

Cookbook for Mercer County Schools

Created by HPS Menu Planner

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Summer Fruit Salad

NO IMAGE

Servings:	250.00	Category:	Fruit
Serving Size:	5.00 Ounce	HACCP Process:	No Cook
Meal Type:	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

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 5.00 Ounce

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

Broc/Cali/Tom/Car. Cup



Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	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

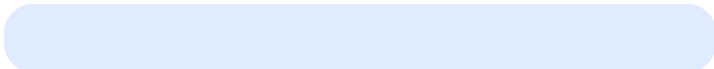
CCP:

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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Side Salad

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

Mashed Potatoes (Instant)



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.00
Grain	0.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.25

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	44.53		
Fat	4.26g		
SaturatedFat	0.84g		
Trans Fat	0.05g		
Cholesterol	0.00mg		
Sodium	9.00mg		
Carbohydrates	1.33g		
Fiber	0.09g		
Sugar	0.00g		
Protein	0.19g		
Vitamin A	35.30IU	Vitamin C	0.95mg
Calcium	0.80mg	Iron	0.02mg

Carrot Sticks

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

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

Sugar			0.05g
Protein			0.01g
Vitamin A	156.38IU	Vitamin C	0.10mg
Calcium	0.36mg	Iron	0.01mg

Dinner Roll

NO IMAGE

Servings:	180.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 1.00 Each

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

Canned Fruit Pineapple Chunk



Servings:	103.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	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

SLE Components	
Amount Per Serving	
Meat	0.00
Grain	0.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 103.00
 Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.78
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.10mg
Carbohydrates	0.17g
Fiber	0.02g
Sugar	0.17g
Protein	0.00g

Vitamin A	0.00IU	Vitamin C	0.12mg
Calcium	0.00mg	Iron	0.00mg

Chilled Peaches



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 1.00
 Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	13.00g
Protein	1.00g

Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.00mg

Canned Fruit Mandarin Oranges



Servings:	180.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	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

Meat	0.00
Grain	0.00
Fruit	1.83
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	120.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	28.00g
Fiber	0.00g

Sugar	22.00g		
Protein	2.00g		
Vitamin A	16.00IU	Vitamin C	60.00mg
Calcium	4.00mg	Iron	4.00mg

Pears Canned

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	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

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 0.50 Cup

Amount Per Serving

Calories	108.64		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.52mg		
Carbohydrates	26.38g		
Fiber	1.55g		
Sugar	23.28g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Applesauce Unsweetened MTG



Servings:	96.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 96.00
Serving Size: 1.00 Each

Amount Per Serving	
Calories	0.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	0.14g
Fiber	0.01g
Sugar	0.12g
Protein	0.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 0.05mg **Iron** 0.00mg

Grapes Red MTG



Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	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

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

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

Chicken Pattie on Bun,



Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	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

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

Amount Per Serving

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

Cheese Burger

NO IMAGE

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

Meat	2.00
Grain	2.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 1.00 Each

Amount Per Serving

Calories	258.15
Fat	9.95g
SaturatedFat	3.23g
Trans Fat	0.48g
Cholesterol	35.13mg
Sodium	266.15mg
Carbohydrates	26.01g
Fiber	5.80g
Sugar	3.00g
Protein	18.13g

Vitamin A	2.00IU	Vitamin C	0.00mg
Calcium	60.75mg	Iron	2.52mg

Carrot/Celery Cup



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	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

Meat	0.00
Grain	0.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving

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

Vitamin A	11625.75IU	Vitamin C	9.38mg
Calcium	58.80mg	Iron	0.89mg

Corn



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Creamy Cole Slaw



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	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	
Meat	0.00
Grain	0.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 0.50 Cup

Amount Per Serving

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

Lettuce, Tomatoes, Trim



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

Seasonal Fresh Fruit

NO IMAGE

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

Meat	0.00
Grain	0.00
Fruit	4.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

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

Protein	5.03g		
Vitamin A	685.61IU	Vitamin C	93.57mg
Calcium	112.23mg	Iron	2.45mg

Sausage and Biscuit

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	BAKE 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.	109000
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 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.	237390

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		240.00	
Fat		13.00g	
SaturatedFat		6.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		640.00mg	
Carbohydrates		22.00g	
Fiber		3.00g	
Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.44mg

Mc Rib

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB BBQ HNY SMKY GRLLD 100CTPIER	1 Each	BAKE 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Protein	19.00g		
Vitamin A	300.00IU	Vitamin C	1.20mg
Calcium	100.00mg	Iron	2.88mg