

Cookbook for Manchester Community Schools IN

Created by HPS Menu Planner

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Bagel, Whole Grain White

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each		217911

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	140.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Every Day Breakfast MJSH

Servings:	9.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
CHEESE CREAM CUP 100-1Z PHIL	1 Each		257737
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
BAR CEREAL CINN TST WGRAIN 96-1.42Z	2 Each	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	2 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	2 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	2 Each	READY_TO_EAT Ready to eat cereal bars	268690
CEREAL SMORES KRAVE POUK 96-1Z KELL	2 Package		512292
APPLESAUCE BLUE RASPB 96-4.5Z COMM	5 Each		136711
APPLESAUCE CINNAMON 96-4.5Z COMM	6 Each		645060
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	7 Each		118921
1% Lowfat White Milk	2 1 carton		
Chocolate Fat Free Milk	7 Carton		
Strawberry Milk, Fat Free	2 1 carton		
Grape Juice 100% Fresh	1 1 each		

Description	Measurement	Prep Instructions	DistPart #
Orange Juice - 100% Fresh	3 1 each		

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.86
Fruit	0.78
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	445.00
Fat	6.40g
SaturatedFat	1.38g
Trans Fat	0.00g
Cholesterol	3.13mg
Sodium	305.14mg
Carbohydrates	90.67g
Fiber	5.56g
Sugar	52.08g
Protein	6.00g
Vitamin A 591.60IU	Vitamin C 134.48mg
Calcium 267.76mg	Iron 3.78mg

Every Day Breakfast MJSH

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
CHEESE CREAM CUP 100-1Z PHIL	1 Each		257737

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		210.00	
Fat		8.00g	
SaturatedFat		4.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		275.00mg	
Carbohydrates		29.00g	
Fiber		4.00g	
Sugar		5.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	73.00mg	Iron	1.80mg

Monday MJSH

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Ounce		642230
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	2 Each		557991

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	236.67		
Fat	7.17g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	41.67mg		
Sodium	173.33mg		
Carbohydrates	37.83g		
Fiber	2.33g		
Sugar	18.83g		
Protein	4.67g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	56.67mg	Iron	1.32mg

Sweetened Applesauce

Servings:	144.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE SWT 6-10 GFS	51/100 Cup		278971

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: 144.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		0.64	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.07mg	
Carbohydrates		0.16g	
Fiber		0.01g	
Sugar		0.13g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sweetened Applesauce

Servings:	144.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE SWT 6-10 GFS	1/2 Cup		278971

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: 144.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	0.63		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.07mg		
Carbohydrates	0.15g		
Fiber	0.01g		
Sugar	0.13g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Orange - Fresh

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Each		322326

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
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 Serving

Amount Per Serving			
Calories	0.53		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.13g		
Fiber	0.03g		
Sugar	0.11g		
Protein	0.01g		
Vitamin A	2.54IU	Vitamin C	0.60mg
Calcium	0.45mg	Iron	0.00mg

Orange - Fresh

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Each		322326

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
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 Serving

Amount Per Serving			
Calories	0.53		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.13g		
Fiber	0.03g		
Sugar	0.11g		
Protein	0.01g		
Vitamin A	2.54IU	Vitamin C	0.60mg
Calcium	0.45mg	Iron	0.00mg

Banana

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	0.70		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.01mg		
Carbohydrates	0.18g		
Fiber	0.02g		
Sugar	0.09g		
Protein	0.01g		
Vitamin A	0.50IU	Vitamin C	0.07mg
Calcium	0.04mg	Iron	0.00mg

Banana

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	0.70		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.01mg		
Carbohydrates	0.18g		
Fiber	0.02g		
Sugar	0.09g		
Protein	0.01g		
Vitamin A	0.50IU	Vitamin C	0.07mg
Calcium	0.04mg	Iron	0.00mg

Refried Beans

Servings:	126.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	200 4/5 Ounce	RECONSTITUTE 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 steamtable. 4: Season if desired, stir, serve.	703753

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 126.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	167.25		
Fat	1.48g		
SaturatedFat	0.49g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	600.14mg		
Carbohydrates	29.51g		
Fiber	9.84g		
Sugar	0.00g		
Protein	9.84g		
Vitamin A	0.00IU	Vitamin C	0.87mg
Calcium	50.06mg	Iron	2.25mg

Pizza Calzone

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each		135191

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Serving

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

Steamed, Buttered Corn

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	4 Tablespoon		191205
CORN CUT SUPER SWT 6-4 GFS	10 Cup		851329
SALT IODIZED 24-26Z GFS	1 1/2 Teaspoon		108308

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	0.50

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		94.63	
Fat		2.95g	
SaturatedFat		1.40g	
Trans Fat		0.00g	
Cholesterol		6.00mg	
Sodium		193.83mg	
Carbohydrates		15.67g	
Fiber		0.75g	
Sugar		5.22g	
Protein		2.24g	
Vitamin A	80.00IU	Vitamin C	2.69mg
Calcium	0.14mg	Iron	0.00mg

Seasoned Normandy Blend

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	4 Tablespoon		191205
SALT IODIZED 24-26Z GFS	1 1/2 Teaspoon		108308
VEG BLND NORMANDY 12-2 GFS	10 Cup		170615

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		40.00	
Fat		2.20g	
SaturatedFat		1.40g	
Trans Fat		0.00g	
Cholesterol		6.00mg	
Sodium		218.83mg	
Carbohydrates		5.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		1.00g	
Vitamin A	830.00IU	Vitamin C	12.00mg
Calcium	20.14mg	Iron	0.36mg

Seasoned Green Beans

Servings:	66.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GFS	132 Cup		118737
BUTTER PRINT SLTD GRD AA 36-1 GFS	4 Tablespoon		191205
BASE HAM NO ADDED MSG 12-1 GFS	6 Tablespoon		686691
SALT IODIZED 24-26Z GFS	1 Tablespoon		108308

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	2.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 66.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	86.17		
Fat	0.67g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	1.82mg		
Sodium	677.70mg		
Carbohydrates	16.01g		
Fiber	8.00g		
Sugar	8.01g		
Protein	4.00g		
Vitamin A	24.24IU	Vitamin C	0.00mg
Calcium	80.08mg	Iron	2.00mg

Hot and Spicy Chicken Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	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.	327080
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
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 Serving

Amount Per Serving			
Calories	416.98		
Fat	16.94g		
SaturatedFat	3.32g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	648.14mg		
Carbohydrates	43.47g		
Fiber	5.65g		
Sugar	4.38g		
Protein	21.24g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	10.70mg

Garlic, Parmesan Twisted Bread Stick

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	160.00		
Fat	4.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.48mg	Iron	1.60mg

Homemade Cheeseburger Soup

Servings:	256.00	Category:	Entree
Serving Size:	8.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM 4-5 GCHC	6 Cup	READY_TO_EAT Served as a topping on a hot or cold meal	285218
Black Pepper	2 Tablespoon	BAKE	24108
SALT IODIZED 24-26Z GFS	6 Tablespoon		108308
1% Low Fat White Milk	2 1/4 Gallon	READY_TO_DRINK	4752
CHEESE AMER 160CT SLCD R/F 6-5 LOL	12 Pound		722360
FLOUR A/P PASTRY 2-25 KING	6 Cup		260231
POTATO DCD 6-10 GFS	160 Cup		118583
BROTH CHIX NO MSG 12-5 HRTSTN	72 Cup		261564
BUTTER PRINT SLTD GRD AA 36-1 GFS	96 Tablespoon		191205
SPICE BASIL LEAF 26Z TRDE	10 Tablespoon		518341
CELERY DCD 1/4 2-5 RSS	22 1/2 Cup		198196
CARROT DCD 1/4 2-3 RSS	22 1/2 Cup		200972
Beef, Fine Ground, 85/15, Frozen	24 Pound		100158

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.14
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Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.47

Nutrition Facts

Servings Per Recipe: 256.00
 Serving Size: 8.00

Amount Per Serving

Calories	204.33
Fat	8.63g
SaturatedFat	3.32g
Trans Fat	1.12g
Cholesterol	34.61mg
Sodium	799.18mg
Carbohydrates	19.66g
Fiber	2.54g
Sugar	2.63g
Protein	10.44g

Vitamin A	2515.65IU	Vitamin C	12.36mg
Calcium	101.55mg	Iron	0.48mg

Fruit Cocktail

Servings:	144.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL XL/S 6-10 GFS	72 Cup		225304

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.00mg

Hash Brown Triangles

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN TRIANGLE 6-5 MCC	4 Ounce		141520

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	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving			
Calories	200.00		
Fat	10.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	400.00mg		
Carbohydrates	26.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

White Chicken Chili

Servings:	288.00	Category:	Entree
Serving Size:	8.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	20 Pound	UNSPECIFIED Not currently available	570533
BEAN NAVY LO SOD 6-10 GFS	200 Cup		555473
BROTH CHIX NO MSG 12-5 HRTHSTN	60 Cup		261564
CHILIES GREEN DCD 12-26Z ORTG	72 Ounce		131460
SPICE CUMIN GRND 15Z TRDE	3/4 Cup		273945
SPICE OREGANO WHL 24Z TRDE	3/4 Cup		518351
SPICE PEPR RED CAYENNE GRND 16Z TRDE	3 Tablespoon		225088
MILK WHT 2 4-1GAL RGNLBRND	18 Cup		504602
CHEESE CHED MLD SHRD 4-5# COMM	23 Pound		150250
TORTILLA YELLOW RND 40-2Z BRRLOFUN	288 Package		682210

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.02
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 8.00

Amount Per Serving			
Calories		680.06	
Fat		28.45g	
SaturatedFat		11.33g	
Trans Fat		0.00g	
Cholesterol		68.70mg	
Sodium		900.47mg	
Carbohydrates		75.68g	
Fiber		13.77g	
Sugar		7.51g	
Protein		32.06g	
Vitamin A	289.20IU	Vitamin C	1.20mg
Calcium	523.48mg	Iron	2.92mg

Bacon, Egg and Cheese Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC HMSTYL 216-2.5Z RICH	1 Each	Place 28 on a large sheet pan lined with parchment paper. Thaw overnight in cooler. Bake at 350 for 10-14 minutes.	504076
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each		462519
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON CKD RND 192CT HRML	1 Piece		433608

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.25
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: 0.00

Amount Per Serving			
Calories		284.17	
Fat		13.83g	
SaturatedFat		6.88g	
Trans Fat		0.00g	
Cholesterol		83.75mg	
Sodium		917.50mg	
Carbohydrates		31.00g	
Fiber		1.00g	
Sugar		3.00g	
Protein		9.83g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	151.00mg	Iron	1.44mg

Sausage, Egg and Cheese Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC HMSTYL 216-2.5Z RICH	1 Each	Place 28 on a large sheet pan lined with parchment paper. Thaw overnight in cooler. Bake at 350 for 10-14 minutes.	504076
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each		462519
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
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: 0.00

Amount Per Serving			
Calories	340.00		
Fat	17.50g		
SaturatedFat	7.75g		
Trans Fat	0.00g		
Cholesterol	112.50mg		
Sodium	980.00mg		
Carbohydrates	31.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	15.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	171.00mg	Iron	2.16mg

Yogurt with Granola

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/2 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.17
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	266.67		
Fat	6.75g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	179.17mg		
Carbohydrates	44.83g		
Fiber	2.50g		
Sugar	24.00g		
Protein	6.17g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.62mg

Cinnamon Roll

Servings:	15.00	Category:	Grain
Serving Size:	1.00 2.25 oz	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG 120- 2.25Z RICH	15 Each	<p>BAKE</p> <p>1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS:</p> <p>FULL SHEET PAN PANNING CHART ----- OZ. INDIVIDUAL CLUSTERED ----- 2.25 OZ.</p> <p>3 X 5 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.</p>	222127
SUGAR POWDERED 10X 12-2 PION	2 Cup		859740
BUTTER PRINT SLTD GRD AA 36-1 GFS	4 Tablespoon		191205
FLAVORING VANILLA IMIT 1- QT KE	1/2 Teaspoon		110736
1% Low Fat White Milk	1/2 Cup	READY_TO_DRINK Keep Cold	

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: 15.00

Serving Size: 1.00 2.25 oz

Amount Per Serving			
Calories		211.64	
Fat		5.94g	
SaturatedFat		2.37g	
Trans Fat		0.00g	
Cholesterol		13.04mg	
Sodium		204.79mg	
Carbohydrates		34.78g	
Fiber		1.00g	
Sugar		10.65g	
Protein		4.03g	
Vitamin A	106.67IU	Vitamin C	0.00mg
Calcium	0.04mg	Iron	1.44mg

Chocolate/Chocolate Chip Muffins

Servings:	1.00	Category:	Grain
Serving Size:	1.00 4 oz	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	2 Each		557991

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 4 oz

Amount Per Serving

Calories	400.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	260.00mg		
Carbohydrates	64.00g		
Fiber	4.00g		
Sugar	34.00g		
Protein	8.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.16mg

Biscuits with Sausage Gravy

Servings:	36.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC 6-1.5 PION	1 Package		281719
DOUGH BISC HMSTYL 216-2.5Z RICH	36 Each		504076
SAUSAGE PORK BKFST RAW BULK 4-6 HRML	1 Pound		123863

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: 36.00

Serving Size: 1.00

Amount Per Serving			
Calories	252.47		
Fat	12.88g		
SaturatedFat	6.12g		
Trans Fat	0.00g		
Cholesterol	12.59mg		
Sodium	716.06mg		
Carbohydrates	29.67g		
Fiber	1.00g		
Sugar	2.11g		
Protein	4.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Veggie Crunchers

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 3/4 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce	4 pieces	510637
CUCUMBER SDLSS 12-1CT P/L	1/4 Cup	2 -3 sticks	532312
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup	2-3 pieces	732451

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	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 3/4 cup

Amount Per Serving	
Calories	89.38
Fat	6.16g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	154.60mg
Carbohydrates	9.33g
Fiber	1.13g
Sugar	5.08g
Protein	0.84g
Vitamin A 4068.25IU	Vitamin C 22.37mg
Calcium 21.49mg	Iron 0.45mg

Chicken and Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC HMSTYL 216-2.5Z RICH	1 Each		504076
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.50
Grain	2.13
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: 0.00 1

Amount Per Serving			
Calories	295.00		
Fat	12.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	815.00mg		
Carbohydrates	35.00g		
Fiber	2.50g		
Sugar	2.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.00mg	Iron	2.44mg