

# Cookbook for Ashland City Elementary

Created by HPS Menu Planner

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# Cereal

NO IMAGE

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 9.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00      | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast |                       |         |

## Ingredients

| Description                               | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| CEREAL CHEERIOS HNYNUT BWL<br>96CT GENM   | 1 Each      | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 509396     |
| CEREAL COCOA PUFFS WGRAIN<br>R/S 96CT     | 1 Each      | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 270401     |
| CEREAL REESEES PUFFS WGRAIN<br>96CT GENM  | 1 Package   | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 264761     |
| CEREAL CINN TOAST R/S BWL<br>96CT GENM    | 1 Each      | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 365790     |
| CEREAL TRIX R/S WGRAIN BWL<br>96CT GENM   | 1 Package   | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 265782     |
| CEREAL LUCKY CHARMS WGRAIN<br>BWL 96CT    | 1 Package   | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 265811     |
| CEREAL FRSTD MINI WHE BWL<br>96CT KELL    | 1 Each      |  | 662186     |
| CEREAL FROOT LOOPS R/S BWL 96-<br>1Z KELL | 1 Each      |  | 283620     |
| CEREAL FRSTD FLKS R/S BWL<br>96CT KELL    | 1 Each      |  | 388190     |

# Preparation Instructions

No Preparation Instructions available.

## 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: 9.00

Serving Size: 1.00

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 108.89   |                  |        |
| <b>Fat</b>                | 1.39g    |                  |        |
| <b>SaturatedFat</b>       | 0.17g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 0.00mg   |                  |        |
| <b>Sodium</b>             | 137.78mg |                  |        |
| <b>Carbohydrates</b>      | 23.22g   |                  |        |
| <b>Fiber</b>              | 2.11g    |                  |        |
| <b>Sugar</b>              | 7.78g    |                  |        |
| <b>Protein</b>            | 1.89g    |                  |        |
| <b>Vitamin A</b>          | 422.22IU | <b>Vitamin C</b> | 7.07mg |
| <b>Calcium</b>            | 75.56mg  | <b>Iron</b>      | 4.80mg |

# Donuts



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 2.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00      | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast |                       |         |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| DONUT PWDRD MINI IW 72-3Z GOODYMN  | 1 Package   |                   | 738201     |
| DONUT CHOC MINI IW 72-3.3Z GOODYMN | 1 Package   |                   | 738181     |

## Preparation Instructions

No Preparation Instructions available.

### 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

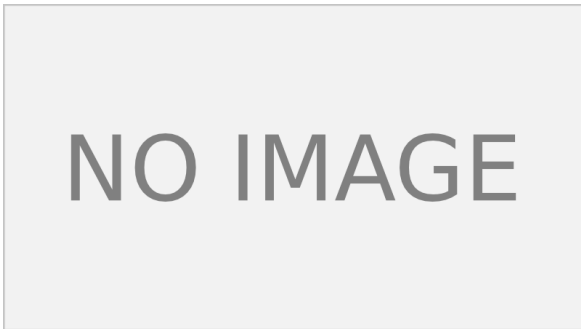
Servings Per Recipe: 2.00

Serving Size: 1.00

|                           |        |                  |        |
|---------------------------|--------|------------------|--------|
| <b>Amount Per Serving</b> |        |                  |        |
| <b>Calories</b>           |        | 295.00           |        |
| <b>Fat</b>                |        | 13.00g           |        |
| <b>SaturatedFat</b>       |        | 5.00g            |        |
| <b>Trans Fat</b>          |        | 0.00g            |        |
| <b>Cholesterol</b>        |        | 0.00mg           |        |
| <b>Sodium</b>             |        | 250.00mg         |        |
| <b>Carbohydrates</b>      |        | 41.00g           |        |
| <b>Fiber</b>              |        | 2.00g            |        |
| <b>Sugar</b>              |        | 20.00g           |        |
| <b>Protein</b>            |        | 4.50g            |        |
| <b>Vitamin A</b>          | 0.00IU | <b>Vitamin C</b> | 0.00mg |

**Calcium** 50.00mg **Iron** 1.26mg

# Muffin



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 3.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00      | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast |                       |         |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL | 1 Each      |                   | 262370     |
| MUFFIN DBL CHOC WGRAIN IW 48-2Z SL  | 1 Each      |                   | 262343     |
| MUFFIN BANANA WGRAIN IW 48-2Z CP    | 1 Each      |                   | 262362     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 3.00

Serving Size: 1.00

|                           |        |                  |        |
|---------------------------|--------|------------------|--------|
| <b>Amount Per Serving</b> |        |                  |        |
| <b>Calories</b>           |        | 190.00           |        |
| <b>Fat</b>                |        | 7.00g            |        |
| <b>SaturatedFat</b>       |        | 1.33g            |        |
| <b>Trans Fat</b>          |        | 0.07g            |        |
| <b>Cholesterol</b>        |        | 10.00mg          |        |
| <b>Sodium</b>             |        | 116.67mg         |        |
| <b>Carbohydrates</b>      |        | 29.33g           |        |
| <b>Fiber</b>              |        | 1.33g            |        |
| <b>Sugar</b>              |        | 15.00g           |        |
| <b>Protein</b>            |        | 2.33g            |        |
| <b>Vitamin A</b>          | 0.00IU | <b>Vitamin C</b> | 0.00mg |



|                |        |             |        |
|----------------|--------|-------------|--------|
| <b>Calcium</b> | 0.00mg | <b>Iron</b> | 0.96mg |
|----------------|--------|-------------|--------|

# Biscuit



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00      | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast |                       |                  |

## Ingredients

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

## Preparation Instructions

PAN FROZEN PRODUCT ON PAPER-LINED SHEET PAN. BAKE UNTIL GOLDEN BROWN. BAKE AT 375°F FOR 10-14 MINUTES OR CONVECTION AT 325°F FOR 12-16 MINUTES. BAKE TIME WILL VARY. ADJUST TIMES ACCORDINGLY.

### 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: 1.00

Serving Size: 1.00

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 170.00   |                  |        |
| <b>Fat</b>                | 8.00g    |                  |        |
| <b>SaturatedFat</b>       | 4.50g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 0.00mg   |                  |        |
| <b>Sodium</b>             | 380.00mg |                  |        |
| <b>Carbohydrates</b>      | 22.00g   |                  |        |
| <b>Fiber</b>              | 3.00g    |                  |        |
| <b>Sugar</b>              | 2.00g    |                  |        |
| <b>Protein</b>            | 4.00g    |                  |        |
| <b>Vitamin A</b>          | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 40.00mg  | <b>Iron</b>      | 1.08mg |

# Breakfast Pizza

NO IMAGE

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 2.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00      | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast |                       |                  |

## Ingredients

| Description                                 | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| PIZZA BKFST<br>EGG&BCN WGRAIN<br>128-2.95Z  | 1 Each      | <b>BAKE</b><br>COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion. | 503660     |
| PIZZA BFAST SAUS<br>2X6 WGRAIN 192CT<br>MAX | 1 Each      | NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN: BAKE AT 375°F FOR 11 TO 13 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. CONVENTIONAL OVEN: BAKE AT 425°F FOR 12 TO 16 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F  | 340351     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|              |      |
|--------------|------|
| <b>Meat</b>  | 1.00 |
| <b>Grain</b> | 1.25 |
| <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 |

| <b>Nutrition Facts</b>    |          |                  |        |
|---------------------------|----------|------------------|--------|
| Servings Per Recipe: 2.00 |          |                  |        |
| Serving Size: 1.00        |          |                  |        |
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 185.00   |                  |        |
| <b>Fat</b>                | 7.50g    |                  |        |
| <b>SaturatedFat</b>       | 2.75g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 32.50mg  |                  |        |
| <b>Sodium</b>             | 390.00mg |                  |        |
| <b>Carbohydrates</b>      | 21.00g   |                  |        |
| <b>Fiber</b>              | 2.00g    |                  |        |
| <b>Sugar</b>              | 3.50g    |                  |        |
| <b>Protein</b>            | 9.00g    |                  |        |
| <b>Vitamin A</b>          | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 142.50mg | <b>Iron</b>      | 1.22mg |

# Yogurt

NO IMAGE

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

## Ingredients

| Description                           | Measurement | Prep Instructions                           | DistPart # |
|---------------------------------------|-------------|---|------------|
| YOGURT CHERRY TRPL L/F 48-4Z TRIX     | 1 Each      | READY_TO_EAT<br>Ready to eat single serving | 186911     |
| YOGURT RASPB RNBW L/F 48-4Z TRIX      | 1 Each      | READY_TO_EAT<br>Ready to eat single serving | 551770     |
| YOGURT STRAWB BAN BASH L/F 48-4Z TRIX | 1 Each      | READY_TO_EAT<br>Ready to eat single serving | 551760     |

## Preparation Instructions

No Preparation Instructions available.

### 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

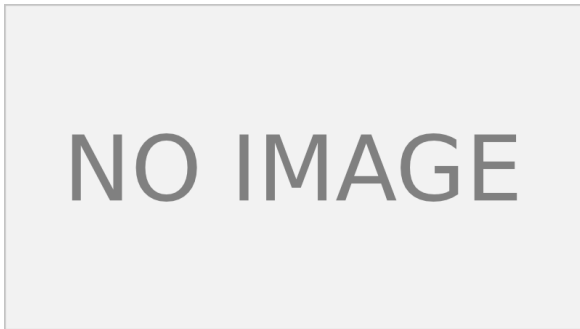
Servings Per Recipe: 3.00

Serving Size: 1.00

|                           |         |
|---------------------------|---------|
| <b>Amount Per Serving</b> |         |
| <b>Calories</b>           | 80.00   |
| <b>Fat</b>                | 0.50g   |
| <b>SaturatedFat</b>       | 0.00g   |
| <b>Trans Fat</b>          | 0.00g   |
| <b>Cholesterol</b>        | 5.00mg  |
| <b>Sodium</b>             | 60.00mg |
| <b>Carbohydrates</b>      | 15.00g  |
| <b>Fiber</b>              | 0.00g   |
| <b>Sugar</b>              | 9.00g   |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Protein</b>   |          | 4.00g            |        |
| <b>Vitamin A</b> | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 100.00mg | <b>Iron</b>      | 0.00mg |

# Frudel



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 2.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00      | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast |                       |         |

## Ingredients

| Description                             | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| PASTRY APPL FILLD<br>IW 72-2.29Z FRUDEL | 1 Each      | <b>BAKE</b><br>Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes | 838340     |
| PASTRY CHRY FILLD<br>IW 72-2.29Z FRUDEL | 1 Each      | <b>BAKE</b><br>Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes | 838350     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 2.00

Serving Size: 1.00

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 210.00   |
| <b>Fat</b>                | 6.00g    |
| <b>SaturatedFat</b>       | 1.00g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 0.00mg   |
| <b>Sodium</b>             | 260.00mg |
| <b>Carbohydrates</b>      | 36.50g   |



|                  |        |                  |        |
|------------------|--------|------------------|--------|
| <b>Fiber</b>     |        | 2.00g            |        |
| <b>Sugar</b>     |        | 11.00g           |        |
| <b>Protein</b>   |        | 5.00g            |        |
| <b>Vitamin A</b> | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 0.00mg | <b>Iron</b>      | 1.08mg |

# Pop-Tart

NO IMAGE

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 4.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00      | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast |                       |         |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN CINN 120-1CT   | 1 Piece     |                   | 695880     |
| PASTRY POP-TART WGRAIN BLUEB 120-1CT  | 1 Each      |                   | 865131     |
| PASTRY POP-TART WGRAIN STRAWB 120-1CT | 1 Piece     |                   | 695890     |
| PASTRY POP-TART WGRAIN FUDG 120-1CT   | 1 Each      |                   | 452062     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 1.13 |
| <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

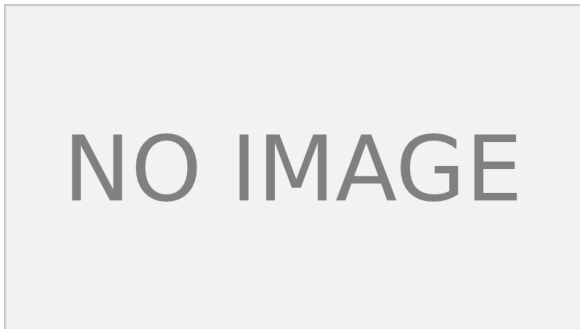
Servings Per Recipe: 4.00

Serving Size: 1.00

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 185.00   |
| <b>Fat</b>                | 2.75g    |
| <b>SaturatedFat</b>       | 1.00g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 0.00mg   |
| <b>Sodium</b>             | 190.00mg |
| <b>Carbohydrates</b>      | 38.00g   |
| <b>Fiber</b>              | 3.00g    |

|                           |                         |
|---------------------------|-------------------------|
| <b>Sugar</b>              | 15.25g                  |
| <b>Protein</b>            | 2.25g                   |
| <b>Vitamin A</b> 500.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 100.00mg   | <b>Iron</b> 1.80mg      |

# Ketchup



|                      |           |                       |                     |
|----------------------|-----------|-----------------------|---------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 1.00      | <b>HACCP Process:</b> | No Cook             |
| <b>Meal Type:</b>    | 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      |        | 10.00            |        |
| <b>Fat</b>           |        | 0.00g            |        |
| <b>SaturatedFat</b>  |        | 0.00g            |        |
| <b>Trans Fat</b>     |        | 0.00g            |        |
| <b>Cholesterol</b>   |        | 0.00mg           |        |
| <b>Sodium</b>        |        | 25.00mg          |        |
| <b>Carbohydrates</b> |        | 3.00g            |        |
| <b>Fiber</b>         |        | 0.00g            |        |
| <b>Sugar</b>         |        | 2.00g            |        |
| <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>      | 0.00mg |

# Mustard

NO IMAGE

|                      |           |                       |                     |
|----------------------|-----------|-----------------------|---------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 1.00      | <b>HACCP Process:</b> | No Cook             |
| <b>Meal Type:</b>    | 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      |        | 0.00             |        |
| <b>Fat</b>           |        | 0.00g            |        |
| <b>SaturatedFat</b>  |        | 0.00g            |        |
| <b>Trans Fat</b>     |        | 0.00g            |        |
| <b>Cholesterol</b>   |        | 0.00mg           |        |
| <b>Sodium</b>        |        | 70.00mg          |        |
| <b>Carbohydrates</b> |        | 1.00g            |        |
| <b>Fiber</b>         |        | 0.00g            |        |
| <b>Sugar</b>         |        | 0.00g            |        |
| <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>      | 0.00mg |

# Tso's Smackers

NO IMAGE

|                      |             |                       |                  |
|----------------------|-------------|-----------------------|------------------|
| <b>Servings:</b>     | 108.00      | <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 # |
|--------------------------------|-------------|--|------------|
| Chicken Smackers               | 1 Package   | Conventional Oven for 10-12 minutes at 350 degrees.<br>Convection Oven for 6-8 minutes at 350 degrees. |            |
| SAUCE GEN TSO 4-.5GAL<br>ASIAN | 1 Gallon    | Heat Sauce   | 802850     |

## Preparation Instructions

Place chicken on metal sheet pan with liner and cook on 350 until temp reaches 165 degrees. Heat sauce then mix (1) 5 pound bottle of sauce to 3 bags of chicken in pan.

### 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: 108.00

Serving Size: 10.00 Piece

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 350.70   |
| <b>Fat</b>                | 12.94g   |
| <b>SaturatedFat</b>       | 2.99g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 59.74mg  |
| <b>Sodium</b>             | 989.99mg |
| <b>Carbohydrates</b>      | 38.86g   |
| <b>Fiber</b>              | 2.99g    |
| <b>Sugar</b>              | 16.58g   |
| <b>Protein</b>            | 17.92g   |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 167.26IU | <b>Vitamin C</b> | 1.00mg |
| <b>Calcium</b>   | 16.93mg  | <b>Iron</b>      | 1.99mg |

# Teriyaki Chicken

NO IMAGE

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 80.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 2.00 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| Diced Chicken                        | 10 Pound    |                   |            |
| SAUCE TERYK MRND LO SOD 6-.5GAL KIKK | 1 Gallon    |                   | 176721     |

## Preparation Instructions

Bake chicken in a 350 degree oven until the internal temperature reaches 165 degrees. Heat sauce separately. Mix (1) gallon bottle of teriyaki sauce to 10 pounds of chicken.

CCP: Hold at 140 degrees or higher for service.

### 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: 80.00

Serving Size: 2.00 Ounce

| Amount Per Serving   |           |
|----------------------|-----------|
| <b>Calories</b>      | 119.95    |
| <b>Fat</b>           | 2.00g     |
| <b>SaturatedFat</b>  | 0.00g     |
| <b>Trans Fat</b>     | 0.00g     |
| <b>Cholesterol</b>   | 42.00mg   |
| <b>Sodium</b>        | 1079.02mg |
| <b>Carbohydrates</b> | 9.59g     |
| <b>Fiber</b>         | 0.00g     |
| <b>Sugar</b>         | 9.59g     |
| <b>Protein</b>       | 15.20g    |



|                  |        |                  |        |
|------------------|--------|------------------|--------|
| <b>Vitamin A</b> | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 0.00mg | <b>Iron</b>      | 0.00mg |

# 4-Roasted Cauliflower

NO IMAGE

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 128.00   | <b>Category:</b>      | Entree           |
| <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 # |
|------------------------------|----------------|---|------------|
| CAULIFLOWER 6-4 GFS          | 4 Pound        | Break large florets into bite sized pieces. | 610882     |
| SPICE GARLIC POWDER 21Z TRDE | 2 Tablespoon   | mix seasonings in a bowl.                   | 224839     |
| Black Pepper                 | 1 1/2 Teaspoon |   | 24108      |
| CHEESE PARM GRTD 12-1 PG     | 2/3 Cup        |   | 164259     |
| Vegetable Oil                | 3 Tablespoon   |   | 100441comm |

## Preparation Instructions

Heat oven to 400 degrees. Prepare sheet pan by placing a pan liner on the pan and spraying it with pan release. Place cauliflower florets in a large bowl and drizzle vegetable oil over the top. Toss to coat evenly. Sprinkle seasoning mix over cauliflower and toss to combine. Lay cauliflower in a single layer on the sheet pan and cook for approximately 15 minutes until edges are golden. (CCP: Heat to 135 degrees or higher). Put in a 4" hotel pan for service. Use a #8 scoop for 1/2 cup portions.

### 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: 128.00

Serving Size: 0.50 Cup

|                           |         |                  |        |
|---------------------------|---------|------------------|--------|
| <b>Amount Per Serving</b> |         |                  |        |
| <b>Calories</b>           | 44.47   |                  |        |
| <b>Fat</b>                | 0.49g   |                  |        |
| <b>SaturatedFat</b>       | 0.13g   |                  |        |
| <b>Trans Fat</b>          | 0.00g   |                  |        |
| <b>Cholesterol</b>        | 0.42mg  |                  |        |
| <b>Sodium</b>             | 45.85mg |                  |        |
| <b>Carbohydrates</b>      | 8.00g   |                  |        |
| <b>Fiber</b>              | 4.00g   |                  |        |
| <b>Sugar</b>              | 4.00g   |                  |        |
| <b>Protein</b>            | 4.17g   |                  |        |
| <b>Vitamin A</b>          | 8.38IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 9.02mg  | <b>Iron</b>      | 0.00mg |

# 4-Roasted Green Beans

NO IMAGE

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 128.00   | <b>Category:</b>      | Entree           |
| <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 WHL 6-4 GFS       | 4 Pound        |                           | 610851     |
| SPICE GARLIC POWDER 21Z TRDE | 2 Tablespoon   | mix seasonings in a bowl. | 224839     |
| Black Pepper                 | 1 1/2 Teaspoon |                           | 24108      |
| CHEESE PARM GRTD 12-1 PG     | 2/3 Cup        |                           | 164259     |
| Vegetable Oil                | 3 Tablespoon   |                           | 100441comm |

## Preparation Instructions

Heat oven to 400 degrees. Prepare sheet pan by placing a pan liner on the pan and spraying it with pan release.

Place green beans in a large bowl and drizzle vegetable oil over the top. Toss to coat evenly.

Sprinkle seasoning mix over green beans and toss to combine.

Lay green beans in a single layer on the sheet pan and cook for approximately 15 minutes. (CCP: Heat to 135 degrees or higher).

Put in a 4" hotel pan for service.

Use a #8 scoop for 1/2 cup portions.

### 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 |

| <b>Nutrition Facts</b>      |          |                  |        |
|-----------------------------|----------|------------------|--------|
| Servings Per Recipe: 128.00 |          |                  |        |
| Serving Size: 0.50 Cup      |          |                  |        |
| <b>Amount Per Serving</b>   |          |                  |        |
| <b>Calories</b>             | 71.13    |                  |        |
| <b>Fat</b>                  | 0.49g    |                  |        |
| <b>SaturatedFat</b>         | 0.13g    |                  |        |
| <b>Trans Fat</b>            | 0.00g    |                  |        |
| <b>Cholesterol</b>          | 0.42mg   |                  |        |
| <b>Sodium</b>               | 5.86mg   |                  |        |
| <b>Carbohydrates</b>        | 13.33g   |                  |        |
| <b>Fiber</b>                | 8.00g    |                  |        |
| <b>Sugar</b>                | 2.67g    |                  |        |
| <b>Protein</b>              | 2.83g    |                  |        |
| <b>Vitamin A</b>            | 8.38IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>              | 100.99mg | <b>Iron</b>      | 1.60mg |

# Chicken Alfredo Sauce

NO IMAGE

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 80.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 2.00 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      |                       |                  |

## Ingredients

| Description                           | Measurement | Prep Instructions  | DistPart # |
|---------------------------------------|-------------|--|------------|
| Diced Chicken                         | 10 Pound    | Heat to 165 degrees.   |            |
| SAUCE ALFREDO<br>PARMIGIANA 4-5 STOUF | 80 Ounce    | Product may be thawed under refrigeration. Heat sauce. Check doneness using a thermometer. Product must be cooked to 160 degrees. **Do not refreeze.** | 228011     |

## Preparation Instructions

Combine cooked chicken with heated sauce in a hotel pan.

CCP: Hold at 140 degrees or higher for service.

Serve with a #10 scoop.

### 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: 80.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 124.50   |
| <b>Fat</b>           | 6.25g    |
| <b>SaturatedFat</b>  | 0.88g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 44.50mg  |
| <b>Sodium</b>        | 193.50mg |
| <b>Carbohydrates</b> | 2.00g    |
| <b>Fiber</b>         | 0.00g    |
| <b>Sugar</b>         | 1.00g    |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Protein</b>   |         | 13.25g           |        |
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 37.50mg | <b>Iron</b>      | 0.00mg |

# Spaghetti Sauce with Meatballs

NO IMAGE

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

## Ingredients

| Description                       | Measurement    | Prep Instructions                                 | DistPart # |
|-----------------------------------|----------------|---|------------|
| ONION DEHY CHPD 15 P/L            | 1 Cup          |   | 263036     |
| SPICE GARLIC POWDER 21Z TRDE      | 2 Tablespoon   |   | 224839     |
| Black Pepper                      | 1 1/2 Teaspoon |   | 24108      |
| Diced Tomatoes cnd                | 1 #10 CAN      |   | 100329     |
| Tomato Sauce cnd                  | 1 #10 CAN      |   | 100334     |
| Tap Water for Recipes             | 2 Quart        |   | 000001WTR  |
| SPICE GARLIC SALT NO MSG 37Z TRDE | 1 Tablespoon   |   | 224847     |
| SPICE PARSLEY FLAKES 11Z TRDE     | 1/4 Cup        |   | 513989     |
| SPICE BASIL GRND 12Z TRDE         | 2 Tablespoon   |   | 513636     |
| SPICE OREGANO GRND 12Z TRDE       | 2 Tablespoon   |   | 513725     |
| SPICE MARJORAM LEAF 3.5Z TRDE     | 1 Tablespoon   |   | 513709     |
| SPICE THYME LEAF 6Z TRDE          | 1 1/2 Teaspoon |   | 513814     |
| Pork Meatballs                    | 2 Package      | add frozen meatballs to sauce cover pan and heat. |            |



## Preparation Instructions

Spray the bottom of the skillet well with pan spray.

Add all ingredients and simmer for about 45 minutes.

CCP: Heat to 145 degrees or higher for 15 seconds

CCP: Hold for hot service at 140 degrees or higher.

Portion sauce with a #8(4 oz) scoop plus add 5 meatballs with tongs for 2 oz of meat and 1/2 cup vegetable.

### 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>   | 0.52 |
| <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 Ounce

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 69.35    |                  |        |
| <b>Fat</b>           | 2.25g    |                  |        |
| <b>SaturatedFat</b>  | 0.81g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 8.06mg   |                  |        |
| <b>Sodium</b>        | 267.45mg |                  |        |
| <b>Carbohydrates</b> | 8.29g    |                  |        |
| <b>Fiber</b>         | 1.90g    |                  |        |
| <b>Sugar</b>         | 3.93g    |                  |        |
| <b>Protein</b>       | 3.83g    |                  |        |
| <b>Vitamin A</b>     | 6.27IU   | <b>Vitamin C</b> | 0.22mg |
| <b>Calcium</b>       | 9.35mg   | <b>Iron</b>      | 0.25mg |

# 1-Side Salad

NO IMAGE

|                      |          |                       |           |
|----------------------|----------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00     | <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 # |
|-----------------------|--------------|-------------------|------------|
| 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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.50 |
| <b>RedVeg</b>   | 0.25 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 108.10   |                  |        |
| <b>Fat</b>                | 6.10g    |                  |        |
| <b>SaturatedFat</b>       | 3.52g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 20.00mg  |                  |        |
| <b>Sodium</b>             | 206.25mg |                  |        |
| <b>Carbohydrates</b>      | 4.25g    |                  |        |
| <b>Fiber</b>              | 0.55g    |                  |        |
| <b>Sugar</b>              | 1.25g    |                  |        |
| <b>Protein</b>            | 8.40g    |                  |        |
| <b>Vitamin A</b>          | 374.70IU | <b>Vitamin C</b> | 5.71mg |

**Calcium** 19.50mg **Iron** 0.12mg

# Taco Walking MTG



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

## Ingredients

| Description                          | Measurement | Prep Instructions  | DistPart # |
|--------------------------------------|-------------|--|------------|
| CHIP TORTL SCOOP BKD 72-.875Z TOSTIT | 50 Each     | <b>READY_TO_EAT</b><br>Use code date on bag to rotate product so the oldest product is consumed first.                                 | 696871     |
| Pork Taco Filling                    | 6 1/4 Pound | <b>STEAM</b><br>Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches 155 degrees. |            |
| Shredded Cheddar                     | 3 1/8 Pound |  |            |
| Salsa, Low-Sodium, Canned            | 3 1/2 Pound |  | 100330     |
| LETTUCE SHRD TACO 1/8CUT 4-5 RSS     | 3 Quart     |  | 242489     |

## Preparation Instructions

Directions:

WASH HANDS.

1. Follow above instructions for preparing taco filling

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Crush individual bags of chips and open.

3. Add 3.17 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

2.25 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2.25 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.02 |
| <b>Grain</b>    | 1.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.20 |
| <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 Serving

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 304.61   |                  |        |
| <b>Fat</b>           | 11.66g   |                  |        |
| <b>SaturatedFat</b>  | 4.64g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 40.85mg  |                  |        |
| <b>Sodium</b>        | 514.67mg |                  |        |
| <b>Carbohydrates</b> | 25.63g   |                  |        |
| <b>Fiber</b>         | 3.06g    |                  |        |
| <b>Sugar</b>         | 2.30g    |                  |        |
| <b>Protein</b>       | 19.09g   |                  |        |
| <b>Vitamin A</b>     | 421.45IU | <b>Vitamin C</b> | 3.15mg |
| <b>Calcium</b>       | 73.90mg  | <b>Iron</b>      | 1.41mg |

# 1-Broccoli & Cheese



|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 164.00   | <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, No salt added, Frozen                | 30 Pound    |                   | 110473     |
| BUTTER SUB 24-4Z BTRBUDS                       | 1 Package   |                   | 209810     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 5 Pound     |                   | 100036     |

## Preparation Instructions

Divide frozen broccoli into 3-4 inch deep pans with holes. Use only enough broccoli to cover the bottom of the pan. DO NOT LAYER MORE.

Sprinkle in butter buds.

Sit the pans of broccoli into a 4 inch deep serving pan, put a lid on it.

Steam for 10-15 min or until broccoli is bright green. \*\*\*\*CAUTION: DO NOT OVER COOK.\*\*\*\*

(If no steamer, place water in the bottom of the pan prior to baking at 350).

When done pour broccoli out of the pans with holes and pour into clean 4 inch deep serving pans and layer the cheese on top.

CCP: Heat to 135 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher for service.

## SLE Components

Amount Per Serving

|              |      |
|--------------|------|
| <b>Meat</b>  | 0.49 |
| <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: 164.00  
 Serving Size: 0.50 Cup

---

**Amount Per Serving**

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 69.12   |                  |        |
| <b>Fat</b>           | 2.44g   |                  |        |
| <b>SaturatedFat</b>  | 1.46g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 7.32mg  |                  |        |
| <b>Sodium</b>        | 57.26mg |                  |        |
| <b>Carbohydrates</b> | 7.15g   |                  |        |
| <b>Fiber</b>         | 3.00g   |                  |        |
| <b>Sugar</b>         | 1.98g   |                  |        |
| <b>Protein</b>       | 5.93g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

# Chicken Fajita

NO IMAGE

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 40.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 2.00 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      |                       |                  |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| Chicken, diced, cooked, frozen   | 1 Package   |                   | 100101     |
| SEASONING FAJITA MIX 6-8.9Z LAWR | 1/2 Package |                   | 518298     |
| Tap Water for Recipes            | 1 Cup       |                   | 000001WTR  |

## Preparation Instructions

Put a 5# bag of diced chicken into a 6 inch deep half pan (with holes if not using a steamer). Place in steamer (or pan with a little water) and cook uncovered for 15 min.

Take out and stir in 1/2 pack of the fajita mix. Return to steam for 10 min. (If not using a steamer, you may need additional water in the bottom pan at this point).

Note: If the meat is too dry, add some additional water.

CCP: Heat to 165 degrees or higher.

CCP: Hold at 140 or higher for service.

Serve in 2 oz portions.

### 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: 40.00  
Serving Size: 2.00 Ounce

---

**Amount Per Serving**

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 81.45    |                  |        |
| <b>Fat</b>           | 2.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 42.00mg  |                  |        |
| <b>Sodium</b>        | 314.32mg |                  |        |
| <b>Carbohydrates</b> | 1.89g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.63g    |                  |        |
| <b>Protein</b>       | 12.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

# 2-Refried Beans

NO IMAGE

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 17.00      | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 5.30 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| SAUCE CHS WHT QUESO 4-5 BIB JTM     | 3 Cup       |                   | 701201     |
| BEAN REFRIED VEGTAR LO SOD 6-26.25Z | 1 Package   |                   | 668341     |

## Preparation Instructions

### RECONSTITUTE

- 1: Pour 1 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: Heat cheese from frozen or thawed state in steamer or boiling water to 160 degrees and pour on top of beans. (Serve the rest of the bag of cheese as an additional option for that day).

### 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>  | 0.51 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 5.30 Ounce

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 240.50   |
| <b>Fat</b>           | 5.99g    |
| <b>SaturatedFat</b>  | 3.60g    |
| <b>Trans Fat</b>     | 0.20g    |
| <b>Cholesterol</b>   | 15.32mg  |
| <b>Sodium</b>        | 469.11mg |
| <b>Carbohydrates</b> | 31.10g   |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Fiber</b>     |          | 10.16g           |        |
| <b>Sugar</b>     |          | 1.33g            |        |
| <b>Protein</b>   |          | 13.82g           |        |
| <b>Vitamin A</b> | 0.00IU   | <b>Vitamin C</b> | 0.89mg |
| <b>Calcium</b>   | 164.54mg | <b>Iron</b>      | 2.46mg |

# 3-Corn, Commodity



|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 165.00   | <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 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

|                 |      |
|-----------------|------|
| <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: 165.00

Serving Size: 0.50 Cup

|                           |         |
|---------------------------|---------|
| <b>Amount Per Serving</b> |         |
| <b>Calories</b>           | 69.04   |
| <b>Fat</b>                | 1.00g   |
| <b>SaturatedFat</b>       | 0.00g   |
| <b>Trans Fat</b>          | 0.00g   |
| <b>Cholesterol</b>        | 0.00mg  |
| <b>Sodium</b>             | 18.45mg |
| <b>Carbohydrates</b>      | 16.58g  |

|                  |        |                  |        |
|------------------|--------|------------------|--------|
| <b>Fiber</b>     | 2.00g  |                  |        |
| <b>Sugar</b>     | 3.00g  |                  |        |
| <b>Protein</b>   | 2.00g  |                  |        |
| <b>Vitamin A</b> | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 0.00mg | <b>Iron</b>      | 0.00mg |

# Juice Variety



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 2.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Cup  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <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: 2.00  
Serving Size: 0.50 Cup

|                           |         |                  |         |
|---------------------------|---------|------------------|---------|
| <b>Amount Per Serving</b> |         |                  |         |
| <b>Calories</b>           | 55.00   |                  |         |
| <b>Fat</b>                | 0.00g   |                  |         |
| <b>SaturatedFat</b>       | 0.00g   |                  |         |
| <b>Trans Fat</b>          | 0.00g   |                  |         |
| <b>Cholesterol</b>        | 0.00mg  |                  |         |
| <b>Sodium</b>             | 10.00mg |                  |         |
| <b>Carbohydrates</b>      | 13.50g  |                  |         |
| <b>Fiber</b>              | 0.00g   |                  |         |
| <b>Sugar</b>              | 12.00g  |                  |         |
| <b>Protein</b>            | 0.50g   |                  |         |
| <b>Vitamin A</b>          | 0.00IU  | <b>Vitamin C</b> | 30.00mg |

**Calcium** 5.00mg

**Iron** 1.00mg

# Stuffed Crust Pizza



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

|                 |      |
|-----------------|------|
| <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 |

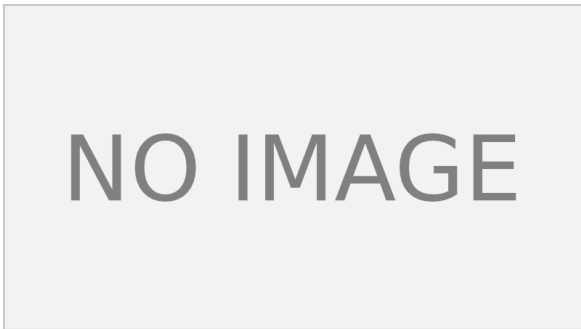
### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Slice

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           |          | 340.00           |        |
| <b>Fat</b>                |          | 14.33g           |        |
| <b>SaturatedFat</b>       |          | 4.50g            |        |
| <b>Trans Fat</b>          |          | 0.00g            |        |
| <b>Cholesterol</b>        |          | 18.33mg          |        |
| <b>Sodium</b>             |          | 810.00mg         |        |
| <b>Carbohydrates</b>      |          | 36.00g           |        |
| <b>Fiber</b>              |          | 3.00g            |        |
| <b>Sugar</b>              |          | 3.67g            |        |
| <b>Protein</b>            |          | 15.33g           |        |
| <b>Vitamin A</b>          | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 260.00mg | <b>Iron</b>      | 2.03mg |

# Hamburger



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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 PTY CKD W/SOY<br>CN 90-2.5Z GFS | 1 Each      | <b>BAKE</b><br>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. | 100650     |
| Hamburger Buns                       | 1 bun       |   |            |

## Preparation Instructions

BAKE

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.

CCP: Heat to 155 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |

|                |      |
|----------------|------|
| <b>Legumes</b> | 0.00 |
| <b>Starch</b>  | 0.00 |

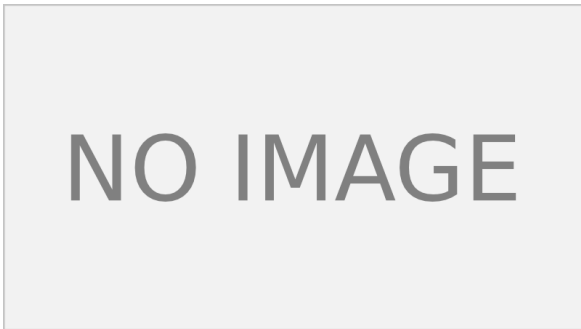
## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

|                           |          |                  |         |
|---------------------------|----------|------------------|---------|
| <b>Amount Per Serving</b> |          |                  |         |
| <b>Calories</b>           |          | 330.00           |         |
| <b>Fat</b>                |          | 15.00g           |         |
| <b>SaturatedFat</b>       |          | 5.00g            |         |
| <b>Trans Fat</b>          |          | 1.00g            |         |
| <b>Cholesterol</b>        |          | 35.00mg          |         |
| <b>Sodium</b>             |          | 420.00mg         |         |
| <b>Carbohydrates</b>      |          | 33.00g           |         |
| <b>Fiber</b>              |          | 4.00g            |         |
| <b>Sugar</b>              |          | 4.00g            |         |
| <b>Protein</b>            |          | 19.00g           |         |
| <b>Vitamin A</b>          | 100.00IU | <b>Vitamin C</b> | 0.00mg  |
| <b>Calcium</b>            | 60.00mg  | <b>Iron</b>      | 11.80mg |

# Cheese Burger



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <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 PTY CKD W/SOY<br>CN 90-2.5Z GFS                | 1 Each      | <b>BAKE</b><br>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. | 100650     |
| Hamburger Buns                                      | 1 bun       |   |            |
| CHEESE, AMERICAN,<br>YELLOW, PASTEURIZED,<br>SLICED | 1 Ounce     |   | 100018     |

## Preparation Instructions

### BAKE

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.

CCP: Heat to 155 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

## 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 |

| <b>Nutrition Facts</b>    |          |                  |         |
|---------------------------|----------|------------------|---------|
| Servings Per Recipe: 1.00 |          |                  |         |
| Serving Size: 1.00 Each   |          |                  |         |
| <b>Amount Per Serving</b> |          |                  |         |
| <b>Calories</b>           | 440.00   |                  |         |
| <b>Fat</b>                | 24.00g   |                  |         |
| <b>SaturatedFat</b>       | 10.00g   |                  |         |
| <b>Trans Fat</b>          | 1.00g    |                  |         |
| <b>Cholesterol</b>        | 60.00mg  |                  |         |
| <b>Sodium</b>             | 690.00mg |                  |         |
| <b>Carbohydrates</b>      | 35.00g   |                  |         |
| <b>Fiber</b>              | 4.00g    |                  |         |
| <b>Sugar</b>              | 5.00g    |                  |         |
| <b>Protein</b>            | 24.00g   |                  |         |
| <b>Vitamin A</b>          | 100.00IU | <b>Vitamin C</b> | 0.00mg  |
| <b>Calcium</b>            | 60.00mg  | <b>Iron</b>      | 11.80mg |

# F- Fruit Variety

NO IMAGE

|                      |          |                       |         |
|----------------------|----------|-----------------------|---------|
| <b>Servings:</b>     | 13.22    | <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 # |
|---------------------------------------|-------------|-------------------|------------|
| GRAPES RED LUNCH BUNCH 21AVG MRKN     | 1 Cup       |                   | 280895     |
| APPLE DELICIOUS RED 163CT MRKN        | 1 Each      |                   | 540005     |
| PEACH DCD IN JCE 6-10 GFS             | 1 Cup       |                   | 610372     |
| Sliced Peaches 6-10                   | 1 Cup       |                   | 100219     |
| APPLE FRSH SLCD 100-2Z P/L            | 1 Package   |                   | 473171     |
| ORANGES NAVEL/VALENCIA FCY 138CT MRKN | 1 Cup       |                   | 198021     |
| ORANGES MAND WHL L/S 6-10 GFS         | 1 Cup       |                   | 117897     |
| BANANA TURNING 40 P/L                 | 1 Each      |                   | 200999     |
| Sliced Pears 6-10                     | 1 Cup       |                   | 100224     |
| Wild Blueberries fzn                  | 1 Cup       |                   | 100243     |
| Strawberries, diced, Cups, frozen     | 1 Cup       |                   | 100256     |
| Peaches, diced, cups, Frozen          | 1 Cup       |                   | 100241     |
| APPLESAUCE UNSWT 6-10 GFS             | 1 Cup       |                   | 271497     |
| RAISIN SELECT 1.5Z BOXES 24-6CT P/L   | 1 Each      |                   | 544426     |
| Apples, Gala                          | 1 Each      |                   | 14J93      |

| Description    | Measurement | Prep Instructions | DistPart # |
|----------------|-------------|-------------------|------------|
| Grapes         | 1           |                   | 14P36      |
| Pear, fresh    | 1           |                   | 14P12      |
| Oranges, whole | 1 Each      |                   | 16W62      |

## 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: 13.22

Serving Size: 0.50 Cup

| Amount Per Serving   |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 122.92   |                  |         |
| <b>Fat</b>           | 0.08g    |                  |         |
| <b>SaturatedFat</b>  | 0.02g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 0.00mg   |                  |         |
| <b>Sodium</b>        | 7.31mg   |                  |         |
| <b>Carbohydrates</b> | 30.02g   |                  |         |
| <b>Fiber</b>         | 2.90g    |                  |         |
| <b>Sugar</b>         | 22.24g   |                  |         |
| <b>Protein</b>       | 0.97g    |                  |         |
| <b>Vitamin A</b>     | 148.72IU | <b>Vitamin C</b> | 12.88mg |
| <b>Calcium</b>       | 12.49mg  | <b>Iron</b>      | 0.78mg  |