

Cookbook for Harpeth Middle School

Created by HPS Menu Planner

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Cereal

NO IMAGE

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
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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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 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

NO IMAGE

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.

SLE Components

Amount Per Serving

Meat	0.00
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: 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

NO IMAGE

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.

SLE Components

Amount Per Serving

Meat	0.00
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: 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.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.13
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

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

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 #
Romaine, Chopped	1 Cup	BAKE	15D44
Shredded Cheddar	1 Tablespoon		
TOMATO CHERRY 11 MRKN	3 Each		569551

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
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	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

SLE Components

Amount Per Serving

Meat	3.02
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20
OtherVeg	0.00
Legumes	0.00
Starch	0.00

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.

SLE Components

Amount Per Serving

Meat	0.49
Grain	0.00
Fruit	0.00

GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

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

Jamwich Box

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peanut Butter and Grape Jelly Sandwich	1 Sandwich	THAW Best if thawed in refrigerator overnight.	
Mozzarella String Cheese	1 stick		
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 BOX

Amount Per Serving			
Calories		510.00	
Fat		27.00g	
SaturatedFat		6.50g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		650.00mg	
Carbohydrates		54.00g	
Fiber		6.00g	
Sugar		11.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.00mg	Iron	8.00mg

Chicken Smacker Wrap Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	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.	
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TOMATO 5X6 XL 25 MRKN	1/4 Cup	dice tomato and use 1/4 cup	206032
PICKLE SPEAR 160CT 2GAL BRICK	1 Ounce		522368
CARROTS BABY PLD 72-3Z P/L	3 Ounce		241541

Preparation Instructions

Prepare Chicken Smackers according to directions above. CCP: Heat to 165 degrees or higher.

Once cooked, place chicken into cooler and let cool to 40 degrees.

While chicken is cooking/cooling, label and date salad trays.

Place 10 smackers into tortilla shell with lettuce and tomato. Wrap shell around chicken. Place wrap into a sandwich bag.

Add 1 pack of carrots neatly to the tray.

Place into cooler for til serving time.

CCP: Hold for cold service at 40 degrees or lower.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
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	470.52		
Fat	17.10g		
SaturatedFat	4.03g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	1123.42mg		
Carbohydrates	55.50g		
Fiber	8.47g		
Sugar	7.75g		
Protein	23.32g		
Vitamin A	12209.52IU	Vitamin C	76.72mg
Calcium	148.67mg	Iron	4.30mg

Turkey and Cheese Sub Box



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oven Roasted Sliced Turkey	3 Slice	Defrost product slowly and thoroughly in a refrigerator for 24 hours.	
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036
Wheat Deli Buns	1 bun		78700-80020
PICKLE SPEAR 160CT 2GAL BRICK	1 Ounce		522368
LETTUCE LEAF BTTR BRGR 2-5 RSS	1/2 Cup		416593
TOMATO 5X6 XL 25 MRKN	1/8 Cup		206032
CARROT SNACK CLEANED 200-1Z RSS	1 Package		613967
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

Cut Sliced Turkey and cheese in half

Put 3 slices of turkey and 2 slices of cheese on a deli bun.

Put sub in a sandwich bag.

Put 1 pickle pear, 1 (1/4" thick) slice of tomato cut in half and 4 oz of leaf lettuce in a small fry tray.

put 1 pack of baby carrots and 1/4 cup broccoli florets in a 4oz squat.

Put all of this neatly into a clear plastic salad tray.

CCP: Hold at 40 degrees or less for service.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.13
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	456.71		
Fat	15.40g		
SaturatedFat	4.26g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	982.05mg		
Carbohydrates	51.08g		
Fiber	8.50g		
Sugar	12.48g		
Protein	27.64g		
Vitamin A	340.12IU	Vitamin C	22.60mg
Calcium	60.01mg	Iron	11.92mg

Ham & Cheese Sub

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	1 oz = 2 slice	100036
Wheat Deli Buns	1 bun		78700-80020
HAM SLCD NAT CHC 6-2 HRML	4 Slice		645340

Preparation Instructions

Take all bottoms of buns and put on pan. Add 2 slices of cheese (cut in half) to all of the bottom buns.

When done with each pan, put in cooler. Only keep one pan out at a time.

Place 4 slices of ham on each sub and place the top bun on the sub.

Wrap with plastic wrap or put in appropriate container.

CCP: Hold for cold service at 40 degrees or lower.

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 Sub

Amount Per Serving			
Calories		360.00	
Fat		8.50g	
SaturatedFat		4.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		720.30mg	
Carbohydrates		41.00g	
Fiber		6.00g	
Sugar		8.00g	
Protein		28.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	10.36mg

Chef Salad Box - Ham



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
HAM DCD W/A 1/4 3-4 GFS	1 1/2 Ounce		199834
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner). Put the diced ham on top in the center.

Serve with 2 packs of croutons.

NOTE: HS need an additional grain, milk, or 1/2 cup fruit for a reimbursable meal.

SLE Components

Amount Per Serving

Meat	2.13
Grain	0.00

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

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	428.15		
Fat	12.20g		
SaturatedFat	4.30g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	1029.50mg		
Carbohydrates	52.50g		
Fiber	19.73g		
Sugar	5.25g		
Protein	21.73g		
Vitamin A	908.55IU	Vitamin C	32.32mg
Calcium	356.42mg	Iron	7.19mg

Chef Salad Box - Turkey



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
Oven Roasted Sliced Turkey	3 Slice	Defrost product slowly and thoroughly in a refrigerator for 24 hours.	

Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner).

Dice turkey. Put the diced turkey on top in the center.

Serve with 2 packs of croutons.

****NOTE: HS need an additional grain, milk, or 1/2 cup fruit for a reimbursable meal.***

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	4.00
RedVeg	0.00
OtherVeg	4.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	430.65		
Fat	12.58g		
SaturatedFat	4.30g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	712.00mg		
Carbohydrates	52.50g		
Fiber	19.73g		
Sugar	5.25g		
Protein	21.98g		
Vitamin A	908.55IU	Vitamin C	31.42mg
Calcium	356.42mg	Iron	7.92mg

Chef Salad Box - Ceasar



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
Chicken, diced, cooked, frozen	2 Ounce		100101
CHEESE PARM PKT 200-3.5GM GFS	1 Each		254959
SPICE BLND ORIG 3-21Z MDASH	1/2 Teaspoon		265103

Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Thaw diced chicken and toss 1 oz. diced chicken with 0.5 tsp. Mrs. Dash to coat.

Add seasoned chicken to the top of the lettuce.

Serve with 2 pkgs croutons and 1 pkg parm. cheese.

CCP: Hold for cold service at 40 degrees or lower.

NOTE: HS this is not for a reimbursable meal.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00

GreenVeg	4.00
RedVeg	0.00
OtherVeg	4.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	347.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	47.00mg		
Sodium	461.00mg		
Carbohydrates	46.00g		
Fiber	18.00g		
Sugar	2.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	360.00mg	Iron	6.48mg

Chef Salad Box - Smackers



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
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.	
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

- Wash all produce.
- Cook Chicken according to the directions above.
- Put lettuce in the clear plastic salad container.
- Add tomatoes, broccoli, cucumber, and cheese (one in each corner). Put the smackers on top in the center.

Serve with 2 packs of croutons.

CCP: Hold at 40 degrees or lower for service.

NOTE: This is a reimbursable meal at all grade levels.

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	4.00
RedVeg	0.00
OtherVeg	4.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	594.65		
Fat	21.33g		
SaturatedFat	6.55g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	997.00mg		
Carbohydrates	65.50g		
Fiber	21.73g		
Sugar	4.25g		
Protein	29.48g		
Vitamin A	1076.55IU	Vitamin C	32.42mg
Calcium	373.42mg	Iron	8.56mg

Sausage 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 #
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.

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	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.

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: 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

NO IMAGE

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

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.73
Starch	0.00

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.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.44
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		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-Spriral 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.

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

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.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.51
Legumes	0.00
Starch	0.00

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

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

0.50

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.

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

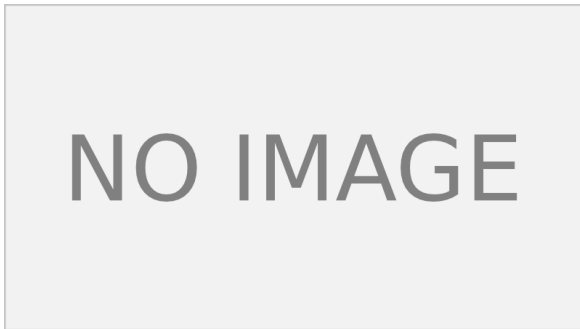
Servings Per Recipe: 1.00

Serving Size: 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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 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

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 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

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 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

NO IMAGE

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

SLE Components

Amount Per Serving

Meat	2.01
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: 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.

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		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.

SLE Components

Amount Per Serving

Meat	3.00
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Grain	2.00
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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	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

NO IMAGE

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

Description	Measurement	Prep Instructions	DistPart #
Grapes	1		14P36
Pear, fresh	1		14P12
Oranges, whole	1 Each		16W62

Preparation Instructions

No Preparation Instructions available.

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: 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

NO IMAGE

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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 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.

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: 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.

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	0.50

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

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 #
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.

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	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