

# Cookbook for Henderson County Schools

Created by HPS Menu Planner

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# Whole Grain French Toast Sticks

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 set	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	2 Each	<b>BAKE</b> Place on sheet pan. Preheat convection to 375 degrees and bake for 10 minutes.	652370

## Preparation Instructions

Prepare French Toast Sticks as stated on the box.

Once items are prepared, place 2 french toast sticks in paper tray.

Keep in warmer until ready to serve. May serve with pancake syrup

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 set

<b>Amount Per Serving</b>			
<b>Calories</b>		1.05	
<b>Fat</b>		0.04g	
<b>SaturatedFat</b>		0.01g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		1.30mg	
<b>Carbohydrates</b>		0.15g	
<b>Fiber</b>		0.01g	
<b>Sugar</b>		0.03g	
<b>Protein</b>		0.03g	
<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.09mg	<b>Iron</b>	0.01mg

# sausage patty and biscuit/gravy

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 COMM	1 Each	<b>BAKE</b> Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GFS	1 Each	Thaw and serve or can be heated at 375 degrees for 3-5 minutes to a preferred level of browning	685000
GRAVY MIX BISC WHITE SAUCE 12-24Z	1 Tablespoon	cook to stove top according to package directions	242420

## Preparation Instructions

Biscuits: thaw and serve or can be heated at 375 degrees for 3-5 minutes to a preferred level of browning

Sausage: Place patties on sheet pan and heat in convection over 350 degrees to 375 degrees for approximately 7-8 minutes

Gravy: cook on stove top according to package directions

## SLE Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	2.43		
<b>Fat</b>	0.13g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.17mg		
<b>Sodium</b>	7.37mg		
<b>Carbohydrates</b>	0.25g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.03g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	0.37IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.40mg **Iron** 0.01mg

# Yogurt & Whole grain grahams and string cheese

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	Ready to eat	869921
YOGURT STRAWB TUBE 2Z 6-16CT GOGURT	1 Each	READY_TO_EAT Ready to serve- no preparation needed	895090

## Preparation Instructions

Place yogurt, grahams and cheese stick in plastic bag and keep in cooler till ready to serve  
cinnamon toast: cook according to package directions for convection oven

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	2.40		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.10mg		
<b>Sodium</b>	1.80mg		
<b>Carbohydrates</b>	0.48g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.36g		
<b>Protein</b>	0.12g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.00mg

# Banana or Wildberry bread

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WILD BRY IW 70-3.4Z SUPBAK	1 Piece	Thaw and serve	523222
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each	Thaw and serve	230361
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each		544426

## Preparation Instructions

Thaw and serve at room temp

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.03
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	5.35		
<b>Fat</b>	0.13g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.84mg		
<b>Carbohydrates</b>	0.99g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	0.71g		
<b>Protein</b>	0.09g		
<b>Vitamin A</b>	1.38IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.41mg	<b>Iron</b>	0.03mg



# Bagel and Cream Cheese

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each		217911
BAGEL BLUEB WGRAIN IW SLCD 72-2.25Z	1 Each		739631
CHEESE CREAM STRAWB CUP 100-1Z GCHC	1 Each	Keep in refrigerator	863106
CHEESE CREAM LT CUP 100-1Z GCHC	1 Each	Keep in refrigerator	549762

## Preparation Instructions

thaw bagels at room temp and place on serving line. Place cream cheese cups on ice pack and place on serving line

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>		2.90	
<b>Fat</b>		0.13g	
<b>SaturatedFat</b>		0.09g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.35mg	
<b>Sodium</b>		3.45mg	
<b>Carbohydrates</b>		0.33g	
<b>Fiber</b>		0.04g	
<b>Sugar</b>		0.06g	
<b>Protein</b>		0.09g	
<b>Vitamin A</b>	6.00IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	0.80mg	<b>Iron</b>	0.02mg

# Pancake wrap

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.85 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK CUP 200-1.5Z GFS	1 Each	Ready to use	160090
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202
PANCK WRAP BLUEB WGRAIN STIX 56-2.85Z	1 Each		497182

## Preparation Instructions

Pancake wraps: Thaw under refrigeration in original package. do not thaw at room temp. Convection oven: 350 degrees frozen-20 minutes. Thawed 13 minutes. Heat to internal temp of 165 degrees

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.85 Serving

#### Amount Per Serving

<b>Calories</b>	6.00		
<b>Fat</b>	0.30g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.50mg		
<b>Sodium</b>	7.20mg		
<b>Carbohydrates</b>	0.67g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.27g		
<b>Protein</b>	0.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.40mg	<b>Iron</b>	0.03mg

# scrambled egg

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNYFR	2 Ounce		391902

## Preparation Instructions

Thaw product fully prior to heating. Thaw within case 3-5 days under refrigeration or remove product from case and place on sheet trays for 24 hours, thaw under refrigeration.

Convection or Combination oven: Preheat oven to 350 degrees. Spray half size pans and remove eggs from package, place in pan and cover with aluminum foil. Cook thawed for approximately 40 minutes. From frozen state cook approximately 55 minutes. Stir eggs as needed during cooking. Cook eggs to internal temp of 160 degrees. Place in warmer till ready to serve.

Toast: Place slices of WG honey bread on sheet pans and spray with butter pan spray. Place in 300 degree convection oven and cook to personal state of browning.

## SLE Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 2.00

### Amount Per Serving

<b>Calories</b>	1.60		
<b>Fat</b>	0.12g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.27mg		
<b>Sodium</b>	3.73mg		
<b>Carbohydrates</b>	0.01g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.11g		
<b>Vitamin A</b>	4.18IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.87mg	<b>Iron</b>	0.01mg

# potato triangles

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.25	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TRIANGLES 2Z 6-5 GFS	1 Each		518557

## Preparation Instructions

Prepare from frozen state. Deep fry 7 or 8 units at 350 degrees for 3 minutes or place on sheet pan and cook in convection oven 400 degrees for 13 minutes.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.25

<b>Amount Per Serving</b>			
<b>Calories</b>		1.00	
<b>Fat</b>		0.05g	
<b>SaturatedFat</b>		0.02g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		3.00mg	
<b>Carbohydrates</b>		0.13g	
<b>Fiber</b>		0.01g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		0.01g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.11mg	<b>Iron</b>	0.00mg

# Breakfast Pizza

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 96-3.05Z	1 Slice		135121
PIZZA BKFST TKY SAUS WGRAIN 192CT MAX	1 Slice		863140

## Preparation Instructions

Directions:

Prepare from frozen state

Convection oven: Preheat oven to 375 degrees. Bake on parchment lined pan 10-15 minutes

Product must be cooked until internal temp reaches a minimum of 165 degrees F

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	0.02
<b>Grain</b>	0.03
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.50

Amount Per Serving			
<b>Calories</b>		3.80	
<b>Fat</b>		0.14g	
<b>SaturatedFat</b>		0.05g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.20mg	
<b>Sodium</b>		8.30mg	
<b>Carbohydrates</b>		0.46g	
<b>Fiber</b>		0.04g	
<b>Sugar</b>		0.03g	
<b>Protein</b>		0.17g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.50mg	<b>Iron</b>	0.03mg

# powder donuts

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

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

## Preparation Instructions

thaw at room temp

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00

#### Amount Per Serving

<b>Calories</b>	2.70		
<b>Fat</b>	0.11g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.30mg		
<b>Carbohydrates</b>	0.41g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.21g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.60mg	<b>Iron</b>	0.01mg

# breakfast chicken patty

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.63	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.63

Amount Per Serving			
<b>Calories</b>	1.28		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.23mg		
<b>Sodium</b>	2.76mg		
<b>Carbohydrates</b>	0.09g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.11g		
<b>Vitamin A</b>	0.57IU	<b>Vitamin C</b>	0.63mg
<b>Calcium</b>	0.15mg	<b>Iron</b>	0.01mg

# buttermilk biscuit

<b>Servings:</b>	75.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	2.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GFS	1 Each		685000

## Preparation Instructions

thaw and serve although can be heated at 375 degrees for 3-5 minutes to a preferred level of browning

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 2.50

Amount Per Serving			
<b>Calories</b>	2.80		
<b>Fat</b>	0.11g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	9.73mg		
<b>Carbohydrates</b>	0.43g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.53mg	<b>Iron</b>	0.02mg



# EveryDay Fruit Juice

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	6.75 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX FRT PNCH 100 40-6.75FLZ	1 Each		698340
JUICE BOX APPL 100 40-6.75FLZ	1 Each		698332
JUICE BOX VERY BRY 40-6.75FLZ	1 Each		698361
JUICE BOX ORNG TANGR 100 40-6.75FLZ	1 Each		698351

## Preparation Instructions

Ready to drink. keep refrigerated till time of service

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.75 Ounce

#### Amount Per Serving

<b>Calories</b>	3.90		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.60mg		
<b>Carbohydrates</b>	0.98g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.90g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Every Day Milk

<b>Servings:</b>	300.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	8.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Prairie Farms 1% Low Fat White Milk	1 Cup		
Fat Free Vanilla Milk	1 Cup	READY_TO_DRINK	22217
Prairie Farms Fat Free Strawberry Milk	1 Cup		
Prairie Farms Fat Free Chocolate Milk	1 Cup		

## Preparation Instructions

keep in walk in cooler to retain temp of 40 and below

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 8.00

#### Amount Per Serving

<b>Calories</b>	0.82		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.05mg		
<b>Sodium</b>	1.02mg		
<b>Carbohydrates</b>	0.13g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.12g		
<b>Protein</b>	0.06g		
<b>Vitamin A</b>	0.04IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	0.11mg	<b>Iron</b>	0.00mg

# every day Pop Tart

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.76	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

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

## Preparation Instructions

Ready to eat

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.07
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.76

Amount Per Serving			
<b>Calories</b>	11.20		
<b>Fat</b>	0.17g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.60mg		
<b>Carbohydrates</b>	2.28g		
<b>Fiber</b>	0.18g		
<b>Sugar</b>	0.92g		
<b>Protein</b>	0.14g		
<b>Vitamin A</b>	30.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	0.11mg

# Every day cereal

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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 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 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 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 REESEES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.10
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	11.20
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	15.20mg
<b>Carbohydrates</b>	2.30g
<b>Fiber</b>	0.18g
<b>Sugar</b>	0.80g

<b>Protein</b>	0.16g		
<b>Vitamin A</b>	46.00IU	<b>Vitamin C</b>	0.55mg
<b>Calcium</b>	11.60mg	<b>Iron</b>	0.43mg

# Every day fruit

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FUJI 100CT MRKN	1 Each		735612
APPLE GALA MI 100CT MRKN	1 Each		197718
APPLE DELICIOUS GOLDEN 125-138CT MRKN	1 Each		597481
BANANA TURNING 40 P/L	1 Each		200999
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	1 Each		198013

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>		5.10	
<b>Fat</b>		0.02g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.07mg	
<b>Carbohydrates</b>		1.32g	
<b>Fiber</b>		0.20g	
<b>Sugar</b>		0.77g	
<b>Protein</b>		0.06g	
<b>Vitamin A</b>	7.85IU	<b>Vitamin C</b>	1.32mg

**Calcium** 1.08mg **Iron** 0.01mg

# Toast

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice	Spray sheet pan with butter spray and place bread slices on pan. Spray top of bread with butter spray and cook in convection oven at 300 degrees for 3-4 minutes or until personal browning measure.	204822

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	1.20		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.60mg		
<b>Carbohydrates</b>	0.24g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.53mg	<b>Iron</b>	0.01mg



# Assorted Frozen Fruits

<b>Servings:</b>	2.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010
BLUEBERRIES FZ CULTIVATE IQF 30 COMM	1 Each		765270

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	85.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# chicken sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
4" Whole Grain Hamburger Bun	1 Each		3159

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	0.96		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.17mg		
<b>Sodium</b>	2.07mg		
<b>Carbohydrates</b>	0.07g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.08g		
<b>Vitamin A</b>	0.43IU	<b>Vitamin C</b>	0.47mg
<b>Calcium</b>	0.11mg	<b>Iron</b>	0.01mg

# Cheese Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN HAND TOSSED 9CT	1 Slice	<p><b>BAKE</b>  <b>COOKING INSTRUCTIONS: COOK BEFORE SERVING. COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. Bake directly on belt. CONVECTION OVEN: 350°F for 13-17 minutes on high fan. CONVENTIONAL OVEN: 450°F for 13-15 minutes. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</b></p>	237071

## Preparation Instructions

CONVECTION OVEN: 350°F Low FAN FOR 13-17 MINUTES. BAKE ON PERFORATED SCREEN FOR BEST RESULTS. DECK OVEN: 450°F FOR 10-13 MINUTES. PIZZA IS DONE WHEN CHEESE BEGINS TO BROWN AND IS COMPLETELY MELTED IN THE MIDDLE. COOK BEFORE EATING.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.25
<b>Grain</b>	0.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.02
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	42.50		
<b>Fat</b>	1.75g		
<b>SaturatedFat</b>	0.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.38mg		
<b>Sodium</b>	52.50mg		
<b>Carbohydrates</b>	4.50g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	0.88g		
<b>Protein</b>	2.25g		
<b>Vitamin A</b>	9.13IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	41.88mg	<b>Iron</b>	0.25mg

# cucumber

<b>Servings:</b>	0.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00 4 oz	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 1-24CT P/L	1 Cup		238653

## Preparation Instructions

Clean and slice. Store in cooler and serve in refrigerated area

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.00 4 oz

Amount Per Serving			
<b>Calories</b>		7.80	
<b>Fat</b>		0.10g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		1.00mg	
<b>Carbohydrates</b>		2.00g	
<b>Fiber</b>		0.30g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		0.30g	
<b>Vitamin A</b>	54.60IU	<b>Vitamin C</b>	1.46mg
<b>Calcium</b>	8.32mg	<b>Iron</b>	0.15mg

# Garden Salad

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1 Cup	1 cup dished=1/2 cup served wash all vegetables, combine include salad dressing packet	15D44
Carrots, baby	1/2 Cup	Wash all vegetables, combine include salad dressing packet	18D69
Grape Tomatoes	1/2 Cup	Wash all vegetables, combine include salad dressing packet	749041

## Preparation Instructions

Wash all vegetables, combine and include salad dressing packet

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	0.35		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.69mg		
<b>Carbohydrates</b>	0.08g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Peas

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FZ 30 COMM	1 Cup	Steam from frozen	110510

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>		2.48	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		2.32mg	
<b>Carbohydrates</b>		0.44g	
<b>Fiber</b>		0.16g	
<b>Sugar</b>		0.16g	
<b>Protein</b>		0.16g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Pepperoni Pizza

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16 WGRAIN R/E BOLD 9CT	1 Slice	<p><b>BAKE</b>  <b>COOKING INSTRUCTIONS:</b> COOK BEFORE EATING. Best if cooked from Frozen state. <b>PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.</b>  <b>IMPINGEMENT OVEN:</b> 420°F for 7-9 minutes. <b>CONVECTION OVEN:</b> 350°F high fan for 13-17 minutes. <b>CONVENTIONAL OVEN:</b> 450°F for 15-17 minutes. Rotate pan halfway through bake cycle in convection oven.  <b>NOTE:</b> Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</p>	503962

## Preparation Instructions

Cut each pizza into 8 pieces. Each student gets 1 piece.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.03
<b>Grain</b>	0.04
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	5.69		
<b>Fat</b>	0.25g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.56mg		
<b>Sodium</b>	8.06mg		
<b>Carbohydrates</b>	0.60g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	0.10g		
<b>Protein</b>	0.28g		
<b>Vitamin A</b>	1.38IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.83mg	<b>Iron</b>	0.04mg

# RO - Cheeseburger

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's 4" Whole Grain Hamburger Bun	1 bun	BAKE	3159
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

1. Heat burgers according to package directions. CCP: Hold hot at 135F
2. Place cooked burger on top of hamburger bun
3. Add one slice american cheese

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>	363.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	6.10g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	51.50mg		
<b>Sodium</b>	494.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	114.50mg	<b>Iron</b>	2.00mg



# Baby Carrots

<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROTS BABY PLD 72-3Z P/L	1/2 Cup	serve chilled	241541

## Preparation Instructions

serve chilled

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50

Amount Per Serving			
<b>Calories</b>		0.31	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.52mg	
<b>Carbohydrates</b>		0.07g	
<b>Fiber</b>		0.02g	
<b>Sugar</b>		0.04g	
<b>Protein</b>		0.01g	
<b>Vitamin A</b>	103.70IU	<b>Vitamin C</b>	0.62mg
<b>Calcium</b>	0.24mg	<b>Iron</b>	0.00mg

# Grilled Cheese

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice	Ready to eat	150260
BREAD HWN SLCD 5/8 7-32Z GFS	2 Slice		633942
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Tablespoon		614640

## Preparation Instructions

Spread liquid butter on baking pan and place slices of bread on pan, add 4 slices of cheese or 2 slices of cheese and then 1/2 cup shredded cheese. Top with another slice of bread, and spread liquid butter on top slice of bread. Bake at 325 convection oven until cheese is melted and bread is a golden brown. Place in warmer till ready to serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	6.30		
<b>Fat</b>	0.36g		
<b>SaturatedFat</b>	0.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.50mg		
<b>Sodium</b>	14.10mg		
<b>Carbohydrates</b>	0.52g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.12g		
<b>Protein</b>	0.20g		
<b>Vitamin A</b>	1.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.98mg	<b>Iron</b>	0.02mg

# sausage biscuit

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 COMM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GFS	1 Each	Thaw and serve. although can be heated at 375 degrees for 3-5 minutes to a preferred level of browning	685000

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 4.00

Amount Per Serving			
<b>Calories</b>	1.10		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.09mg		
<b>Sodium</b>	3.01mg		
<b>Carbohydrates</b>	0.11g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.19IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.19mg	<b>Iron</b>	0.01mg

# Prairie Farms Juice high School

<b>Servings:</b>	200.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	8.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Prairie Farms 100% Apple Juice	8 fl. oz.		
Prairie Farms 100% Orange Juice	8 fl. oz.		

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 8.00

Amount Per Serving			
<b>Calories</b>		1.20	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.00mg	
<b>Carbohydrates</b>		0.30g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		0.29g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.75mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.02mg

# Prairie Farms Juice high School

<b>Servings:</b>	150.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	8.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% Apple Juice	8 Ounce		
100% Orange Juice	8 Ounce		

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 8.00

Amount Per Serving			
<b>Calories</b>		1.47	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.27mg	
<b>Carbohydrates</b>		0.36g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		0.32g	
<b>Protein</b>		0.01g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.80mg
<b>Calcium</b>	0.13mg	<b>Iron</b>	0.03mg

# WG Muffins

<b>Servings:</b>	150.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
PASTRY POP-TART BLUEB FRSTD 72-2CT	1 Package		765562
PASTRY POP-TART BRN SGR FRSTD 72-2CT	1 Package		765589
PASTRY POP-TART CHERRY FRSTD 72-2CT	1 Package		862347

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 2.00

Amount Per Serving			
<b>Calories</b>	7.87		
<b>Fat</b>	0.24g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.40mg		
<b>Sodium</b>	5.83mg		
<b>Carbohydrates</b>	1.32g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.63g		
<b>Protein</b>	0.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.19mg **Iron** 0.04mg

# Pancake wrap

<b>Servings:</b>	350.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.51	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202
PANCK WRAP BLUEB WGRAIN STIX 56-2.85Z	1 Each		497182
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101
SYRUP PANCK CUP 200-1.5Z GFS	1 Each		160090

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.01
<b>Grain</b>	0.03
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 2.51

#### Amount Per Serving

<b>Calories</b>	5.89
<b>Fat</b>	0.15g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.14mg
<b>Sodium</b>	6.34mg
<b>Carbohydrates</b>	1.06g
<b>Fiber</b>	0.08g
<b>Sugar</b>	0.42g



<b>Protein</b>		0.09g	
<b>Vitamin A</b>	8.57IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.40mg	<b>Iron</b>	0.05mg

# scramble egg

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNYFR	2 Ounce		391902
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice		204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each		217911
BAGEL BLUEB WGRAIN IW SLCD 72-2.25Z	1 Each		739631
CHEESE CREAM STRAWB CUP 100-1Z GCHC	1 Each		863106
CHEESE CREAM LT CUP 100-1Z GCHC	1 Each		549762

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 2.00

Amount Per Serving			
<b>Calories</b>		3.53	
<b>Fat</b>		0.14g	
<b>SaturatedFat</b>		0.06g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.88mg	
<b>Sodium</b>		3.72mg	
<b>Carbohydrates</b>		0.47g	
<b>Fiber</b>		0.04g	
<b>Sugar</b>		0.18g	
<b>Protein</b>		0.09g	
<b>Vitamin A</b>	3.05IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.71mg	<b>Iron</b>	0.02mg

# Cherry Frudel or Cinnamon Toast

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each	<b>BAKE</b> 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
FRENCH TST MINI BRY IW 72-2.64Z PILLS	1 Package	<b>READY_TO_EAT</b> Heat convection oven to 350 F and place 12 (3 x 4) pouches on baking sheet and 8-10 minutes from frozen or 4-5 minutes if thawed. Preheat conventional oven to 350 F and place 12 (3 x 4) pouches on baking sheet and 13-15 minutes from frozen or 7-8 minutes if thawed. Can be held in warmer for up to 3 hours at 150F.	150281
FRENCH TST CINN WGRAIN 12-12CT COLES	1 Package		622661

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.03
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 2.00

<b>Amount Per Serving</b>			
<b>Calories</b>		2.60	
<b>Fat</b>		0.08g	
<b>SaturatedFat</b>		0.02g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.05mg	
<b>Sodium</b>		2.83mg	
<b>Carbohydrates</b>		0.44g	
<b>Fiber</b>		0.03g	
<b>Sugar</b>		0.13g	
<b>Protein</b>		0.06g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.20mg **Iron** 0.01mg