

# Cookbook for John Paul II Academy

Created by HPS Menu Planner

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# Spicy Chicken Patty

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	WASH HANDS. WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN. 1. Cook chicken patty as directed on package. 2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll. 3. Serve. 4. Allow student to select condiment of choice.	517810
CHIX PTY BRD CKD SPCY 3Z 4- 5# PROVIEW	1 Each		523790

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>		3.40	
<b>Fat</b>		0.12g	
<b>SaturatedFat</b>		0.01g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.35mg	
<b>Sodium</b>		4.55mg	
<b>Carbohydrates</b>		0.38g	
<b>Fiber</b>		0.06g	
<b>Sugar</b>		0.03g	
<b>Protein</b>		0.21g	
<b>Vitamin A</b>	3.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.60mg	<b>Iron</b>	0.03mg

# Toasted Cheese Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GFS	1 1/2 Cup		733061
BREAD WGRAIN SLCD 1/2 7-32Z GFS	200 Slice		231053
CHEESE AMER 120CT SLCD 4-5 GFS	200 Slice		164216

## Preparation Instructions

Directions:

Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5

Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.

Top each slice of bread with 2 slices (2 oz) of cheese.

Cover with remaining bread slices.

Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes  
DO NOT OVERBAKE

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Notes:

1: Comments:

2: \*See Marketing Guide.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>		314.00	
<b>Fat</b>		11.64g	
<b>SaturatedFat</b>		5.08g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		15.00mg	
<b>Sodium</b>		606.40mg	
<b>Carbohydrates</b>		41.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		10.00g	
<b>Vitamin A</b>	480.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	180.00mg	<b>Iron</b>	2.16mg

# Hot Dog on WG Bun MTG

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GFS	50 Each		517830
FRANKS MEAT CN 8/# 10# KENTQ	50 Each		168530

## Preparation Instructions

Directions:

WASH HANDS.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

Conventional oven: 400°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

3. Serve with ketchup packet (optional).

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	280.00
<b>Fat</b>	17.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	685.00mg
<b>Carbohydrates</b>	22.00g

<b>Fiber</b>		4.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		10.00g	
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.41mg	<b>Iron</b>	1.29mg

# Sandwich Chicken Patty MTG

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	50 Each		517810
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	50 Each		542832

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Place chicken patty on bun and wrap in foil.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

### 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: 50.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	565.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	28.00g

<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	2.88mg

# Hamburger on a Bun

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB CIRCLE 116-3Z ADV	1 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 400 degrees f. Heat for 12 minutes. Convection oven: frozen product: preheat oven to 375 degrees f. Heat for 8 1 2 minutes.	485342
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

Directions:

1. Heat burger patty according to directions on package.

CCP: Heat to internal temp of 155° F

2. Place heated burger on whole grain rich bun.

3. Place in warming oven until ready for service.

CCP: Heat to internal temp of 155° F. Hold for hot service at 135° F or higher.

Notes:

1: Equipment (if not specified in procedures above):

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	6.40
<b>Fat</b>	0.32g
<b>SaturatedFat</b>	0.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.80mg
<b>Sodium</b>	8.50mg
<b>Carbohydrates</b>	0.54g
<b>Fiber</b>	0.12g

<b>Sugar</b>			0.06g
<b>Protein</b>			0.38g
<b>Vitamin A</b>	2.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.60mg	<b>Iron</b>	0.06mg

# Peaches Dcd MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GFS	1/2 Cup		268348

## Preparation Instructions

Directions:

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4 oz spoodle or menued portion.

Child Nutrition: 4z spoodle provides= 1/2 cup fruit

Updated October 2013

Notes:

### 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: 100.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	0.60		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.10mg		
<b>Carbohydrates</b>	0.14g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.13g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	2.00IU	<b>Vitamin C</b>	0.01mg



**Calcium** 0.00mg **Iron** 0.00mg

# Oranges

<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	1/2 Cup		198013

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Cut orange into 4 wedges. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1 orange = 1/2c fruit

Updated October 2013

Notes:

### 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: 75.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>			0.54
<b>Fat</b>			0.00g
<b>SaturatedFat</b>			0.00g
<b>Trans Fat</b>			0.00g
<b>Cholesterol</b>			0.00mg
<b>Sodium</b>			0.01mg
<b>Carbohydrates</b>			0.14g
<b>Fiber</b>			0.02g
<b>Sugar</b>			0.09g
<b>Protein</b>			0.01g
<b>Vitamin A</b>	2.72IU	<b>Vitamin C</b>	0.65mg
<b>Calcium</b>	0.47mg	<b>Iron</b>	0.00mg

# Pears

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD XL/S 6-10 GFS	1/2 Cup		290203

## Preparation Instructions

Directions:

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4z spoodle.

Child Nutrition: 4z spoodle = 1/2 c. fruit

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.01
<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: 100.00

Serving Size: 0.50

Amount Per Serving	
<b>Calories</b>	0.70
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.10mg
<b>Carbohydrates</b>	0.17g
<b>Fiber</b>	0.01g
<b>Sugar</b>	0.15g
<b>Protein</b>	0.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.00mg

# Pineapple

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/2 Cup		189979

## Preparation Instructions

Directions:

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.01
<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: 100.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	0.70		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.18g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.15g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.09mg

**Calcium** 0.00mg **Iron** 0.00mg

# mixed fruit

<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL WTR PACK 6-10 P/L	1/2 Cup		167592

## Preparation Instructions

Directions:

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4 oz spoodle or menued portion.

Child Nutrition: 4z spoodle provides= 1/2 cup fruit

### 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: 75.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>			0.61
<b>Fat</b>			0.00g
<b>SaturatedFat</b>			0.00g
<b>Trans Fat</b>			0.00g
<b>Cholesterol</b>			0.00mg
<b>Sodium</b>			0.07mg
<b>Carbohydrates</b>			0.13g
<b>Fiber</b>			0.03g
<b>Sugar</b>			0.09g
<b>Protein</b>			0.00g
<b>Vitamin A</b>	2.69IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Carrot & Celery Sticks MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1/2 Cup		302198

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

- 1.Clean carrots and celery
- 2.place in serving container (4 Oz)
3. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup sticks provides= 1/4 cup "other" vegetable and 1/4 cup red/orange vegetable

Updated October 2013

Notes:

### 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>	0.25
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	0.34		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.86mg		
<b>Carbohydrates</b>	0.07g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.03g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	97.14IU	<b>Vitamin C</b>	0.05mg



<b>Calcium</b>	0.46mg	<b>Iron</b>	0.00mg
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# Baby Carrots Frsh MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup		510637

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup red/orange vegetable

Updated October 2013

Notes:

### 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>	0.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>	0.30		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.66mg		
<b>Carbohydrates</b>	0.07g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	117.28IU	<b>Vitamin C</b>	0.07mg
<b>Calcium</b>	0.27mg	<b>Iron</b>	0.01mg

# Salad Mixed Green MTG

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	50 1/2 Cup		735787
TOMATO SLCD 1/4 5 RSS	3 1/2 Pound		786535
CUCUMBER SLCD 1/4 2-3 RSS	5 Pound		329517

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Place washed lettuce into a mixing bowl.
2. Core and dice tomatoes.
3. Slice cucumbers into 1/4" slices.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>		13.15	
<b>Fat</b>		0.04g	
<b>SaturatedFat</b>		0.01g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.73mg	
<b>Carbohydrates</b>		2.71g	
<b>Fiber</b>		1.19g	
<b>Sugar</b>		0.45g	
<b>Protein</b>		0.14g	
<b>Vitamin A</b>	5160.42IU	<b>Vitamin C</b>	32.05mg
<b>Calcium</b>	22.29mg	<b>Iron</b>	0.78mg

# Beef and Spaghetti Casserole

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	6 1/2 Pound		764720
SPICE ONION MINCED 12Z TRDE	3/8 Cup		513997
TOMATO PASTE 26% 6-10 REDG	1 Quart	READY_TO_EAT None	773549
SUGAR CANE GRANUL XTRA FINE 6-12Z	1 Ounce		750582
SPICE BASIL LEAF 5.5Z TRDE	1 1/2 Teaspoon		513628
SPICE OREGANO GRND 12Z TRDE	1 1/2 Teaspoon		513725
SALT IODIZED 25 CARG	1 1/2 Teaspoon		108286
SPICE GARLIC GRANULATED 24Z TRDE	1 1/3 Tablespoon		513881
SPICE PEPR BLK COARSE GRND 16Z TRDE	1 1/2 Teaspoon		518322
PASTA SPAG 51 WGRAIN 2-10	1 Ounce		221460

## Preparation Instructions

Directions:

Brown ground beef. Drain. Continue immediately.

Add onions to ground beef and sauté for 5 minutes or until onions are translucent.

In a heavy pot, combine beef, onions, tomato paste, water, sugar, basil, oregano, salt, granulated garlic, and pepper. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally.

CCP: Heat to 165° F or higher.

Stir cooked macaroni, noodles, or spaghetti into meat sauce. Spread mixture into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

CCP: Hold at 140° F or warmer. Portion with No. 10 scoop ( cup).

Notes:

1: \* See Marketing Guide

## SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<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: 50.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>	167.13		
<b>Fat</b>	10.94g		
<b>SaturatedFat</b>	4.68g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	39.00mg		
<b>Sodium</b>	114.12mg		
<b>Carbohydrates</b>	5.01g		
<b>Fiber</b>	1.34g		
<b>Sugar</b>	2.58g		
<b>Protein</b>	12.28g		
<b>Vitamin A</b>	256.44IU	<b>Vitamin C</b>	3.07mg
<b>Calcium</b>	13.57mg	<b>Iron</b>	1.42mg

# Baked Apples,GFS

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE IN JCE NSA 6-10 GFS	1 Cup		610283
SUGAR BROWN LT 12-2 PION	1 Pound		860311
SPICE CINNAMON GRND 15Z TRDE	1/4 Cup		224723
MARGARINE LIQUID 2-17.5 GFS	1 Tablespoon		266965

## Preparation Instructions

Directions:

In each 4 inch deep serving pan place

2 #10 cans sliced Apples

1/2 # brown sugar

1/8 cup cinnamon spice

4 oz of melted margarine

CCP: Heat to 165° F or higher for at least 15 seconds

Bake till Apples are tender

CCP: Hold at 135° F or higher.

Notes:

### 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: 50.00

Serving Size: 0.50

Amount Per Serving

<b>Calories</b>	38.74
<b>Fat</b>	0.22g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	6.16mg
<b>Carbohydrates</b>	9.48g

<b>Fiber</b>	0.08g		
<b>Sugar</b>	9.19g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	10.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.59mg	<b>Iron</b>	0.06mg



# Fresh Apples

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 113CT MRKN	1 Each		197696

## Preparation Instructions

Wash Hands

CCP: Wear gloves while preparing ready to eat foods

Wash apples in tempid water. Allow to dry.

Option #1 - once apples are dry,place each in a baggy for self service

option #2 - place apples in a serving bowl under sneeze guard. Use tongs for service.

Option #3 -cut what apples in 1/2 right before service ( cut what is needed for each run). Place in 4 oz serving trays on a sheet tray. place on serving line under sneeze guard.

\*\* if whole apple is served it counts as 1 cup of fruit

### 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: 100.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>	0.72		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.01mg		
<b>Carbohydrates</b>	0.19g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.14g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.75IU	<b>Vitamin C</b>	0.06mg
<b>Calcium</b>	0.08mg	<b>Iron</b>	0.00mg

# Applesauce Unsweetened

<b>Servings:</b>	48.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GFS	1/2 Cup		271497

## Preparation Instructions

ccp: wash hands, wash off top of can and wear gloves when preparing ready to eat foods.

Portion applesauce into 1/2 c serving trays. Place on sheet tray on serving line under sneeze guard.

CCP: if applesauce has been refrigerated be sure to maintain an internal temperature of 41 degrees or lower

### 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: 48.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	1.04		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.21mg		
<b>Carbohydrates</b>	0.27g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.19g		
<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

# appleslices

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171

## Preparation Instructions

1. pull from fridge day of service
2. place on sheet tray on serving line right before lunch starts
3. keep internal temp at 41 degrees or lower

### 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: 100.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>		0.30	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.00mg	
<b>Carbohydrates</b>		0.07g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		0.06g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.20mg
<b>Calcium</b>	0.20mg	<b>Iron</b>	0.00mg

# Fruit juices

<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE CRAN CKTL 15FRSH 72-4FLZ SNCUP	1 Each		118960
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940

## Preparation Instructions

1. Pull from fridge day of service right before lunch. Pull what is needed for each run
2. Place on sheet tray on serving line
3. keep an internal temp at 41 degrees or lower

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.01
<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: 75.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>	3.47		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.33mg		
<b>Carbohydrates</b>	0.83g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.76g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.36mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# fruit cups

<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

Commodity items

CCP: Thaw in fridge over night

CCp: During service be sure to maintain the internal temp of fruit cup at below 41 degrees.

### 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: 75.00

Serving Size: 0.50

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>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<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

# fresh pears

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR 95-110CT MRKN	1/2 Cup		198056

## Preparation Instructions

wash hand

CCP: wear gloves while preparing ready to eat foods

wash pears in tempid water. Allow to dry

Option #1 - once fruit is dry, place in baggy for self service

Option #2 - place fruit in serving bowl under sneeze guard. Use tongs for service

Option #3 - Right before each run cut in 1/2 place in 4 oz. serving tray amount needed for run. Place on sheet tray on serving line under sneeze guard.

CCP: If the fruit has been refrigerated maintain temperature between 35 & 41 degrees.

### 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: 50.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>	0.16		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.04g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.03g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.03mg	<b>Iron</b>	0.00mg

# Fresh Strawberries

<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CLAMSHELL 8 MRKN	1/2 Cup		212768

## Preparation Instructions

CCP: wash hands and wear gloves when preparing ready to eat food.

CCP: Wash outside of fruit with cool water just before service in order to maintain integrity of berry.

Portion fruit into 4 oz serving trays. Place on sheet tray on serving line under sneeze guard.

CCP: If fruit has been in the fridge maintain the internal temp between 35 & 41 degrees

### 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: 75.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>		0.32	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.01mg	
<b>Carbohydrates</b>		0.07g	
<b>Fiber</b>		0.02g	
<b>Sugar</b>		0.05g	
<b>Protein</b>		0.01g	
<b>Vitamin A</b>	0.12IU	<b>Vitamin C</b>	0.58mg
<b>Calcium</b>	0.16mg	<b>Iron</b>	0.00mg

# Frozen Fruit Juice

<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ ORG/PNAP/CHRY 96-4.4FLZ	1 Each		602402

## Preparation Instructions

\*\*\* DO NOT THAW per manufactures instructions

1. Pull from freezer day of service

Option #1- Put on serving line in ice

Option #2 - Put on serving line in ice

Keep at internal temp at 32 degrees or below

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	0.93		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.13mg		
<b>Carbohydrates</b>	0.25g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.21g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	6.67IU	<b>Vitamin C</b>	0.80mg
<b>Calcium</b>	1.07mg	<b>Iron</b>	0.00mg



# Sausage Biscuit

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	<b>BAKE</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

## Preparation Instructions

Preheat oven for biscuits to 325

Preheat an oven for sausage biscuits to 350

CCP: Wash hands

Place biscuits on parchment lined sheet tray. bake for 6-8 minuter or until golden brown and baked through.

Once cooled slice in half and hold until ready for assembly.

place sausage in single layer on parchment sheet tray. Bake for 10-12 minutes or internal temp reaches 165.

CCP: Hold sausage at above 135

Assembly: CCP: wear disposable gloves when preparing ready to eat foods.

Place 1 each sausage patty on sliced biscuit. Close biscuit and serve immediately.

CCP: If holding, hold above 135 for no more than 4 hours. Discard after 4 hours.

DO NOT REHEAT - reheating will negatively affect the quality of the product.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.04
<b>Grain</b>	0.08
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>	10.40		
<b>Fat</b>	0.52g		
<b>SaturatedFat</b>	0.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.20mg		
<b>Sodium</b>	20.80mg		
<b>Carbohydrates</b>	1.08g		
<b>Fiber</b>	0.08g		
<b>Sugar</b>	0.08g		
<b>Protein</b>	0.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.80mg	<b>Iron</b>	0.07mg

# Chicken Pot Pie

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Gallon		570533
VEGETABLES MXD 6- 10 GFS	1 Quart		119059
BUTTER WHPD GRD AA 2-5 GFS	1 Cup		242535
SPICE ONION MINCED 12Z TRDE	1 1/2 Tablespoon		513997
CELERY DCD IQF 6-4 GFS	1 Quart		261513
BROTH CHIX NO MSG 12-5 HRTHSTN	3 Quart		261564
SEASONING POULTRY 10Z TRDE	1 1/2 Teaspoon		273996
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	24 Each	<b>BAKE</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/2 Teaspoon		225037
WHOLE WHEAT FLOUR STONE GROUND	2 1/2 Cup		330094

## Preparation Instructions

1. Cook biscuits according to manufactures directions.
2. Thaw chicken according to manufactures directions.
3. Melt margarine add celery and onion. Cook over medium heat for 5-10 mins. Blend flour cook over medium heat, stirring constantly until slightly thickened 10 - 15 mins.
5. Take 2 steam table pans but the bottom of biscuits. Save the tops till later.
6. Mix chicken and mixed vegetables together. Add gravy mixture.
7. Place chicken and mixed vegetable mixture over biscuits. Place tops of biscuits.
8. Bake at 450 for 30-35 min. Continue to bake until thickened at 210  
for 30 mins

CCP: Heat to 165 or higher at least 15 sec

CCP: Hold for hot service at 135 or higher

cut each pan 5x5 (25 portions per pan)

1 cup portions

## 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>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	148.87		
<b>Fat</b>	6.99g		
<b>SaturatedFat</b>	5.11g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.77mg		
<b>Sodium</b>	419.72mg		
<b>Carbohydrates</b>	18.53g		
<b>Fiber</b>	1.76g		
<b>Sugar</b>	1.60g		
<b>Protein</b>	3.08g		
<b>Vitamin A</b>	544.00IU	<b>Vitamin C</b>	0.38mg
<b>Calcium</b>	78.84mg	<b>Iron</b>	0.88mg

# Asian Chicken

<b>Servings:</b>	52.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.90	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	15 5/17 Pound		791710

## Preparation Instructions

Preheat oven to 400

CCP: Wash Hands

Layer chicken chunks in single layer on parchment lined sheet tray

Bake 16-20 mins or (CCP) until the internal temperature reaches 165.

Heat sauces in low boiling water until internal temp reaches 135

Right before service place chicken in steam table pan. Coat with sauce. Serve immediately

CCP: If holding be sure to hold at 135 or higher for no more than 4 hours

CCP: If temp falls below 135 reheat to 165

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.60
<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: 52.00

Serving Size: 3.90

Amount Per Serving			
<b>Calories</b>	229.20		
<b>Fat</b>	4.83g		
<b>SaturatedFat</b>	1.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	54.28mg		
<b>Sodium</b>	458.40mg		
<b>Carbohydrates</b>	30.16g		
<b>Fiber</b>	2.41g		
<b>Sugar</b>	15.68g		
<b>Protein</b>	16.89g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.74mg

# Traveling Tacos

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF CKD 4-5 KE	1 14/103 Package		813441
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound		150250
CHIP NACHO CHS TOP N GO 21-1.4Z DORIT	100 Package	<b>READY_TO_EAT</b> Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	865611

## Preparation Instructions

1. Boil taco meat in water 30 min or until internal temps reach 165.
2. Place taco meat in 4" half stem table pan on heated serving line
3. Place cheese cheese in 2" half steam table pan and place in cool area on steam table
4. Open taco scoops and in 2" half steam table and place in cool area on steam table

CCP: Minimum temperature to be 165

CCP: Minimum holding temperature 135

Serving items:

4" half steam table pan

2" half steam table pan

2 oz. server

2 oz. souffle cup

2 oz. server

Serving Instructions:

Using a 2 oz server, place taco meat filling inside of scoops. Top with 1/2 oz shredded cheese.

## SLE Components

Amount Per Serving

<b>Meat</b>	4.00
<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: 100.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>		244.36	
<b>Fat</b>		11.44g	
<b>SaturatedFat</b>		3.95g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		14.75mg	
<b>Sodium</b>		374.20mg	
<b>Carbohydrates</b>		28.51g	
<b>Fiber</b>		2.01g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		6.46g	
<b>Vitamin A</b>	138.84IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	148.69mg	<b>Iron</b>	0.50mg

# Chicken Alfredo

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	12 1/2 Pound	UNSPECIFIED Not currently available	570533
SAUCE ALFREDO FZ 6-5 JTM	12 1/2 Pound		155661
PASTA PENNE RIGATE 51 WGRAIN 2-10	6 1/4 Pound		221482

## Preparation Instructions

1. Thaw chicken . Heat chick to 145 internal temp.
2. Place alfredo sauce in boiling water for 30 mins or until internal temp is 135
3. Cook pasta till done. (Cook 8-10 mins)
4. Combine all 3 and place mixture between 2 serving pans.
5. Place on serving line, maintain holding temp at 135 or above

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	290.13		
<b>Fat</b>	9.55g		
<b>SaturatedFat</b>	4.28g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.45mg		
<b>Sodium</b>	489.19mg		
<b>Carbohydrates</b>	26.64g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.28g		
<b>Protein</b>	22.06g		
<b>Vitamin A</b>	241.79IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	218.97mg	<b>Iron</b>	1.38mg



# BBQ Pork on Bun

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 2-5 AUSTBL	2 Ounce		632160
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

Directions:

Bake BBQ Pork in 4 in. serving pans until temperature reaches 165 or higher.

CCP: Heat to 165° F or higher for at least 15 seconds

Remove from oven, put on line and hold.

CCP: Hold at 135° F or higher.

Assemble sandwich at time of service. 1 bun and 2 oz BBQ pork.

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>		11.20	
<b>Fat</b>		0.44g	
<b>SaturatedFat</b>		0.14g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		2.00mg	
<b>Sodium</b>		16.60mg	
<b>Carbohydrates</b>		1.08g	
<b>Fiber</b>		0.20g	
<b>Sugar</b>		0.20g	
<b>Protein</b>		0.72g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.60mg	<b>Iron</b>	0.07mg

# Bacon Cheeseburger on Pretzel Bun

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB CIRCLE 116-3Z ADV	1 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 400 degrees f. Heat for 12 minutes. Convection oven: frozen product: preheat oven to 375 degrees f. Heat for 8 1 2 minutes.	485342
BACON CKD RND 192CT HRML	1 Each		433608
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each		500162

## Preparation Instructions

Preheat oven to 350.

CCP: Wash hands

Place bacon on parchment lined sheet tray. Bake for 1-2 minutes or until crispy

CCP: hold at or above 135 while preparing remaining ingredients

Place patties in a single layer on sheet tray. Bake in oven for 10-12 mins or until internal temp reaches 165.

CCP: Be sure to hold patties for at least 135 while assembling product. If temp falls below 135, reheat to 165 for at least 15 secs.

Assembly:

CCP: Wear gloves when preparing ready to eat foods

Place bottom of bun in single layer on parchment lined sheet tray

Place 1 of ea. on bun - burger, bacon, and slice of cheese. Place top of bun on sandwich

Service immediately or place sheet tray in bun pan cover for holding. Hold at or above 135 for no more than 4 hours

## SLE Components

Amount Per Serving

<b>Meat</b>	3.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>		8.70	
<b>Fat</b>		0.45g	
<b>SaturatedFat</b>		0.20g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		1.25mg	
<b>Sodium</b>		15.20mg	
<b>Carbohydrates</b>		0.64g	
<b>Fiber</b>		0.08g	
<b>Sugar</b>		0.06g	
<b>Protein</b>		0.53g	
<b>Vitamin A</b>	2.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.12mg	<b>Iron</b>	0.07mg

# Corn Dog

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each		620220

## Preparation Instructions

Preheat oven to 350

CCP: Wash Hands

Place corn dogs single layer on sheet tray

bake for 24 - 27 mins or until internal temp is 165

Serve immediately or hold at above 135 for

no more than 4 hours

CCP: if temp falls below 135 reheat to 165 for at least 15 secs

### 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: 50.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>		4.80	
<b>Fat</b>		0.16g	
<b>SaturatedFat</b>		0.05g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.80mg	
<b>Sodium</b>		7.80mg	
<b>Carbohydrates</b>		0.60g	
<b>Fiber</b>		0.10g	
<b>Sugar</b>		0.10g	
<b>Protein</b>		0.18g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.60mg	<b>Iron</b>	0.04mg

# Chicken Rings

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK RING BRD WGRAIN 750-.74Z	5 Each		281771

## Preparation Instructions

CCP: Wash Hands

Pre heat one oven to 375 for chicken rings

Pre heat another oven to 350 for rolls

Place chicken rings in a single layer on parchment paper lined sheet tray. Bake in oven on 375 6-8 mins or until internal temp reaches 165.

Place rolls in a single layer on parchment paper lined sheet tray. Bake in oven a 350 for 8 mins

CCP: Wear disposable glove when preparing ready to eat food.

Place chicken rings in steam table pan and put on line. Each serving is 5 rings

Place rolls in steam table pan. Each serving is 1 each.

Place on serving line immediately or hold at above 135. If internal temp falls below 135 reheat to 165 for 15 secs

### 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: 75.00

Serving Size: 5.00

#### Amount Per Serving

<b>Calories</b>	4.00		
<b>Fat</b>	0.23g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.67mg		
<b>Sodium</b>	6.00mg		
<b>Carbohydrates</b>	0.20g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.28g		
<b>Vitamin A</b>	1.67IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.33mg	<b>Iron</b>	0.02mg

# Chicken Tenders w/ wg roll

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	3 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

## Preparation Instructions

CCP: Wash Hands

Pre heat one oven to 375 for chicken tenders

Pre heat another oven to 350 for rolls

Place chicken tenders in a single layer on parchment paper lined sheet tray. Bake in oven on 375 6-8 mins or until internal temp reaches 165.

Place rolls in a single layer on parchment paper lined sheet tray. Bake in oven a 350 for 8 mins

CCP: Wear disposable glove when preparing ready to eat food.

Place chicken rings in steam table pan and put on line. Each serving is 3 tenders

Place rolls in steam table pan. Each serving is 1 each.

Place on serving line immediately or hold at above 135. If internal temp falls below 135 reheat to 165 for 15 secs

### SLE Components

Amount Per Serving

<b>Meat</b>	0.08
<b>Grain</b>	0.04
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 3.00

<b>Amount Per Serving</b>	
<b>Calories</b>	10.40
<b>Fat</b>	0.60g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.00mg
<b>Sodium</b>	15.60mg
<b>Carbohydrates</b>	0.64g
<b>Fiber</b>	0.12g

<b>Sugar</b>			0.04g
<b>Protein</b>			0.60g
<b>Vitamin A</b>	4.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.60mg	<b>Iron</b>	0.07mg

# Grilled Chicken Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121

## Preparation Instructions

Preheat oven to 350

CCP: Wash hands

Place chicken on sheet pan with a small amount of water. Cook for 17-21 mins or until internal temp reaches 165.

Place one piece of chicken on each bun and wrap in foil.

Serve immediately or hold at 135 or higher for no more than 4 hours. Discard after 4 hours

CCP: If internal temp falls below 135 reheat chicken to 165 for at least 15 seconds

## SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<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



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>		10.00	
<b>Fat</b>		0.18g	
<b>SaturatedFat</b>		0.02g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		2.40mg	
<b>Sodium</b>		17.80mg	
<b>Carbohydrates</b>		1.04g	
<b>Fiber</b>		0.20g	
<b>Sugar</b>		0.12g	
<b>Protein</b>		1.08g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.40mg	<b>Iron</b>	0.07mg

# Bosco Stick w/ marinara sauce

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 144-2.21Z	2 Each		654071
SAUCE MARINARA A/P 6-10 REDPK	1 2/5 Ounce	READY_TO_EAT None	592714

## Preparation Instructions

Preheat oven 350

Place bosco stick on parchment lined sheet tray. Bake for 8-10 mins or until internal temp is at 165

Place in bags.

Heat marinara sauce until internal temp is at 145. Serve with 2 oz ladle

CCP: serve immediately or hold 135 or higher for no more than 4 hrs

CCP: if temp falls below 135 reheat to 165 for least 15 secs

### 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>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00

Amount Per Serving			
<b>Calories</b>	6.80		
<b>Fat</b>	0.26g		
<b>SaturatedFat</b>	0.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.80mg		
<b>Sodium</b>	15.20mg		
<b>Carbohydrates</b>	0.82g		
<b>Fiber</b>	0.10g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	3.88IU	<b>Vitamin C</b>	0.06mg
<b>Calcium</b>	6.16mg	<b>Iron</b>	0.05mg

# Lasagna Roll w/marinara sauce and breadstick

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Piece		234041
BREADSTICK WHT WHE PARBK 200-.9Z	1 Each		622082
SAUCE MARINARA A/P 6-10 REDPK	114 Ounce	READY_TO_EAT None	592714

## Preparation Instructions

Directions:

N A PAN LAYER SAUCE ON BOTTOM OF FULL OR 1/2 STEAM PAN, THEN PLACE LASAGNA IN PAN COVER WITH SAUCE. SEAL PAN WITH FOIL BAKE IN OVEN AT 375°F FOR 35-40 MINUTES FROZEN OR 25-30 MINUTES THAWED

CCP: Heat to 165° F or higher for at least 15 seconds

Hold in a warmer @145° covered the pan with plastic film and hold for 1 hour

CCP: Hold at 135° F or higher.

Serve immediately

Breadstick:

Place product on a lined sheet pan. Once thawed, bake in preheated 375 degrees F convection oven for 5-8 minutes.

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	38.57
<b>Fat</b>	1.76g
<b>SaturatedFat</b>	0.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.40mg
<b>Sodium</b>	269.77mg
<b>Carbohydrates</b>	5.73g

<b>Fiber</b>	1.69g		
<b>Sugar</b>	3.36g		
<b>Protein</b>	1.97g		
<b>Vitamin A</b>	323.94IU	<b>Vitamin C</b>	5.01mg
<b>Calcium</b>	19.43mg	<b>Iron</b>	0.04mg

# Mac & Cheese

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.67	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE BLND MEX SHRD FINE 4-5 P/L	3 Gallon		731374
PASTA ELBOW MACAR 51 WGRAIN 2-10	1 Gallon		229941
BUTTER WHPD GRD AA 2-5 GFS	2 Cup		242535
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Teaspoon		225037
SPICE MUSTARD GRND 14Z TRDE	2 Tablespoon		224928
MILK WHT 1 4-1GAL RGNLBRND	1 Gallon		817801

## Preparation Instructions

1. Heat water to a roiling boil
2. Slowly add macaroni. Stir constantly until water boils again. Cook about 8 mins or until tender. Stir occasionally,DON" T OVER COOK
3. Quickly stir milk into macaroni. Add margarine and seasonings.
4. Add the cheese and stir until cheese is melted and the mixture is smooth. The mixture is quite liquid at this stage.  
CCP: Heat to 140 or higher
5. Pour macaroni and cheese mixture into steam table pans which have been slightly coated with pan release. for 50 servings use 2 pans and for 100 servings use 4 pans. Hold for 30 mins on a 180-190 steamtable to allow sufficient time for mixture to set up properly.  
CCP: Hold for hot service at 135 or higher.  
Portion with a #6 scoop

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.67

<b>Amount Per Serving</b>			
<b>Calories</b>	161.23		
<b>Fat</b>	7.60g		
<b>SaturatedFat</b>	4.82g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	27.40mg		
<b>Sodium</b>	161.06mg		
<b>Carbohydrates</b>	13.27g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	12.82g		
<b>Protein</b>	8.17g		
<b>Vitamin A</b>	646.90IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	316.90mg	<b>Iron</b>	0.11mg

# Yogurt and Granola Parfait

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	1/2 Cup		812821
STRAWBERRY CLAMSHELL 8 MRKN	1/4 Cup		212768

## Preparation Instructions

Directions:

1. Combine 1/2 c granola, 1 c yogurt and 1/4 c strawberries in a 9 oz cup (yogurt, granola, then strawberrie)
2. Parfaits can be assembled prior to meal service or ingredients can be offered individually on the meal line.

CCP: Hold for cold service at 41° F or lower.

Notes:

- 1: Equipment (if not specified in procedures above):

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.75
<b>Fruit</b>	0.25
<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: 30.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	12.62
<b>Fat</b>	0.12g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.17mg
<b>Sodium</b>	5.91mg
<b>Carbohydrates</b>	2.60g
<b>Fiber</b>	0.13g
<b>Sugar</b>	1.45g

<b>Protein</b>		0.37g	
<b>Vitamin A</b>	33.48IU	<b>Vitamin C</b>	0.73mg
<b>Calcium</b>	6.87mg	<b>Iron</b>	0.04mg



# turkey wrap

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700

## Preparation Instructions

Directions:

Place 4 slices = Jennie-O Turkey slices and 2 slices of cheese on each hoagie bun or Tortilla Wrap

CCP: Hold for cold service at 41° F or lower.

Wrap each choice in a paper wrap assemble in 2" serving pans

For line service

CCP: Hold for cold service at 41° F or lower.

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	1.87
<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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>		8.27	
<b>Fat</b>		0.21g	
<b>SaturatedFat</b>		0.11g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		1.26mg	
<b>Sodium</b>		23.71mg	
<b>Carbohydrates</b>		0.80g	
<b>Fiber</b>		0.08g	
<b>Sugar</b>		0.08g	
<b>Protein</b>		0.75g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 4.64mg **Iron** 0.05mg

# waffle fries

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.02	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WAFFLE 6-4.5 MCC	3 1/50 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201081

## Preparation Instructions

Directions:

Pre-heat oven to 400°

Arrange product in single layer

Bake 14-16 minutes or until light golden brown

CCP: Heat to 165° F or higher for at least 15 seconds

Notes:

### 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>	0.01

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.02

#### Amount Per Serving

<b>Calories</b>	1.40		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.80mg		
<b>Carbohydrates</b>	0.22g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.04mg

**Calcium** 0.00mg **Iron** 0.01mg

# meatball sub

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD REDC SOD .5Z 2-5 GCHC	8 1/2 Pound		610790
SAUCE MARINARA A/P 6-10 REDPK	4 Cup	READY_TO_EAT None	592714
BUN HOT DOG WHEAT WHL 12-12CT GFS	50 Each		517830

## Preparation Instructions

1. pre heat oven to 350
2. Place frozen meatballs on sheet tray at is sprayed with nonstick spray. Bake for 15-20 mins
3. Transfer meatballs into 2 full pans. Poor 4 cups of marinara sauce into each of the 2 pans
4. cover and heat for 10 mins
5. Assemble meatballs (6) and sauce (1/8 cup) on the bun. Assemble on the serving line just in time for service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>		116.79	
<b>Fat</b>		2.52g	
<b>SaturatedFat</b>		0.23g	
<b>Trans Fat</b>		0.03g	
<b>Cholesterol</b>		1.13mg	
<b>Sodium</b>		175.79mg	
<b>Carbohydrates</b>		20.60g	
<b>Fiber</b>		4.51g	
<b>Sugar</b>		2.94g	
<b>Protein</b>		4.85g	
<b>Vitamin A</b>	88.69IU	<b>Vitamin C</b>	1.37mg
<b>Calcium</b>	44.79mg	<b>Iron</b>	0.76mg

# Nacho Bar

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
TOMATO ROMA DCD 3/8 2-5 RSS	1/2 Cup		786543
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	3 Quart		722110
100158 - Beef, Find Ground, 85/15, Frozen	9 Pound	UNPREPARED	100158
SEASONING TACO 21Z TRDE	6 Tablespoon		413429
SALSA 103Z 6-10 REDG	3 Ounce	READY_TO_EAT None	452841
CHIP TORTL SALTED TRI 5-1.5 GFS	1 Gallon		163000

## Preparation Instructions

Directions:

Cook ground beef

add taco seasonings

Heat Queso Cheese

CCP: Heat to 165° F or higher for at least 15 seconds

Assemble bar with all vegetables

CCP: Hold for cold service at 41° F or lower.

CCP: Hold for hot service at 135° F or higher

CCP: Hold at 135° F or higher.

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	2.16
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>	182.00		
<b>Fat</b>	12.97g		
<b>SaturatedFat</b>	4.33g		
<b>Trans Fat</b>	2.15g		
<b>Cholesterol</b>	0.18mg		
<b>Sodium</b>	145.52mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.26g		
<b>Protein</b>	15.28g		
<b>Vitamin A</b>	189.52IU	<b>Vitamin C</b>	0.08mg
<b>Calcium</b>	2.29mg	<b>Iron</b>	0.08mg

# Carrots ( can)

<b>Servings:</b>	56.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GFS	3 #10 CAN		118915
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Teaspoon		225037

## Preparation Instructions

CCP: Wash Hands

CCP: Wash tops of can. Open cans and drain 1/2 of liquid out.

For every 28 servings use one hotel pan.

Add 1 tsp. to every hotel pan.

CCP: Heat carrots to at least 145. Serve immediately or hold at 145 or higher for no more than 4 hours

If internal temp fall below 145 reheat to 165 for 15 seconds

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>	41.57		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	346.43mg		
<b>Carbohydrates</b>	8.31g		
<b>Fiber</b>	2.77g		
<b>Sugar</b>	5.54g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	10392.80IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Glazed Carrots

<b>Servings:</b>	56.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER WHPD GRD AA 2-5 GFS	2 Cup		242535
SUGAR BROWN LT 12-2 PION	1 3/25 Ounce		860311
CARROT SLCD MED 6-10 GFS	3 #10 CAN		118915

## Preparation Instructions

Directions:

Divide carrots evenly into 3 (12"x20"x2 1/2" 6# lb per pan) Drain liquid for each can

Combine : Margarine,sugar water

Pour 1/3 mixture over each pan

Conventional oven:375° for 15-20

CCP: Heat to 140° F or higher for at least 15 Seconds

Serve with number( #8 scoop ) 1/2 cup

CCP: Hold at 135° F or higher.

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50

<b>Amount Per Serving</b>	
<b>Calories</b>	83.74
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	2.86g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	11.43mg
<b>Sodium</b>	378.02mg
<b>Carbohydrates</b>	8.87g
<b>Fiber</b>	2.77g
<b>Sugar</b>	6.10g
<b>Protein</b>	0.00g

<b>Vitamin A</b>	10507.09IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.47mg	<b>Iron</b>	0.00mg

# corn (can)

<b>Servings:</b>	118.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL R/SOD 6-10 P/L	6 #10 CAN		222011
BUTTER WHPD GRD AA 2-5 GFS	15 Tablespoon		242535
SPICE PEPR BLK REG GRIND 16Z TRDE	4 Teaspoon		225037

## Preparation Instructions

CCP: Wash hand and top of cans

open corn and place in hotel pan.

use one hotel pan for every 29 servings

Divide margarine equally into the required number of pans.

Add 1 tsp of pepper to each pan.

Mix well

Heat corn to at least 145. Serve immediately or hold at 145 or higher for no longer than 4 hours

### 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: 118.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	114.12		
<b>Fat</b>	2.21g		
<b>SaturatedFat</b>	0.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.54mg		
<b>Sodium</b>	191.13mg		
<b>Carbohydrates</b>	22.36g		
<b>Fiber</b>	2.63g		
<b>Sugar</b>	5.26g		
<b>Protein</b>	2.63g		
<b>Vitamin A</b>	25.42IU	<b>Vitamin C</b>	4.73mg

**Calcium** 0.00mg **Iron** 0.00mg

# Green Beans ( can)

<b>Servings:</b>	90.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	4 #10 CAN		221990
SPICE ONION MINCED 12Z TRDE	1 Cup		513997
BUTTER WHPD GRD AA 2-5 GFS	1/2 Pound		242535
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037

## Preparation Instructions

CCP: Wash hands and top of cans

Place 2 cans in 1 hotel pan

Mix 1/2 cup of onions in each hotel pan

Mix in margarine or butter

Mix In pepper

CCP: Heat Green Beans to 145 or higher

Serve immediately or hold at 145 or higher for no more than 4 hours. if internal temp fall below 145 during the 4 hrs reheat to 165 for 15

sec.

### 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: 90.00

Serving Size: 0.50

<b>Amount Per Serving</b>	
<b>Calories</b>	23.38
<b>Fat</b>	0.04g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.11mg
<b>Sodium</b>	161.25mg
<b>Carbohydrates</b>	4.60g
<b>Fiber</b>	2.30g
<b>Sugar</b>	2.30g

<b>Protein</b>		1.15g	
<b>Vitamin A</b>	5.71IU	<b>Vitamin C</b>	6.90mg
<b>Calcium</b>	2.30mg	<b>Iron</b>	4.60mg

# Mixed Vegetables (frozen)

<b>Servings:</b>	53.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 12-2.5 GFS	10 Pound		119393
BUTTER WHPD GRD AA 2-5 GFS	6 Tablespoon		242535
SPICE PEPR BLK REG GRIND 16Z TRDE	4 Teaspoon		225037

## Preparation Instructions

CCP: Wash Hands

Place 5 # of mixed vegetables in each hotel pan

Place 3 tbps of butter and 2 tsp of pepper in each hotel pan.

CCP: Heat vegetables to 145 or higher. Serve immediately or hold at 145 or higher no more that 4 hours

### 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: 53.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	27.64		
<b>Fat</b>	0.79g		
<b>SaturatedFat</b>	0.57g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.26mg		
<b>Sodium</b>	13.27mg		
<b>Carbohydrates</b>	3.38g		
<b>Fiber</b>	0.84g		
<b>Sugar</b>	0.84g		
<b>Protein</b>	0.56g		
<b>Vitamin A</b>	233.85IU	<b>Vitamin C</b>	1.69mg
<b>Calcium</b>	5.63mg	<b>Iron</b>	0.20mg

# Buttered Peas , Canned

<b>Servings:</b>	55.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER WHPD GRD AA 2-5 GFS	4 Tablespoon		242535
PEAS R/SOD 6-10 P/L	3 #10 CAN		222000
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Teaspoon		225037

## Preparation Instructions

Directions:

Place 3 #10 cans of peas in a 4" steam table pan

Pour 4 oz of melted Margarine over peas

Add pepper

Store in refregator till time to steam.

Remove from cooler place in steam oven

CCP: Heat to 145° F or higher for at least 15 Seconds

Hold in steam table

CCP: Hold at 135° F or higher.

Notes:

### 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: 55.00

Serving Size: 0.50

<b>Amount Per Serving</b>	
<b>Calories</b>	103.85
<b>Fat</b>	1.21g
<b>SaturatedFat</b>	0.36g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.45mg
<b>Sodium</b>	201.53mg
<b>Carbohydrates</b>	16.93g
<b>Fiber</b>	4.23g
<b>Sugar</b>	8.47g



<b>Protein</b>		5.64g	
<b>Vitamin A</b>	14.55IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.22mg	<b>Iron</b>	2.03mg

# Waffle Fries

<b>Servings:</b>	156.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.02	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WAFFLE 6-4.5 MCC	4 Package		201081

## Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. Or internal temp reaches 145 or higher. Serve immediately or hold at 145 or higher for no more than 4 hours

### 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: 156.00

Serving Size: 3.02

#### Amount Per Serving

<b>Calories</b>	1.19		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.68mg		
<b>Carbohydrates</b>	0.19g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.01mg

# Fries Sweet Potato Crinkle MTG

<b>Servings:</b>	156.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	6 6/25 Package		628100

## Preparation Instructions

Directions:

Wash hands.

Bake french fries according to manufacturer's instructions.

3.17 oz svg = 1/2 c. red/orange vegetable

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 156.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	1.51		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.27mg		
<b>Carbohydrates</b>	0.21g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.06g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	44.16IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	0.25mg	<b>Iron</b>	0.00mg

# Tater Tots MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	5 Package		141510

## Preparation Instructions

Directions:

WASH HANDS.

1. Place tater tots in a single layer on sheet pans lined with parchment paper.
2. Bake in Convection Oven at 425°F for 8 - 12 minutes.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Serve 8 tater tots (approximately 1/2 cup).

Child Nutrition: 8 tater tots provides= 1/2 cup starchy vegetable

Notes:

### 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: 100.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>	2.58		
<b>Fat</b>	0.12g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.15mg		
<b>Carbohydrates</b>	0.32g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.07mg

**Calcium** 0.00mg **Iron** 0.00mg

# Instant Mashed Potatoes

<b>Servings:</b>	80.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.70	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	4 Package		613738

## Preparation Instructions

CCP: wash hands

RECONSTITUTE

- 1: Pour 2 packages of potato pearls in mixing bowl at a time
2. Gradually pour 2 gallons of water into mixing bowl with potato pearls. Stir for 15-20 secs.
3. Allow potatoes to sit for 5 mins.
4. Stir briefly. Place finished product into hotel pan for service
5. Serve immediately or hold at 145 or higher for no more than 4 hours

CCP: If internal temp falls below 145 reheat to 165 for 15 secs

### 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: 80.00

Serving Size: 0.70

Amount Per Serving			
<b>Calories</b>	140.02		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	680.08mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.60mg

# Breadstick

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WHT WHE PARBK 200-.9Z	100 Each		622082

## Preparation Instructions

Place product on a lined sheet pan. Once thawed, bake in preheated 375 degrees F convection oven for 5-8 minutes.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	60.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	70.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

# Rice Brown MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	4 7/16 Pound		516371

## Preparation Instructions

Directions:

WASH HANDS.

1 PLACE RICE AND OPTIONAL SALT AND BUTTER IN PAN. ADD BOILING WATER. COVER RIGHTLY AND BAKE AT 350 DEGREES FOR 30-35 MINUTES.

2. Fluff with fork.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: #8 scoop (1/2 cup) provides= 1 oz eq grain

Updated October 2013

Notes:

### 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: 100.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>	30.19		
<b>Fat</b>	0.18g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	6.57g		
<b>Fiber</b>	0.36g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.13mg



# Chicken and Waffles

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	75 Serving		281831
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	75 Package		269260

## Preparation Instructions

Convection Oven

6-8 minutes at 375°F from frozen or internal temp is 165

Waffles:

BAKE

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.\*

Serving is 5 chicken nuggets and 1 package of waffles

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	3.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	462.50		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	53.25g		
<b>Fiber</b>	5.50g		
<b>Sugar</b>	14.25g		
<b>Protein</b>	20.25g		
<b>Vitamin A</b>	125.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	2.97mg

# Yogurt, String cheese and Crackers

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	25 Each	READY_TO_EAT Ready to eat single serving	551760
CHEESE STRING MOZZ IW 168-1Z LOL	25 Each		786580
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	25 Package		770960

## Preparation Instructions

Place yogurt, cheese stick and crackers in a saddle bag day of service.

Put in fridge till right before service -pull out what is needed for each run.

Keep internal temp at 41 or below

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>			280.00
<b>Fat</b>			10.50g
<b>SaturatedFat</b>			5.00g
<b>Trans Fat</b>			0.00g
<b>Cholesterol</b>			25.00mg
<b>Sodium</b>			330.00mg
<b>Carbohydrates</b>			36.00g
<b>Fiber</b>			1.00g
<b>Sugar</b>			15.00g
<b>Protein</b>			12.00g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	398.00mg	<b>Iron</b>	1.44mg

# Pb&j, cheese stick and crackers

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	20 Each		527462
CHEESE STRING MOZZ IW 168-1Z LOL	20 Each		786580
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	20 Package		770960

## Preparation Instructions

day of service sit pb&j out to thaw.

Put pb&j, cheese stick and crackers in a saddle bag.

Put back in fridge till time of service. Only take out of fridge what is needed for each run.

Keep internal temp at 41 or below

### 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: 20.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	500.00		
<b>Fat</b>	27.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	53.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	20.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	324.00mg	<b>Iron</b>	2.44mg

# Broccoli Steamed MTG

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	3 Package		610902
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037

## Preparation Instructions

Directions:

WASH HANDS.

1. Bring a large pot of water to a boil. Add bags of broccoli.
2. Cook vegetables in boiling water for 5-10 minutes until just tender.
3. Sprinkle pepper and spray some butter buds on broccoli before service

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Serve using a 4 oz spoodle or menued portion.

Child Nutrition: 4 oz spoodle provides= 1/2 cup dark green vegetable

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.01
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>		0.60	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.40mg	
<b>Carbohydrates</b>		0.08g	
<b>Fiber</b>		0.04g	
<b>Sugar</b>		0.04g	
<b>Protein</b>		0.02g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.60mg
<b>Calcium</b>	0.40mg	<b>Iron</b>	0.00mg

# School Cheese Pizza

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 50/50 96-4.6Z	1 Each	B	585921

## Preparation Instructions

COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pan. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. Note: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	6.20		
<b>Fat</b>	0.22g		
<b>SaturatedFat</b>	0.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.30mg		
<b>Sodium</b>	9.60mg		
<b>Carbohydrates</b>	0.70g		
<b>Fiber</b>	0.08g		
<b>Sugar</b>	0.16g		
<b>Protein</b>	0.32g		
<b>Vitamin A</b>	2.18IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.14mg	<b>Iron</b>	0.05mg

# Salisbury Steak w/ gravy and wg roll

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB 53-3Z ADV	1 Each	<b>GRILL</b> Flat grill: preheat flat grill to 350 degrees f. Cook frozen product 2-4 minutes per side or until internal temperature reaches 165degrees f. Conventional oven: preheat oven to 375degrees f. Bake frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	697011
GRAVY MIX BROWN 8-14Z FTHLL	1 Cup		425915
ROLL DNNR WHEAT PULL APART 12-16 GFS	1 Each		316938

## Preparation Instructions

1. Salisbury Steak: CONVECTION OVEN: PREHEAT OVEN TO 350°F. BAKE FROZEN PRODUCT FOR 15-20 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165°F. 2. Gravy ADD 1-14Z BAG MIX TO 1GAL HOT TAP WATER WHILE BLENDING W/WIRE WHISK UNTIL THICKENED & HEATED. 3. combine the salisbury steak and the brown gravy in a hotel pan and serve immediately. If holding keep internal temp at 165 or higher hold no longer that 4 hours.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>		7.00	
<b>Fat</b>		0.30g	
<b>SaturatedFat</b>		0.07g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.70mg	
<b>Sodium</b>		34.45mg	
<b>Carbohydrates</b>		0.72g	
<b>Fiber</b>		0.05g	
<b>Sugar</b>		0.03g	
<b>Protein</b>		0.29g	
<b>Vitamin A</b>	2.00IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	3.80mg	<b>Iron</b>	0.04mg



# Chicken Nugget w/ wg roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	1 Each		281831

## Preparation Instructions

Chicken Nuggets

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen or until internal temp is 165

Rolls:

BAKE AT 350 DEGREES FROM FROZEN STATE FOR 8 MINUTES.

### 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: 1.00

Serving Size: 5.00

Amount Per Serving			
<b>Calories</b>	192.50		
<b>Fat</b>	5.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	35.25g		
<b>Fiber</b>	7.50g		
<b>Sugar</b>	10.25g		
<b>Protein</b>	8.25g		
<b>Vitamin A</b>	25.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	1.89mg

# Papa John's Pizza pepperoni

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.08
<b>Grain</b>	2.50
<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: 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>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<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

# Papa John's Cheese Pizza

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<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: 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>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<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

# Beans Baked MTG

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN KETTLE BRN SUGAR 6-10 HRTHTSTN	1/100 Cup		822477

## Preparation Instructions

Directions:

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

Updated December 2013

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	2.20		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.80mg		
<b>Carbohydrates</b>	0.44g		
<b>Fiber</b>	0.12g		
<b>Sugar</b>	0.14g		
<b>Protein</b>	0.10g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.80mg	<b>Iron</b>	0.03mg

# Creamy Cole Slaw

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.25	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL XTRA FINE 6-12Z	1 Ounce		750582
SPICE MUSTARD GRND 14Z TRDE	2 Teaspoon		224928
VINEGAR WHT DISTILLED 5 4-1GAL GFS	1/4 Cup		629640
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 Cup		198226

## Preparation Instructions

Directions:

Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.

Combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.

Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

### 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: 100.00

Serving Size: 0.25

<b>Amount Per Serving</b>	
<b>Calories</b>	0.14
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.12mg
<b>Carbohydrates</b>	0.03g
<b>Fiber</b>	0.01g
<b>Sugar</b>	0.01g
<b>Protein</b>	0.01g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.27mg	<b>Iron</b>	0.00mg

# Refried Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	2 #10 CAN		293962
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound		150250

## Preparation Instructions

Directions:

In a 30 Quart mixer, Mix together beans ,salsa stir in 1 lbs 8oz of the mozz cheese. Blend untill all indgerdments are mixed

Divide mixture into 2 (12"X20"X2 1/2") which has been coated with pan release spray 1 pan = 50 servings 2= 100 servings

Convection Oven at 350° for 30 minutes

CCP: Heat to 165° F or higher for at least 15 seconds

Remove from oven sprinkle 3/4 # of cheese on each pan

Place back in oven till cheese is melted

CCP: Hold at 135° F or higher.

Portion with nymber 8 scoop (1/2 cup)

Notes:

## SLE Components

Amount Per Serving

<b>Meat</b>	68.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.17
<b>OtherVeg</b>	0.00
<b>Legumes</b>	12.93

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>		9041.97	
<b>Fat</b>		249.87g	
<b>SaturatedFat</b>		123.47g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		488.00mg	
<b>Sodium</b>		30578.54mg	
<b>Carbohydrates</b>		1208.13g	
<b>Fiber</b>		310.40g	
<b>Sugar</b>		52.40g	
<b>Protein</b>		527.73g	
<b>Vitamin A</b>	4689.63IU	<b>Vitamin C</b>	1.33mg
<b>Calcium</b>	5625.21mg	<b>Iron</b>	106.56mg



# Chicken Quesadilla

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH STRP FAJT CKD 1/2 NAE 2-5	6 Pound	<p><b>BAKE</b> Preparations: Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen.</p> <p><b>CONVECTION</b> Preparations: Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen.</p> <p><b>MICROWAVE</b> Preparations: Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	505765
CHEESE CHED MLD SHRD 4-5# COMM	1 1/2 Pound		150250
CHEESE MOZZ SHRD 4-5 LOL	1 1/2 Pound		645170
BUTTER WHPD GRD AA 2-5 GFS	1/2 Cup		242535
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<p><b>STEAM PREPARATION</b>Ambient: Ready to use. Refrigerated: <b>BRING TO ROOM TEMPERATURE.</b> Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING STEAM CABINET:</b> Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours.</p> <p><b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds.</p> <p><b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time).</p> <p><b>STAGING</b>Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

## Preparation Instructions

Place chicken in steamer and heat to 140F. Drain well and save drained juice.

2. Stir in cheeses until melted and creamy (if needed add

a little of the reserved chicken broth to make a creamy consistency).

3. Add to chicken cheese mixture.
4. Place ½ cup of chicken mixture on each tortilla and then fold tortilla over once. Arrange 24 quesadillas on 18 x 26 inch sheet pan. Brush lightly with margarine.
5. Place in 325°F convection oven for five to six minutes.
6. If desired, serve with shredded lettuce and tomatoes. Serve with taco or picante sauce.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.24
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	187.60		
<b>Fat</b>	12.89g		
<b>SaturatedFat</b>	6.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	76.00mg		
<b>Sodium</b>	549.80mg		
<b>Carbohydrates</b>	1.54g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	0.52g		
<b>Protein</b>	15.94g		
<b>Vitamin A</b>	32.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	195.92mg	<b>Iron</b>	0.03mg

# salad bar

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMN BLND SEP BAG 4-5 RSS	9 Pound		414166
TOMATO ROMA DCD 3/8 2-5 RSS	5 Pound		786543
CARROT BABY WHL PETITE 4-5 RSS	8 Pound		768146
PEAS GREEN 6-4 GFS	10 Pound		610802
BROCCOLI FLORET BITE SIZE 2-3 RSS	3 1/2 Pound		732451
CHEESE CHED MLD SHRD 4-5# COMM	2 1/2 Pound		150250
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Package		244190
BACON CKD RND 192CT HRML	1/2 Package		433608

## Preparation Instructions

Cut up turkey and ham

Place all items in salad bar containers even back up.

Place all items back in fridge keep internal temp at 41 or below

Place containers on salad bar in ice right before service. Place

Serve salad from serving line

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.38
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>		101.59	
<b>Fat</b>		3.66g	
<b>SaturatedFat</b>		2.41g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		12.16mg	
<b>Sodium</b>		124.74mg	
<b>Carbohydrates</b>		12.00g	
<b>Fiber</b>		2.82g	
<b>Sugar</b>		5.83g	
<b>Protein</b>		4.59g	
<b>Vitamin A</b>	268.97IU	<b>Vitamin C</b>	9.81mg
<b>Calcium</b>	112.40mg	<b>Iron</b>	0.64mg

# Baked Potato Bar

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 100CT MRKN	100 Each		233285
BROCCOLI FLORETS 6-4 GFS	1 Package		610902
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Package		150250
SALSA 103Z 6-10 REDG	1/2 #10 CAN	READY_TO_EAT None	452841

## Preparation Instructions

wash dirt off of potatoes.

place on sheet tray cook on 350 for an hour. Turn over potatoes at half way point.

place in warmer to keep warm

cook broccoli according to broccoli recipe

place toppings in bar containers. place bake in fridge to keep internal temp at 41. place items on salad bar in ice right before service.

serve potatoes and broccoli from serving line.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.02
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.09
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	77.45
<b>Fat</b>	0.18g
<b>SaturatedFat</b>	0.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.60mg
<b>Sodium</b>	44.57mg
<b>Carbohydrates</b>	17.06g
<b>Fiber</b>	2.01g
<b>Sugar</b>	1.35g
<b>Protein</b>	2.14g

<b>Vitamin A</b>	74.73IU	<b>Vitamin C</b>	20.49mg
<b>Calcium</b>	18.94mg	<b>Iron</b>	0.52mg

# Chef Salad

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO ROMA DCD 3/8 2-5 RSS	3 1/2 Pound		786543
CUCUMBER SLCD 1/4 2-3 RSS	5 Pound		329517
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Package		150250
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190

## Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Place washed lettuce into a mixing bowl.
2. Core and dice tomatoes.
3. Slice cucumbers into 1/4" slices.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber,cheese and turkey, c mix. Toss and serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

Notes:

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00

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**Amount Per Serving**

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<b>Calories</b>	2284.00
<b>Fat</b>	20.75g
<b>SaturatedFat</b>	12.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.50mg
<b>Sodium</b>	835.00mg
<b>Carbohydrates</b>	406.00g
<b>Fiber</b>	58.50g
<b>Sugar</b>	229.00g
<b>Protein</b>	80.00g

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<b>Vitamin A</b>	5835.00IU	<b>Vitamin C</b>	37.30mg
<b>Calcium</b>	1585.60mg	<b>Iron</b>	22.19mg