

Cookbook for Pegram Elementary School

Created by HPS Menu Planner

Table of Contents

Cereal

Donuts

Frudel

Pop-Tart

1-Side Salad

Taco Walking MTG

1-Broccoli & Cheese

Sausage Biscuit

Juice Variety

2-Baked Beans

5-carrot stick cups

3-Spiral Cut Seasoned Fries

4-Green Beans

3-Mashed Potatoes

Mini Corn Dogs

Breaded Pork Chop

Stuffed Crust Pizza

Chicken Smackers

Nick's BBQ Sandwich

Hamburger

Cheese Burger

F- Fruit Variety

Macaroni and Cheese

5-creamy coleslaw

3-Baked Potato

Bacon, Egg, and Cheese Biscuit

Cereal

Servings:	9.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00

Amount Per Serving

Calories	108.89		
Fat	1.39g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	137.78mg		
Carbohydrates	23.22g		
Fiber	2.11g		
Sugar	7.78g		
Protein	1.89g		
Vitamin A	422.22IU	Vitamin C	7.07mg
Calcium	75.56mg	Iron	4.80mg

Donuts

Servings:	2.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

Amount Per Serving			
Calories		295.00	
Fat		13.00g	
SaturatedFat		5.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		250.00mg	
Carbohydrates		41.00g	
Fiber		2.00g	
Sugar		20.00g	
Protein		4.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.26mg

Frudel

Servings:	2.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	36.50g		
Fiber	2.00g		
Sugar	11.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

Pop-Tart

Servings:	4.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00

Amount Per Serving

Calories	185.00		
Fat	2.75g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.25g		
Protein	2.25g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

1-Side Salad

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1 Cup	BAKE	15D44
Shredded Cheddar	1 Tablespoon		
TOMATO CHERRY 11 MRKN	3 Each		569551

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 108.10

Fat 6.10g

SaturatedFat 3.52g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 206.25mg

Carbohydrates 4.25g

Fiber 0.55g

Sugar 1.25g

Protein 8.40g

Vitamin A 374.70IU **Vitamin C** 5.71mg

Calcium 19.50mg **Iron** 0.12mg

Taco Walking MTG

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

Ingredients

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

Preparation Instructions

Directions:

WASH HANDS.

1. Follow above instructions for preparing taco filling

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

2. Crush individual bags of chips and open.

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

4. Serve.

Child Nutrition: 1 Each provides=

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

OR

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

1-Broccoli & Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound		100036

Preparation Instructions

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

Sprinkle in butter buds.

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

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

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

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

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

CCP: Hold at 135 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 69.12

Fat 2.44g

SaturatedFat 1.46g

Trans Fat 0.00g

Cholesterol 7.32mg

Sodium 57.26mg

Carbohydrates 7.15g

Fiber 3.00g

Sugar 1.98g

Protein		5.93g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sausage Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each		277722

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 400.00

Fat 30.00g

SaturatedFat 11.50g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 550.00mg

Carbohydrates 23.00g

Fiber 3.00g

Sugar 2.00g

Protein 11.00g

Vitamin A 0.00IU

Vitamin C 0.00mg

Calcium 40.00mg **Iron** 1.80mg

Juice Variety

Servings:	2.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% Apple Juice	4 Ounce		
100% Orange Juice	4 Ounce		

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 55.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.00mg

Carbohydrates 13.50g

Fiber 0.00g

Sugar 12.00g

Protein 0.50g

Vitamin A 0.00IU **Vitamin C** 30.00mg

Calcium 5.00mg **Iron** 1.00mg

2-Baked Beans

Servings:	56.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
BEAN KETTLE BRN SUGAR 6-10 HRTHSTN	1 #10 CAN		822477

Preparation Instructions

Do not drain the liquid off the beans! It is necessary for the crediting!

Pour 1 can of vegetarian bans and 1 can of baked beans into a 4 inch half size pan and stir.

Place a lid on the pan and steam for about 20 min.

Serve with sauce in a 1/2 c (#8) scoop.

CCP: Heat to 140 degrees or higher for at least 15 seconds.

CCP: HOId at 140 degrees or higher for service

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 105.80

Fat 0.73g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 227.04mg

Carbohydrates 20.16g

Fiber 5.27g

Sugar 5.73g

Protein 5.81g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 18.48mg **Iron** 0.67mg

5-carrot stick cups

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	4 Ounce		768146

Preparation Instructions

Portion out 1/2 cup of carrot sticks and place in a cup for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	46.22		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	78.22mg		
Carbohydrates	10.67g		
Fiber	3.56g		
Sugar	5.33g		
Protein	0.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.56mg	Iron	0.32mg

3-Sprial Cut Seasoned Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN 6-4	4 Ounce	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 11 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 11 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	717490

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 200.00

Fat 6.67g

SaturatedFat 1.33g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 320.00mg

Carbohydrates 33.33g

Fiber 2.67g

Sugar 0.00g

Protein 2.67g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.00mg **Iron** 0.96mg

4-Green Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	2 #10 CAN	HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990
BUTTER SUB 24-4Z BTRBUDS	1/4 Cup		209810
SPICE BLND ORIG 3-21Z MDASH	1/2 Tablespoon		265103
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

Preparation Instructions

Wash tops of cans before opening. Clean can opener when done.

Pour cans into 4 inch pan (2 cans per pan). Measure out 1/2 TBSP Mrs. Dash, 1/2 cup onions, and add 1/4 cup of butter buds per pan.

After all is added to beans, cover and place in oven on steam and cook for about 20 min or until temperature reaches 140 degrees.

Place pans into hot holding until service.

Serve with 1/2 cup ladle.

CCP: Hold at 140 degrees or higher.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 20.96

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol	0.00mg		
Sodium	147.60mg		
Carbohydrates	4.48g		
Fiber	2.04g		
Sugar	2.04g		
Protein	1.02g		
Vitamin A	4.08IU	Vitamin C	6.12mg
Calcium	2.04mg	Iron	4.08mg

3-Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package		146581
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
Black Pepper	1/2 Teaspoon		24108

Preparation Instructions

Spray a 4' deep pan with food release spray.

RECONSTITUTE

1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 4" deep pan. 2: Add all potatoes and seasonings, then stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

CCP: Hold at 140 degrees or higher for service

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 71.66

Fat 0.50g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 107.35mg

Carbohydrates 14.45g

Fiber 1.00g

Sugar 0.00g

Protein 2.01g

Vitamin A 1.91IU **Vitamin C** 10.08mg

Calcium 8.38mg **Iron** 0.26mg

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	4 Each		497360

Preparation Instructions

CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES.

THAWED, 10 MINUTES.

**FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING.

CCP: HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	180.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	280.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	4.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 1.44mg

Breaded Pork Chop

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Breaded Pork Chop	1 Each		

Preparation Instructions

Preheat oven to 375 degrees. Lay out patties on an oven sheet pan in a single layer. Heat for 13-15 minutes or until heated to a minimum of 145 degrees.

CCP: Heat to an internal temperature of 145 degrees minimum

CCP: Hold for service at 140 degrees or higher

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00		
Fat	17.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	330.00mg		
Carbohydrates	11.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.00mg

Stuffed Crust Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each		134686
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Each		261680
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each		259910

Preparation Instructions

THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16" PIZZA PIE AND FIT 12 TO A PAN.

CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CONVENTIONAL OVEN: BAKE AT 400 DEGREES F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CCP: Heat to 165 degrees or higher

CCP: Hold for service at 140 degrees or higher

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories 340.00

Fat 14.33g

SaturatedFat 4.50g

Trans Fat 0.00g

Cholesterol 18.33mg

Sodium 810.00mg

Carbohydrates 36.00g

Fiber 3.00g

Sugar 3.67g

Protein 15.33g

Vitamin A 0.00IU

Vitamin C 0.00mg

Calcium 260.00mg **Iron** 2.03mg

Chicken Smackers

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Smackers	10 Piece	BAKE Conventional Oven for 10-12 minutes at 350degrees; Convection oven for 6-8 minutes at 350degrees. Appliances vary; adjust cook times accordingly.	

Preparation Instructions

Open 1 bag of smackers to 1 sheet pan. (approx. 18 servings per bag and 108 servings per case)

Conventional Oven for 10-12 minutes at 350degrees;

Combi/Convection oven for 6-8 minutes at 350degrees.

Appliances vary; adjust cook times accordingly.

CCP: Heat to 165 degrees or higher

CCP: Hold at 140 degrees or higher for service

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Piece

Amount Per Serving			
Calories	269.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	590.00mg		
Carbohydrates	20.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	18.00g		
Vitamin A	168.00IU	Vitamin C	1.00mg
Calcium	17.00mg	Iron	2.00mg

Nick's BBQ Sandwich

Servings:	30.00	Category:	Entree
Serving Size:	2.67 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork Bar-B-Q with vinegar sauce	1 Package		
SAUCE BBQ SWEET 6-.5GAL GFS	1 Cup		786690
Hamburger Buns	30 bun		

Preparation Instructions

Remove the Bar-B-Q from the box and place in a steam pan. Break Up loosely so it will cook evenly.

Add 1 cup of BBQ sauce to every bag.

Cook in the steamer for about 30 min. Remove and check the temperature before placing on the serving line.

Portion with a 3 oz laddle onto a hamburger bun.

CCP: Heat to 145 degrees or higher for at least 15 seconds.

CCP: Hold for hot service at 140 degrees or higher

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 2.67 Ounce

Amount Per Serving

Calories	310.01
Fat	7.81g
SaturatedFat	2.11g
Trans Fat	0.00g
Cholesterol	38.10mg
Sodium	631.54mg
Carbohydrates	38.24g
Fiber	3.11g
Sugar	9.07g
Protein	24.70g
Vitamin A 38.43IU	Vitamin C 0.56mg
Calcium 20.44mg	Iron 21.56mg

Hamburger

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
Hamburger Buns	1 bun		

Preparation Instructions

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag.

Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes.

Remove from oven and let stand 3 minutes before opening bag.

CCP: Heat to 155 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 330.00

Fat 15.00g

SaturatedFat 5.00g

Trans Fat 1.00g

Cholesterol 35.00mg

Sodium 420.00mg

Carbohydrates 33.00g

Fiber 4.00g

Sugar 4.00g

Protein 19.00g

Vitamin A 100.00IU **Vitamin C** 0.00mg

Calcium 60.00mg **Iron** 11.80mg

Cheese Burger

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
Hamburger Buns	1 bun		
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Ounce		100018

Preparation Instructions

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag.

Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes.

Remove from oven and let stand 3 minutes before opening bag.

CCP: Heat to 155 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 440.00

Fat 24.00g

SaturatedFat 10.00g

Trans Fat 1.00g

Cholesterol 60.00mg

Sodium 690.00mg

Carbohydrates 35.00g

Fiber 4.00g

Sugar 5.00g

Protein		24.00g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	11.80mg

F- Fruit Variety

Servings:	13.22	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	1 Each		540005
PEACH DCD IN JCE 6-10 GFS	1 Cup		610372
Sliced Peaches 6-10	1 Cup		100219
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	1 Cup		117897
BANANA TURNING 40 P/L	1 Each		200999
Sliced Pears 6-10	1 Cup		100224
Wild Blueberries fzn	1 Cup		100243
Strawberries, diced, Cups, frozen	1 Cup		100256
Peaches, diced, cups, Frozen	1 Cup		100241
APPLESAUCE UNSWT 6-10 GFS	1 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each		544426
Apples, Gala	1 Each		14J93
Grapes	1		14P36
Pear, fresh	1		14P12
Oranges, whole	1 Each		16W62

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 13.22

Serving Size: 0.50 Cup

Amount Per Serving

Calories 122.92

Fat 0.08g

SaturatedFat 0.02g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 7.31mg

Carbohydrates 30.02g

Fiber 2.90g

Sugar 22.24g

Protein 0.97g

Vitamin A 148.72IU **Vitamin C** 12.88mg

Calcium 12.49mg **Iron** 0.78mg

Macaroni and Cheese

Servings:	24.00	Category:	Entree
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	1 1/2 Pound		229941
Tap Water for Recipes	3 Quart		000001WTR
CHEESE AMER 50/50 SHRD 4-5 KE	2 1/2 Pound		494372
CHEESE PARM PKT 200- 3.5GM GFS	16 Each		254959
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	8 Ounce		421812
Fat Free Skim Milk	6 Carton		
BUTTER SUB 24-4Z BTRBUDS	1/2 Package	Reconstitute 1/2 package of butter buds in 2 cups warm water. Let stand. Stir until liquid. Then proceed with recipe.	209810

Preparation Instructions

1. Our water in stockpot and heat to a rolling boil
 2. slowly add macaroni. Heat until water boils again. Cook it 10 minutes or until tender. Stir constantly. DO NOT OVER COOK. Drain well.
 3. Spray half-size 6" deep steam table pan with pan release spray.
 4. Place milk, reconstituted butter buds, and cheeses in half-size 6" deep steam table pan. Stir cheese mixture until well blended. Cover pan with lid to prevent adding moisture from steamer.
 5. Heat in steamer for 6 minutes or until cheese and butter buds are melted and sauce is smooth. Stir cheese sauce.
 6. Add cooked macaroni to the cheese sauce. Stir. Cover with plastic wrap.
 7. Hold for 20 minutes on a 160 degree steam table or warming cabinet to allow sufficient time for mixture to set properly.
- CCP: Heat to 160 degrees or higher for 15 seconds.
- CCP: Hold for hot service at 135 degrees or higher.
8. Portion with No. 6 scoop (3/4 cup) - 1 scoop per serving.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 3.00 Cup

Amount Per Serving			
Calories		236.89	
Fat		9.08g	
SaturatedFat		3.75g	
Trans Fat		0.00g	
Cholesterol		16.25mg	
Sodium		412.96mg	
Carbohydrates		26.36g	
Fiber		2.00g	
Sugar		4.00g	
Protein		12.42g	
Vitamin A	202.50IU	Vitamin C	1.00mg
Calcium	247.50mg	Iron	0.90mg

5-creamy coleslaw

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING COLESLAW 4-1GAL LTHSE	1 1/2 Cup	READY_TO_EAT Open, pour and enjoy!	132151
ONION DCD IQF 6-4 GFS	1 Cup		261521
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	10 Cup		198234

Preparation Instructions

Place cabbage mix and onion in large bowl. Pour dressing over cabbage mixture and stir well to combine. Cover immediately.
Refrigerate for at least 24 hours and serve in 1/2 cup portions.
CCP: Hold at 40 degrees or lower for cold service.

Nutrition Facts

Servings Per Recipe: 20.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	87.24		
Fat	5.40g		
SaturatedFat	0.90g		
Trans Fat	0.00g		
Cholesterol	3.00mg		
Sodium	240.75mg		
Carbohydrates	8.71g		
Fiber	0.67g		
Sugar	6.89g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.33mg	Iron	0.12mg

3-Baked Potato

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	2 Tablespoon	reconstitute in water and let stank a few minutes to thicken	209810
POTATO BAKER IDAHO 90CT MRKN	4 1/2 Ounce	Wash potato in prep sink using cool water. Use the small produce brush and scrub skins good. Put cool water in the other prep sink and as you get a potato clean, put it into the clean water. Once all potatoes have been scrubbed, rinse them again. Allow potatoes to dry.	233277
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839

Preparation Instructions

Pour margarine on a sheet pan and spread with a brush.

Sprinkle garlic powder on top of the margarine.

Turn the potato long ways and cut it in half.

Lay the cut side on the potato face down on the pan. Brush the skins with margarine.

Bake in a preheated oven at 350 degrees for 30-40 min.

CCP: Heat to 135 degrees.

CCP: Hold at 135 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 potato

Amount Per Serving

Calories 112.25

Fat 0.15g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 127.65mg

Carbohydrates 26.50g

Fiber 2.85g

Sugar	1.50g
Protein	2.55g
Vitamin A 2.55IU	Vitamin C 25.13mg
Calcium 15.30mg	Iron 0.99mg

Bacon, Egg, and Cheese Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Processed, Sliced Yellow	1 Ounce		100018
BACON CKD MED SLCD 3-100CT GFS	1 Slice		314196
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
Egg Patty Round Commodity	1 PATTY		

Preparation Instructions

Place one ounce of cheese, one egg patty, and 1 slice of bacon on each biscuit.

CCP: Heat to 135 degrees or higher.

CCP: Hold at 135 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 350.00

Fat 22.50g

SaturatedFat 11.25g

Trans Fat 0.00g

Cholesterol 105.00mg

Sodium	825.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	13.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	Iron	1.08mg