

# Cookbook for Mercer County Schools

Created by HPS Menu Planner

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# Summer Fruit Salad

NO IMAGE

<b>Servings:</b>	250.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	5.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CLAMSHELL 8 MRKN	8 Quart	Trim and Quarter	212768
WATERMELON RED SDLSS 2CT P/L	8 Quart	Trim and Dice into 1/2 inch cubes	326089
MELON MUSK CANTALOUPE 12CT MFC	8 Quart	Clean trim and remove seeds, dice into 1/2 inch Cubes	200565
GRAPES GREEN SEEDLESS 17AVG P/L	8 Quart	Remove off of stem and clean	197858

## Preparation Instructions

After fruit is Cleaned and Prepared, mix thoroughly and measure 5 ounces out into a 9 ounce clear cup (792220)  
CCP: 1. Must wash hands and put on disposable gloves. 2. Must store all fruit at 41° or below 3. Must be used with in 3 days.

### 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: 250.00

Serving Size: 5.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>		70.54	
<b>Fat</b>		0.34g	
<b>SaturatedFat</b>		0.04g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		5.14mg	
<b>Carbohydrates</b>		17.87g	
<b>Fiber</b>		1.28g	
<b>Sugar</b>		14.93g	
<b>Protein</b>		1.28g	
<b>Vitamin A</b>	846.43IU	<b>Vitamin C</b>	88.30mg
<b>Calcium</b>	17.46mg	<b>Iron</b>	0.49mg

# Broc/Cali/Tom/Car. Cup



<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	6 1/4 Pound	Wash ans set aside to air dry	510637
TOMATO GRAPE SWT 10 MRKN	6 1/4 Pound	Wash and set aside to air dry	129631
BROCCOLI & CAULIF COMBO 2-3 RSS	7 1/2 Pound	Wash and separate and air dry	283339
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	50 Each		499521

## Preparation Instructions

CCP:

1. Must wash hands and put on disposable gloves.
2. Must clean all vegetables and air dry.
3. Must keep all vegetables 41° or below.
4. Must be used up with in 3 Days.

Portion:

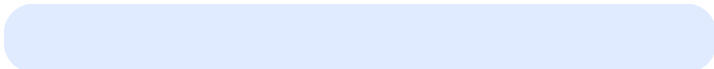
1oz Broccoli

1oz Cauliflower

2oz Grape Tomato

2oz Baby Carrots

In a clear 9 ounce Cup (792220) place ranch cup on top and lid with a dome lid (820360)



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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	103.84
<b>Fat</b>	6.19g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	176.54mg
<b>Carbohydrates</b>	12.63g
<b>Fiber</b>	1.99g
<b>Sugar</b>	7.54g
<b>Protein</b>	1.14g
<b>Vitamin A</b> 8292.09IU	<b>Vitamin C</b> 11.98mg
<b>Calcium</b> 26.83mg	<b>Iron</b> 0.72mg

# Side Salad

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 1/2 Cup	Wash and let air dry	165761
TOMATO CHERRY 11 MRKN	4 Each	Wash and let air dry	569551
CARROT BABY WHL CLEANED 12-2 RSS	3 Each	Wash and let air dry	510637
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521
CHEESE CHED MLD SHRD FINE 4-5 GFS	1 Ounce		191043

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	236.60
<b>Fat</b>	15.29g
<b>SaturatedFat</b>	5.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	383.12mg
<b>Carbohydrates</b>	18.61g

<b>Fiber</b>		4.06g	
<b>Sugar</b>		10.15g	
<b>Protein</b>		9.02g	
<b>Vitamin A</b>	12747.90IU	<b>Vitamin C</b>	18.11mg
<b>Calcium</b>	250.86mg	<b>Iron</b>	1.54mg



# Mashed Potatoes (Instant)



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	6 1/4 Each	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 7/8 Cup		184622

## Preparation Instructions

- 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. (use hand mixer for ease)

3: Add Butter

CCP:

1. Make sure water is from a clean source
2. Make sure water is above 165°
3. keep at 145° or above
4. Use same day

## SLE Components

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 100.00  
 Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	44.53
<b>Fat</b>	4.26g
<b>SaturatedFat</b>	0.84g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	9.00mg
<b>Carbohydrates</b>	1.33g
<b>Fiber</b>	0.09g
<b>Sugar</b>	0.00g
<b>Protein</b>	0.19g

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<b>Vitamin A</b>	35.30IU	<b>Vitamin C</b>	0.95mg
<b>Calcium</b>	0.80mg	<b>Iron</b>	0.02mg

# Carrot Sticks



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<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:

clean carrots hold in cooler

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

Serve 6 sticks = 1/2 cup carrots in correct container

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

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 Cup

Amount Per Serving	
<b>Calories</b>	0.40
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.88mg
<b>Carbohydrates</b>	0.09g
<b>Fiber</b>	0.02g

<b>Sugar</b>			0.05g
<b>Protein</b>			0.01g
<b>Vitamin A</b>	156.38IU	<b>Vitamin C</b>	0.10mg
<b>Calcium</b>	0.36mg	<b>Iron</b>	0.01mg

# Dinner Roll

NO IMAGE

<b>Servings:</b>	180.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	180 Each	Prepare sheet pans with parchment paper and pan spray, slack out over night in the cooler. Next day pull product out of cooler place in proof box for 2 hrs.	152131

## Preparation Instructions

Directions:

1. Prepare Sheet pans with parchment paper and pan liners
2. Slack out product over night in cooler
3. Move from cooler to Proof Box for 2hrs
4. Bake at 375° for 10-12 min or in till golden brown.

CCP:

Wash hands and put in new disposable gloves, keep hot foods above 135°

Toss any extras.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.75
<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: 180.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		140.00	
<b>Fat</b>		2.50g	
<b>SaturatedFat</b>		0.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		190.00mg	
<b>Carbohydrates</b>		24.00g	
<b>Fiber</b>		5.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		6.00g	
<b>Vitamin A</b>	0.01IU	<b>Vitamin C</b>	4.99mg
<b>Calcium</b>	12.44mg	<b>Iron</b>	0.49mg

# Canned Fruit Pineapple Chunk



<b>Servings:</b>	103.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GFS	1/2 Cup		189952

## Preparation Instructions

Directions:

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

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

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 201

<b>SLE Components</b>	
Amount Per Serving	
<b>Meat</b>	0.00
<b>Grain</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 103.00  
 Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	0.78
<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>	0.02g
<b>Sugar</b>	0.17g
<b>Protein</b>	0.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.12mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Canned Fruit Peaches Sliced



<b>Servings:</b>	168.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD XL/S 6-10 GFS	1/2 Cup		224448

## Preparation Instructions

Directions:

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

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

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 201

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
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<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: 168.00  
 Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	0.36
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.06mg
<b>Carbohydrates</b>	0.08g
<b>Fiber</b>	0.01g
<b>Sugar</b>	0.08g
<b>Protein</b>	0.01g

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<b>Vitamin A</b>	1.19IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Canned Fruit Mandarin Oranges



<b>Servings:</b>	180.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE 6-10 GFS	180 .50 cup	BAKE	612448

## Preparation Instructions

Directions:

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

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	1.83
<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: 180.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	120.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	20.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	0.00g

<b>Sugar</b>	22.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	16.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	4.00mg

# Pears Canned

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR SLCD XL/S 6-10 GFS	6 #10 CAN		262706

## 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>	0.50
<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 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		108.64	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		15.52mg	
<b>Carbohydrates</b>		26.38g	
<b>Fiber</b>		1.55g	
<b>Sugar</b>		23.28g	
<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

# Applesauce Unsweetened MTG



<b>Servings:</b>	96.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	24/25 Each		753911

## Preparation Instructions

Directions:

WASH HANDS.

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

### 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: 96.00  
Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	0.50
<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>	0.14g
<b>Fiber</b>	0.01g
<b>Sugar</b>	0.12g
<b>Protein</b>	0.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 0.05mg **Iron** 0.00mg



# Grapes Red MTG



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES GREEN SEEDLESS 17AVG P/L	25 Pound		197858

## Preparation Instructions

Directions:

WASH HANDS.

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

1. Wash grapes under cool running water, drain well.

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

2. Portion into serving dishes using 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>	0.50
<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 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		28.13	
<b>Fat</b>		0.13g	
<b>SaturatedFat</b>		0.03g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.83mg	
<b>Carbohydrates</b>		7.33g	
<b>Fiber</b>		0.37g	
<b>Sugar</b>		6.67g	
<b>Protein</b>		0.27g	
<b>Vitamin A</b>	42.00IU	<b>Vitamin C</b>	1.68mg
<b>Calcium</b>	5.88mg	<b>Iron</b>	0.12mg

# Chicken Pattie on Bun,



<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	150 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	150 Each		517810

## Preparation Instructions

- Directions:
- Remove Chicken from freezer lay on sheet pans
  - Return to freezer till cooking time
  - Remove from freezer to oven
  - Cook to 165° for 15 seconds
  - Cook at 375° for 8-10 Min
  - CCP: Heat to 165° F or higher for at least 15 seconds
  - Place patties in serving pans and place on lines
  - Assemble Sandwichsas customers come through serving line
  - 1 chicken pattie
  - 1 Hamburger bun
  - CCP: Hold for hot service at 135° F or higher

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
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	370.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	585.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	2.88mg

# Cheese Burger

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	100 Each		655482
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each		517810
CHEESE AMER 160CT SLCD 4-5 GFS	1 Slice		271411

## Preparation Instructions

Directions:

WASH HANDS.

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

1. Cook beef patty on heat steam at 350° for 10-12 min or till internal temp reaches 165°
2. Layer patty, and cheese slice. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

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: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	258.15		
<b>Fat</b>	9.95g		
<b>SaturatedFat</b>	3.23g		
<b>Trans Fat</b>	0.48g		
<b>Cholesterol</b>	35.13mg		
<b>Sodium</b>	266.15mg		
<b>Carbohydrates</b>	26.01g		
<b>Fiber</b>	5.80g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	18.13g		
<b>Vitamin A</b>	2.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.75mg	<b>Iron</b>	2.52mg

# Carrot/Celery Cup



NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	18 Pound		510637
CELERY STIX 4-3 RSS	18 Pound		781592
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

## Preparation Instructions

Wash Hands:

1. Get fresh Vegetable out of cooler
2. Wash Vegetable off
3. Portion 3oz of each in a 9 ounce clear cup (792220)
4. Place a ranch on top
5. Place dome lid on top (820360)
6. place back in cooler

CCP:

keep all Vegetable under 41°  
do not keep out more than 4hrs

### 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>	0.36
<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 Each

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**Amount Per Serving**

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<b>Calories</b>	40.77
<b>Fat</b>	0.29g
<b>SaturatedFat</b>	0.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.05mg
<b>Sodium</b>	130.23mg
<b>Carbohydrates</b>	9.40g
<b>Fiber</b>	2.76g
<b>Sugar</b>	5.19g
<b>Protein</b>	1.07g

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<b>Vitamin A</b>	11625.75IU	<b>Vitamin C</b>	9.38mg
<b>Calcium</b>	58.80mg	<b>Iron</b>	0.89mg



# Corn



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	15 Pound		283730
MARGARINE LIQUID 2-17.5 GFS	3/4 Cup		266965

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°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.

Child Nutrition: 1/2 cup serving provides= 1/2 cup starchy 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>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		34.39	
<b>Fat</b>		1.54g	
<b>SaturatedFat</b>		0.24g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		20.32mg	
<b>Carbohydrates</b>		4.70g	
<b>Fiber</b>		0.45g	
<b>Sugar</b>		0.45g	
<b>Protein</b>		0.67g	
<b>Vitamin A</b>	82.39IU	<b>Vitamin C</b>	0.54mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.08mg

# Creamy Cole Slaw



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	3 Gallon		293148
DRESSING COLE SLAW 4-1GAL GCHC	3 1/2 Cup		106992
VINEGAR WHT DISTILLED 5 4-1GAL GFS	1/4 Cup		629640

## Preparation Instructions

Directions:

Combine dressing and slaw mix

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

Notes:

1: \*See Marketing Guide.

2: Special Tips:

3: 1) For best results, shred cabbage and store overnight; add dressing just before serving.

4: 2) If recipe is prepared in advance, the yield will be reduced.

### 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: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		45.92	
<b>Fat</b>		2.80g	
<b>SaturatedFat</b>		0.42g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		2.80mg	
<b>Sodium</b>		78.56mg	
<b>Carbohydrates</b>		5.52g	
<b>Fiber</b>		0.64g	
<b>Sugar</b>		4.28g	
<b>Protein</b>		0.32g	
<b>Vitamin A</b>	336.00IU	<b>Vitamin C</b>	1.92mg
<b>Calcium</b>	12.80mg	<b>Iron</b>	0.12mg

# Lettuce, Tomatoes, Trim

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO RANDOM 2 25 MRKN	100 Slice		508616
ONION VIDALIA SWT 10 P/L	100 Slice		558133
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	100 Each		702595

## Preparation Instructions

Directions:

Wash and clean lettuce leaves

place in serving pan hold in cooler till serving time

Batch serve

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

Wash and clean tomatoes slice into 5 slices 1/4 inch thick

Hold in cooler till serving

Serve 2 slices =1/4 cup

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

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

1 leaf of lettuce

2 slices of tomatoe

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

1 lettuce leaf =1/2 cup

2 slices tomatoes 1/8 in =1/4 cup

Note: Lettuce 1/2 cup=1/4 cup

Notes:

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<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 Each

### Amount Per Serving

<b>Calories</b>	34.07		
<b>Fat</b>	0.43g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.61mg		
<b>Carbohydrates</b>	7.33g		
<b>Fiber</b>	2.33g		
<b>Sugar</b>	5.05g		
<b>Protein</b>	1.73g		
<b>Vitamin A</b>	2165.86IU	<b>Vitamin C</b>	24.53mg
<b>Calcium</b>	21.44mg	<b>Iron</b>	0.57mg

# Seasonal Fresh Fruit

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Watermelon	4 Ounce		748980
CANTALOUPE 9-12CT 24	4 Ounce		605273
GRAPES GREEN SEEDLESS 17AVG P/L	4 Cup		197858
STRAWBERRY CLAMSHELL 8 MRKN	4 Ounce		212768

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	4.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

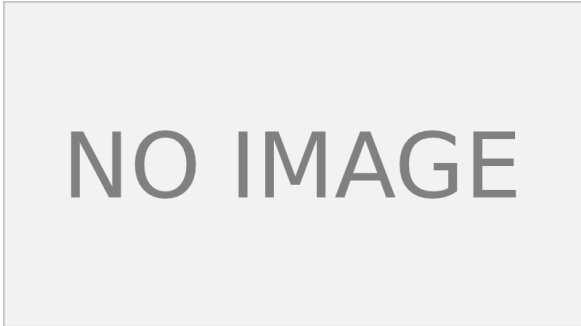
Serving Size: 1.00 Ounce

<b>Amount Per Serving</b>	
<b>Calories</b>	486.44
<b>Fat</b>	2.44g
<b>SaturatedFat</b>	0.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	14.48mg
<b>Carbohydrates</b>	125.71g
<b>Fiber</b>	8.15g
<b>Sugar</b>	111.99g

<b>Protein</b>	5.03g		
<b>Vitamin A</b>	685.61IU	<b>Vitamin C</b>	93.57mg
<b>Calcium</b>	112.23mg	<b>Iron</b>	2.45mg



# Sausage and Biscuit



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	<p><b>BAKE</b> Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.</p>	109000
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	<p><b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</p>	237390

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	240.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.44mg

# Mc Rib

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB BBQ HNY SMKY GRLLD 100CTPIER	1 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat on a pan for 11 minutes.Microwave: frozen product: microwave on high for 2 minutes.	451660
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	360.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	840.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	13.00g

<b>Protein</b>	19.00g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	2.88mg