

Cookbook for Holland Public Schools

Created by HPS Menu Planner

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recipe # 1002 Taco Walking

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL NACH TACO I/BG 72-1.5Z	100 Each		459832
CHEESE CHED REDC FAT SHRD 6-5 COMM	100 Ounce		448010
TURKEY TACO MEAT FC 4-7 JENNO	200 Ounce	Thawing Instructions PREPARE FROM FROZEN OR THAWED Basic Preparation FOR BOIL-IN-BAG FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS INTO BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 - 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT BAG OPEN AND POUR INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. FOR STEAM-IN-BAG PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN PLACE INTO STEAMER. HEAT 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. OR POUR THAWED TACO MEAT INTO A STEAM TABLE PAN, COVER WITH FILM WRAP AND LID, BAKE IN OVEN FOR 25-30 MINUTES OR UNTIL 165 DEGREES OR HIGHER. COVER AND KEEP HOT UNTIL READY TO SERVE.	768230

Preparation Instructions

WASH HANDS.

1. Follow prep instructions for heating taco meat.
2. Crush individual bags of chips and open.
3. Add 2 oz of meat mixture, 1 oz of shredded cheese (meat and cheese must be weighed on a scale)

SLE Components

Amount Per Serving

Meat	2.32
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: 100.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	352.61		
Fat	17.97g		
SaturatedFat	6.49g		
Trans Fat	0.00g		
Cholesterol	53.00mg		
Sodium	757.43mg		
Carbohydrates	30.98g		
Fiber	3.00g		
Sugar	1.00g		
Protein	20.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.40mg	Iron	1.95mg

Recipe - 1021 Elementary Cheeseburger on a WW Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR 180-1.8Z SMRT PICK	1 Each	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.	545950
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

Preparation Instructions

Cook hamburger according to directions, then top with 1 slice of cheese and place on a bun, then wrap in foil for service. Hot hold at 140 degrees or higher. Same day service.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	285.00
Fat	10.00g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	600.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	5.00g
Protein	18.50g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 120.00mg **Iron** 11.08mg

Recipe # 1011 Macaroni and Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	6 Ounce		119122

Preparation Instructions

FOR BEST RESULT TAKE POUCHES OUT OF CASE AND THAW OVERNIGHT IN REFRIGERATOR PRIOR TO HEATING.

THE PLASTIC POUCH IS STURDY ENOUGH TO WITHSTAND HEATING IN A STEAMER OR BOILING WATER. HEATING TIMES CAN VARY WITH TYPE OF EQUIPMENT USE AND NUMBER OF POUCHES HEATED. TAKE INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH. BOILING WATER, PLACE THAWED UNOPENED POUCH IN BOILING WATER AND HEAT FOR 40 MINUTE, OR FOR FROZEN POUCH HEAT 50 MINUTES. INTERNAL TEMPERATURE OF 165 DEGREES F. STEAMER: THE PREFERRED METHOD IS TO PLACE THAWED, UNOPENED POUCH IN STEAMER AND HEAT FOR 35 MINUTES OR 50 MINUTES FROM FROZEN. HEAT INTERNAL TEMPERATURE TO 165 DEGREES F. WHEN POSSIBLE KEEP PRODUCT IN HEATED POUCHES UNTIL SERVING, THEN POUCHES CAN BE CUT AND PRODUCT CAN BE POURED INTO SERVING PANS. IF PRE-PANDED, KEEP PRODUCT COVERED TIGHTLY.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	420.00		
Fat	16.00g		
SaturatedFat	9.00g		
Trans Fat	0.50g		
Cholesterol	45.00mg		
Sodium	1460.00mg		
Carbohydrates	46.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	621.00mg	Iron	1.00mg

recipe # 1024 Chicken Tenders w/ Soft Pretzel

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP BRD WGRAIN 6-5.15	3 Each	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.	740820
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	1 Each		607122

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

Amount Per Serving			
Calories		260.00	
Fat		9.50g	
SaturatedFat		1.50g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		410.00mg	
Carbohydrates		25.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 12.00mg **Iron** 1.72mg

recipe # 1010 WG Cheese Calzone

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

recipe # 1003 Oven Baked Chicken Leg w/ corn biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<p>BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
DOUGH BISC CNTRY STYL 240- 2.5Z RICH	1 Each	<p>Thawing Instructions KEEP PRODUCT FROZEN AT ZERO OR BELOW UNTIL READY TO USE PAN & BAKE.</p> <p>Basic Preparation</p> <ol style="list-style-type: none"> 1. PAN FROZEN DOUGH ON PAPER LINED OR GREASED PAN WITH POINTS TOUCHING WIDTH- WISE OF PAN WITH SIDES TOUCHING LENGTH-WISE ON PAN. DO NOT PAN IN HONEY-COMB OR NESTED CONFIGURATION. , HALF SHEET PAN: 4 X 6 , FULL SHEET PAN: 6 X 8 ,2. BAKE UNTIL GOLDEN BROWN. , CONVENTIONAL OVEN: 375 F FOR APPROXIMATELY 20 - 25 MINUTES , CONVECTION OVEN: 325 F FOR APPROXIMATELY 15 - 20 MINUTES , NOTE: BAKING TIMES WILL VARY DUE TO EQUIPMENT AND NUMBER OF PANS IN OVENS. ,3. REMOVE FROM OVEN. 	609293

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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	410.00		
Fat	22.00g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	1190.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.52mg

Recipe # 1001 Baked Cheesy Spaghetti

Servings:	50.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	8 1/3 Cup		852759
PASTA SPAGHETTI 100 WHLWHE 2-5 GFS	76 Ounce		654590
CHEESE MOZZ LT SHRD FZ 30 P/L	100 Ounce		150610

Preparation Instructions

Spray pan with pan spray to prevent sticking. Break uncooked pasta into thirds. Add Pasta, sauce and cheese to steam table pans. Mixture should fill 3 medium size steam table pans. Bake in oven until pasta is tender (50 minutes). Pull from oven and ladle into serving bowls. Serving size is 1 cup. Measure serving using 1 cup measuring cup. Hot hold at 140 degrees or higher. Same day service.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00

Amount Per Serving			
Calories	258.74		
Fat	6.76g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	358.46mg		
Carbohydrates	33.58g		
Fiber	4.70g		
Sugar	1.80g		
Protein	19.46g		
Vitamin A	27.21IU	Vitamin C	0.28mg
Calcium	0.83mg	Iron	1.37mg

recipe # 1022 WG Chicken sandwich on a ww bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159
CHIX BRST PTY FC CN 2.8Z 4-7.5 TYS	1 Each	BAKE Conventional Oven Preheat oven to 400°F. Heat for 28-32 minutes or until heated thoroughly. CONVECTION Convection Oven Preheat oven to 350°F. Heat for 12-15 minutes or until heated thoroughly.	861730

Preparation Instructions

Bake chicken patty according to prep instructions. Place chicken patty between ww hamburger buns. Wrap in foil for service. Hot hold at 140 degrees or more. Same day service.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	330.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	430.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium

4.00mg

Iron

10.72mg

recipe # 1023 Cheese Stuffed bread sticks with sauce

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place Bosco Sticks on a baking sheet. THAWED: 7-9 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter spray and garlic mist after baking.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> Preheat oil to 350° F. THAWED ONLY: 1-2 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before baking. Keep Bosco Sticks covered while thawing Bosco Sticks may be thawed in packaging. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p>READY_TO_EAT None</p>	677721
GARLIC MIST 6-14Z TRYS	1 Teaspoon		442062
PAN COAT SPRAY BUTTERY 6- 14Z VEGLN	1 Gram		827021

Preparation Instructions

Bake bosco sticks according to prep instructions. After baking, spray sticks with a garlic mist/butter spray combination. Place 2 sticks and 1 marinara cup in the bosco bag. Place in warmer and hot hold at 140 degrees or higher. Same day service.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving

Calories	351.50		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	644.00mg		
Carbohydrates	42.00g		
Fiber	6.00g		
Sugar	6.00g		
Protein	22.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	458.00mg	Iron	2.00mg

recipe # 1025 Fun Lunch

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND TKY HAM&CHS WGRAIN IW 100-3.4Z	1 Each		672642
APPLESAUCE STRAWB BAN CUP 96-4.5Z	1 Each		726560
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce		680130

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	346.20		
Fat	11.20g		
SaturatedFat	5.40g		
Trans Fat	0.00g		
Cholesterol	37.00mg		
Sodium	572.20mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Sugar	19.00g		
Protein	17.60g		
Vitamin A	421.85IU	Vitamin C	60.00mg
Calcium	305.20mg	Iron	1.85mg

Recipe # 1017 Taco Bites

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO SNAX WGRAIN 288-1.36Z MAX	3 Piece		107201

Preparation Instructions

Thawing Instructions

PREPARE FROM FROZEN

Basic Preparation

CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. BAKE ON PARCHMENT LINED PAN 15-20 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400 DEGREES F. BAKE ON PARCHMENT LINED PAN 17-21 MINUTES. NOTE: DUE TO OVEN VARIANCES, COOKING TIMES AND TEMPERATURES MAY REQUIRE ADJUSTMENT. PRODUCT MUST BE COOKED UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F. REFRIGERATE OR DISCARD ANY UNUSED PORTION. HOT HOLD AT 140 DEGREES OR HIGHER. SAME DAY SERVICE.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

Amount Per Serving			
Calories		260.00	
Fat		9.00g	
SaturatedFat		2.50g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		510.00mg	
Carbohydrates		30.00g	
Fiber		4.00g	
Sugar		1.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	170.00mg	Iron	2.40mg

recipe # 1007 Taco Fiesta Pizza

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

Ingredients

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

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

Amount Per Serving			
Calories		360.00	
Fat		14.00g	
SaturatedFat		6.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		710.00mg	
Carbohydrates		43.00g	
Fiber		4.00g	
Sugar		8.00g	
Protein		17.00g	
Vitamin A	91.00IU	Vitamin C	0.00mg
Calcium	241.00mg	Iron	3.10mg

recipe # 1009 Shrimp Poppers w/ egg roll and sweet and sour sauce

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	2 Ounce	Thawing Instructions COOK FROM FROZEN Basic Preparation CONVENTION OVEN: PREHEAT OVEN TO 425 DEGREES F. PLACE FROZEN SHRIMP POPPERS IN A SINGLE ; LAYER ON A BAKING SHEET ON CENTER OVEN RACK AND BAKE FOR 8-10 MINUTES OR UNTIL GOLDEN BROWN. CONVECTION OVEN: REHEAT OVEN TO 375 DEGREES F. PLACE FROZEN SHRIMP POPPERS IN A SINGLE LAYER ON A BAKING SHEET ON CENTER OVEN RACK AND BAKE FOR 7-8 MINUTES OR UNTIL GOLDEN BROWN	275752
EGG ROLL CHIX WGRAIN 60-3Z MINH	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. COOKING INSTRUCTIONS BASED ON FULL SIZE SHEET PAN (WITH APPROXIMATELY 54 EGG ROLLS). CONVECTION OVEN: PREHEAT OVEN TO 350°F. PLACE EGG ROLLS ON BAKING SHEET. FOR FROZEN PRODUCT COOK FOR 22 MINUTES; FOR THAWED PRODUCT COOK FOR 13 MINUTES. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS.	277731
SAUCE SWEET & SOUR DIP CUP 100-1Z GFS	1 Each		714510

Preparation Instructions

cook shrimp and egg roll according to prep instructions

place shrimp (14) and 1 egg roll in serving container with a sweet & sour cup. Hot hold at 140 degrees or more.

SLE Components

Amount Per Serving

Meat	1.67
Grain	1.83
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: 3.00

Amount Per Serving			
Calories	345.00		
Fat	11.67g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	56.67mg		
Sodium	696.67mg		
Carbohydrates	45.00g		
Fiber	5.67g		
Sugar	12.67g		
Protein	15.00g		
Vitamin A	8.78IU	Vitamin C	7.09mg
Calcium	61.13mg	Iron	2.79mg

recipe # 1006 Yogurt Bar

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	1 Each	READY_TO_EAT Ready to serve- no preparation needed	707193
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CARROT SNACK CLEANED 200-1Z RSS	1 Package		613967
APPLE CHL SL 100/2 OZ PG	1 Each		747650

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	361.80		
Fat	8.20g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	371.40mg		
Carbohydrates	60.00g		
Fiber	7.30g		
Sugar	34.00g		
Protein	13.40g		
Vitamin A	574.52IU	Vitamin C	6.35mg
Calcium	406.28mg	Iron	1.25mg

recipe # 1004 Teriyaki Stir Fry Bowl

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	2 17/20 Ounce	BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350F (CONVECTION) 400F (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165F, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED. SKILLET OR PAN FRY: (THAWING PRODUCT FIRST IS RECOMMENDED) PLACE THAWED CHICKEN IN SKILLET OR FRYING PAN AND HEAT CONTENTS TO A MINIMUM OF 165F FOR AT LEAST 15 SECONDS. SERVING: MAKE SURE FOOD TEMPERATURE IS 165F OR ABOVE. PLACE COOKED CHICKEN IN A SERVING PAN, MIX WELL AND SERVE.	890911
PASTA SPAGHETTI 100 WHLWHE 2-5 GFS	1 Ounce		654590
SAUCE TERIYAKI 4-64FLZ SWTBRAY	3 Tablespoon		417622
CARROT MATCHSTICK SHRED 2-3 RSS	1 Ounce		198161

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		337.11	
Fat		3.00g	
SaturatedFat		1.00g	
Trans Fat		0.00g	
Cholesterol		53.00mg	
Sodium		1154.00mg	
Carbohydrates		58.17g	
Fiber		3.89g	
Sugar		34.33g	
Protein		18.72g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	29.33mg	Iron	3.14mg

Recipe # 1014 Tangerine stir fry

Servings:	1.00	Category:	Entree
Serving Size:	1.00 4 ounces	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce	Pre-heat oven to 350/400 place chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy	791710
RICE BRN ASIAN 6-26.4Z UBEN	3/4 Cup		244541

Preparation Instructions

Cook chicken according to prep instructions. Warm sauce on it's own.

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above.

Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended. Portioning size may vary by individual practice.

Cook rice according to directions.

Portion 1 cup cooked rice into approved serving container and top with Chicken and Sauce.

Garnish with sesame seeds, sliced green onion and shredded carrots.

DO NOT mix until right before service or chicken will be soggy.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 4 ounces

Amount Per Serving			
Calories		347.50	
Fat		5.50g	
SaturatedFat		1.38g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		717.50mg	
Carbohydrates		56.50g	
Fiber		3.50g	
Sugar		15.25g	
Protein		17.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	1.98mg

recipe # 1018 Popcorn Chicken Bowl

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 PCORN LRG WGRAIN CKD 6-5	10 Each	Bake according to instructions, bake till 165 for 15 seconds	536620
POTATO PRLS RDSKN 8-32.6Z P/L	39/50 Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 30 seconds. 3: Let stand for 5 minutes, stir and serve.	767660
GRAVY MIX CHIX LO SOD 6-32Z HHL	2 Tablespoon		574732
SPICE PARSLEY FLAKES 11Z TRDE	1 Teaspoon		513989

Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Prepare gravy according to directions
5. Place 1/2 cup of prepared potatoes with parsley in approved container, top potatoes gravy & popcorn chicken
6. Sprinkle with parsley

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	379.00
Fat	15.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1100.00mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	0.00g

Protein		20.00g	
Vitamin A	168.00IU	Vitamin C	1.00mg
Calcium	37.00mg	Iron	2.60mg

Recipe 1019 Teriyaki Beef w/ Egg Roll

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF TERIYAKI DIPPERS .7Z 5-5 COMM	4 Each	BAKE Conventional oven: from frozen: preheat oven to 350 degrees f. Bake for 7-9 minutes. Convection oven: from frozen: preheat oven to 350 degrees f. Bake for 4-7 minutes.	136591
EGG ROLL CHIX WGRAIN CN 3Z 2-30CT	1 Each	BAKE Product is RTE, however can be heated with the following directions: Preparation Type: Heating Instructions Conventional Oven Instructions: Preheat oven to 450°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 17 minutes Convection Oven Instructions: Preheat oven to 425°F. Place frozen egg rolls on a baking sheet. Turn once during bakin. Convection: 12-14 minutes Preparation Notes: Heating time may vary with equipment.	599440
SAUCE TERIYAKI 4-64FLZ SWTBRAY	2 Tablespoon		417622

Preparation Instructions

1. Cook beef according to directions. CCP: Hot hold 135F or higher
2. Cook egg rolls according to package
3. Warm Teriyaki Sauce and Drizzle 2 TBSP over top every 4 beef dippers
4. Place 4 beef dippers and 1 egg roll in approved serving container and garnish with sesame seeds, green onion
4. Offer with hot vegetable of the day.

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.25
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 portion

Amount Per Serving			
Calories		370.00	
Fat		15.00g	
SaturatedFat		4.50g	
Trans Fat		0.50g	
Cholesterol		80.00mg	
Sodium		1280.00mg	
Carbohydrates		36.00g	
Fiber		3.00g	
Sugar		18.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	3.60mg

recipe # 1008 Turkey w/ Mashed Potatoes & Gravy with Corn Roll

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY RST 4-10 COMM	3 1/25 Ounce	<p>Basic Preparation SORT ROASTS BY WEIGHT AND DIAMETER TO FACILITATE THAWING AND/OR COOKING.ROASTS MAY BE COOKED FROZEN OR THAWED. WHEN COOKED FROM THE FROZEN STATE,THE ROASTS MAY BE MORE DIFFICULT TO SLICE; ALLOW ROASTS TO STAND 15 MINUTES,AFTER ROASTING, TO FIRM-UP, BEFORE REMOVING NETTING AND SLICING.TO THAW: THAW ONLY THE AMOUNT NEEDED FOR ONE DAY'S USE IN NETTING IN REFRIGERATOR FOR 24 HOURS. PLACE IN SINGLE LAYERS ON SHEET PANS OR TRAYS AND SPACE ON SHELVES SO THAT AIR CAN CIRCULATE AROUND WRAPPED POULTRY. COOK WITHIN 24 HOURS AFTER THAWING. DO NOT PARTIALLY COOK ONE DAY FINISH THE NEXT. DO NOT REFREEZE AFTER THAWING OR HEATING. DO NOT WASH BEFORE COOKING. TO COOK: COOK WITH OR WITHOUT NETTING. PLACE ROASTS OF SIMILAR SIZES, THAWED OR FROZEN, IN SHALLOW ROASTING PANS. INSERT A MEAT THERMOMETER INTO THE CENTER OF ONE ROAST IN EACH PAN. BAKE AT 325* F IN EITHER A CONVECTION OVEN OR A CONVENTIONAL OVEN FOR 3-5 HOURS. COOK TURKEY PRODUCTS TO AN INTERNAL TEMPERATURE OF 165* F FOR 15 SECONDS. JUDGE DONENESS BY TEMPERATURE, NOT THE COLOR OR TEXTURE OF THE FOOD. ROASTS WITH GREATER DIAMETER NEED TO COOK LONGER. SERVE PROMPTLY OR REFRIGERATE LEFTOVERS; USE WITHIN 2 DAYS. REHEAT TO INTERNAL TEMPERATURE OF 165* F FOR 15 SECONDS.</p>	110560
POTATO PRLS RDSKN 8-32.6Z P/L	1 Ounce	<p>RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 30 seconds. 3: Let stand for 5 minutes, stir and serve.</p>	767660
GRAVY MIX CHIX LO SOD 6-32Z HHL	2 Tablespoon	<p>Basic Preparation IN A LARGE SAUCE PAN, COMBINE GRAVY MIX WITH WARM TAP WATER. MIX WELL WITH A WIRE WHISK. BRING MIXTURE TO A BOIL OVER MEDIUM HEAT, STIRRING CONSTANTLY. REMOVE FROM HEAT. SERVE</p>	574732

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC HNY CORN WGRAIN 168- 2.75Z	1 Each	<p>Thawing Instructions KEEP FROZEN UNTIL READY TO USE.</p> <p>Basic Preparation PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. ON A FULL SHEET PAN: INDIVIDUALS 8X5; CLUSTERED HONEYCOMB OF 51. ON HALF A SHEET PAN: INDIVIDUAL 5X4; CLUSTERED HONEYCOMB OF 21. LEAVE ABOUT 1.4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 DEGREES F FOR 18-22 MINUTES. CONVECTION OVEN: 350 DEGREES F FOR 14-17 MINUTES FOR INDIVIDUAL PANNED AND 16-20 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST ACCORDINGLY.</p>	576272
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	1 Gram	<p>spray pan and top of corn muffins with butter spray</p> <p>spray mashed potatoes liberally with butter spray</p>	827021

Preparation Instructions

Prepare each individual item according to prep instructions. Slice turkey in 2 ounces pieces (you must weigh the turkey slice). Raw turkey conversion is 3.04 ounces cooks down to 2 ounces. Place 1/2 cup mashed potatoes, turkey slice, 2 TBSP gravy and corn muffin in approved serving container.

Hot Hold at 140 degrees or more.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.64

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	485.76		
Fat	19.08g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	46.00mg		
Sodium	1500.72mg		
Carbohydrates	56.51g		
Fiber	3.28g		
Sugar	5.00g		
Protein	22.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.64mg	Iron	2.21mg

recipe # 1012 Tater Taco

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	2 13/25 Ounce	Prepare from frozen state. Basic Preparation Deep Fry: Fill basket one third full (1.5#) with frozen tots and deep fry at 350 degrees F for 2 1/2 to 3 minutes. Convection Oven: Preheat oven to 425 degrees F. Spread frozen product evenly on a shallow baking pan. Bake for 12-17 minutes. Turning once for uniform cooking. For best results, cook to a light golden color.	563840
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce	PREPARE FROM FROZEN OR THAWED Basic Preparation FOR BOIL-IN-BAG FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS INTO BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 - 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT BAG OPEN AND POUR INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. FOR STEAM-IN-BAG PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN PLACE INTO STEAMER. HEAT 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.	768230
CHEESE CHED SHRD 6-5 COMM	1 Ounce		199720
RICE MEXICAN FIESTA 6-25.9Z UBEN	0 Cup	COMBINE RICE,WATER,BUTTER OR MARGARINE & SALT,STIR WELL. BRINGTO VIGOROUS BOIL. REMOVE FROM HEAT,COVER & LET STAND 12 MIN, UNTIL MOST OF LIQUID IS ABSORBED. FLUFF & SERVE. NO MSG ADDED.	473006

Preparation Instructions

Prepare all ingredients according to instructions. Place tater tots (8 pieces) in approved serving container. Top with 3 ounces (weighed) taco meat, 1/2 cup fiesta rice and 1 ounce (weighed) cheese sprinkled on top.

SLE Components

Amount Per Serving

Meat	2.98
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: 1.00

Amount Per Serving

Calories	408.76		
Fat	17.36g		
SaturatedFat	7.49g		
Trans Fat	0.00g		
Cholesterol	79.50mg		
Sodium	1145.19mg		
Carbohydrates	38.47g		
Fiber	1.50g		
Sugar	1.00g		
Protein	26.19g		
Vitamin A	339.98IU	Vitamin C	9.06mg
Calcium	57.50mg	Iron	3.63mg

Recipe # 1016 Scrambled Eggs and pancakes

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
PANCAKE MINI WGRAIN .32Z 24-45CT	9 Each	Thawing Instructions Prepare from frozen state. Basic Preparation Preheat to 350 degrees F. On a sheet pan, place desired amount of frozen mini pancakes in a slightly overlapping single layer. Cover tightly with foil. Convection Oven: Heat for 8-10 minutes. Conventional Oven: Heat for 13-15 minutes. Steam table holding: Mini pancakes can be held covered on a steam table at medium setting for 45 minutes.	669440
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each		666785
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	1 Gram	spray pancakes with butter spray before and after cooking	827021

Preparation Instructions

Prepare each item according to instructions. Place 9 pancakes and 2 ounces eggs (weighed) and 1 syrup packet in approved container. Hot hold at 140 degrees or more.

SLE Components

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	269.20		
Fat	8.80g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	200.00mg		
Sodium	704.00mg		
Carbohydrates	38.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	10.00g		
Vitamin A	1200.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.42mg

Recipe # 1013 Grilled cheese sandwich with tomato soup

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN IW 72- 4.19Z	1 Each	Thawing Instructions PREPARE FROM FROZEN STATE OR THAW UNDER REFRIGERATION. Basic Preparation DO NOT REMOVE WRAP BEFORE HEATING. FROM THAWED STAGE: PREHEAT CONVECTION OVEN TO 325*F DEGREES, PLACE ONTO BUN PAN AND HEAT FOR 10 TO 12 MINUTES. SERVE. FROM FROZEN: PREHEAT CONVECTION OVEN TO 275 DEGREES, PLACE SANDWICHES ONTO BUN PAN AND HEAT 12 TO 15 MINUTES. SERVE. NOTE: SANDWICHES CAN BE HEATED FROM A FROZEN STATE; HOWEVER, IT IS RECOMMENDED THEY ARE HEATED FROM A THAWED STATE.	786360
SOUP TOMATO 12- 5 CAMP	1/2 Cup	Basic Preparation STOVE: STIR SOUP IN PAN. SLOWLY STIR IN 1 CAN WATER. HEAT TO SIMMER,STIRRING OCCASIONALLY. MICROWAVE: STIR SOUP IN MICRO- SAFE BOWL W/1 CAN WATER,COVER. HEAT ON HIGH 3-4 MIN. STIR.	101427

Preparation Instructions

Prepare each item as directed above. Place 1 cup soup in soup bowl with lid. Place soup in 2 pound food boat with grilled cheese sandwich. Hot hold at 140 degrees or higher.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.75
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	370.30
Fat	9.90g
SaturatedFat	5.60g
Trans Fat	0.00g
Cholesterol	32.00mg
Sodium	1060.80mg
Carbohydrates	51.00g
Fiber	4.00g

Sugar	18.00g		
Protein	20.50g		
Vitamin A	923.96IU	Vitamin C	6.00mg
Calcium	465.89mg	Iron	2.36mg