoon		24108

Preparation Instructions

Spray a 4' deep pan with food release spray.

RECONSTITUTE

1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 4" deep pan. 2: Add all potatoes and seasonings, then stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

CCP: Hold at 140 degrees or higher for service

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	0.50

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	71.66		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	107.35mg		
Carbohydrates	14.45g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.01g		
Vitamin A	1.91IU	Vitamin C	10.08mg
Calcium	8.38mg	Iron	0.26mg

Brown Gravy

Servings:	136.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Package		552050

Preparation Instructions

IN 6 INCH DEEP HALF SIZE SERVING PAN ADD 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT.

GRADUALLY ADD FULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK.

RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE.

CCP: HOId at 140 degrees or higher for service

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: 136.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	47.01		
Fat	0.94g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	263.28mg		
Carbohydrates	9.40g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	4 Each		497360

Preparation Instructions

CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES.

THAWED, 10 MINUTES.

**FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING.

CCP: HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories	180.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	280.00mg		
Carbohydrates	20.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.44mg

Stuffed Crust Pizza

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each		134686
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Each		261680
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each		259910

Preparation Instructions

THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16" PIZZA PIE AND FIT 12 TO A PAN.

CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CONVENTIONAL OVEN: BAKE AT 400 DEGREES F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CCP: Heat to 165 degrees or higher

CCP: Hold for service at 140 degrees or higher

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	340.00
Fat	14.33g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	18.33mg
Sodium	810.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	3.67g
Protein	15.33g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium	260.00mg	Iron	2.03mg
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Salisbury Steak

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD 114-3Z ADV	1 Each	GRILL Flat grill: preheat flat grill to 350 degrees f. Heat frozen product 2-4 minutes per side or until internal temperature reaches 165 degrees f. Conventional oven: preheat oven to 375 degrees f. Heat frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 2-3 minutes or until internal temperature reaches 165 degrees f.	690030

Preparation Instructions

Conventional oven: preheat oven to 375 degrees. Heat frozen product for 20-25 minutes or until internal temperature reaches 165 degrees.

Convection oven: preheat oven to 350 degrees. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees.

Offer 1 oz. Brown Gravy on top during service (see gravy recipe for instructions).

CCP: Heat to 165 degrees or higher for a minimum of 15 secs.

CCP: Hold at 140 degrees or higher for service.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.00
Fat	7.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	430.00mg
Carbohydrates	4.00g
Fiber	1.00g
Sugar	1.00g

Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Hot Dog

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each		564053

Preparation Instructions

Thawing Instructions:

Thaw frozen franks to an internal temperature of 35° - 40°. Do NOT thaw at room temperature.

Steamer: Place franks on steam table pan in a single layer. Place pan in steam, close door and steam until internal temperature reaches 140° F (approximately 10 min).

Oven: Lay franks on a sheet pan with a little space between each one.

Convection Oven: Cook time 8-10 minutes or until internal temp reaches 140°F

Conventional Oven: Cook time 15-18 minutes or until internal temp reaches 140°F

CCP: Heat to 140 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Place hot dog in bun for service.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00
Fat	11.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	365.00mg
Carbohydrates	25.00g
Fiber	5.00g
Sugar	3.00g
Protein	13.00g

Vitamin A	0.00IU	Vitamin C	6.00mg
Calcium	100.00mg	Iron	2.16mg

Meatloaf

Servings:	1.00	Category:	Entree
Serving Size:	2.90 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Meatloaf	2 9/10 Ounce	BAKE Conventional Oven: From Frozen State: Preheat oven to 350 F for 22-24 minutes. Convection Oven: From Frozen State: Preheat oven to 350 F for 12 - 14 minute	

Preparation Instructions

BAKE

Conventional Oven: From Frozen State: Preheat oven to 350 F for 22-24 minutes.

Convection Oven: From Frozen State: Preheat oven to 350 F for 12 - 14 minute

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: 1.00

Serving Size: 2.90 Ounce

Amount Per Serving

Calories	170.00		
Fat	10.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	390.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	12.00g		
Vitamin A	4.00IU	Vitamin C	15.00mg
Calcium	6.00mg	Iron	8.00mg