

Cookbook for Henderson County Schools

Created by HPS Menu Planner

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Whole Grain French Toast Sticks

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	2 Each	BAKE 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

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 set

Amount Per Serving

Calories	1.05		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	0.15g		
Fiber	0.01g		
Sugar	0.03g		
Protein	0.03g		
Vitamin A	0.02IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.01mg

sausage patty and biscuit/gravy

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

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

Amount Per Serving

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

Calcium 0.40mg **Iron** 0.01mg

Yogurt & Whole grain grahams and string cheese

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	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

Meat	0.02
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

Banana or Wildberry bread

Servings:	150.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	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

Meat	0.00
Grain	0.03
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00

Amount Per Serving

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

Bagel and Cream Cheese

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

Meat	0.00
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

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

Pancake wrap

Servings:	100.00	Category:	Entree
Serving Size:	2.85 Serving	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.02
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.85 Serving

Amount Per Serving

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

scrambled egg

Servings:	75.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.02
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 2.00

Amount Per Serving

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

potato triangles

Servings:	100.00	Category:	Vegetable
Serving Size:	2.25	HACCP Process:	Same Day Service
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.25

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

Breakfast Pizza

Servings:	100.00	Category:	Entree
Serving Size:	3.50	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.02
Grain	0.03
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.50

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

powder donuts

Servings:	100.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	No Cook
Meal Type:	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

Meat	0.00
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00

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

breakfast chicken patty

Servings:	75.00	Category:	Entree
Serving Size:	1.63	HACCP Process:	Same Day Service
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.63

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

buttermilk biscuit

Servings:	75.00	Category:	Grain
Serving Size:	2.50	HACCP Process:	Same Day Service
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 2.50

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

EveryDay Fruit Juice

Servings:	100.00	Category:	Fruit
Serving Size:	6.75 Ounce	HACCP Process:	No Cook
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.75 Ounce

Amount Per Serving

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

Every Day Milk

Servings:	300.00	Category:	Milk
Serving Size:	8.00	HACCP Process:	No Cook
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 8.00

Amount Per Serving

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

every day Pop Tart

Servings:	50.00	Category:	Grain
Serving Size:	1.76	HACCP Process:	No Cook
Meal Type:	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

Meat	0.00
Grain	0.07
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.76

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

Every day cereal

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

Meat	0.00
Grain	0.10
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

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

Protein	0.16g		
Vitamin A	46.00IU	Vitamin C	0.55mg
Calcium	11.60mg	Iron	0.43mg

Every day fruit

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	5.10		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.07mg		
Carbohydrates	1.32g		
Fiber	0.20g		
Sugar	0.77g		
Protein	0.06g		
Vitamin A	7.85IU	Vitamin C	1.32mg

Calcium 1.08mg **Iron** 0.01mg

Toast

Servings:	75.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00

Amount Per Serving

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

Assorted Frozen Fruits

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

chicken sandwich

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Cheese Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN HAND TOSSED 9CT	1 Slice	<p>BAKE 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.</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

Meat	0.25
Grain	0.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

Amount Per Serving

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

cucumber

Servings:	0.00	Category:	Vegetable
Serving Size:	0.00 4 oz	HACCP Process:	Same Day Service
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.00 4 oz

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

Garden Salad

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

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

Peas

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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.02

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

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

Pepperoni Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16 WGRAIN R/E BOLD 9CT	1 Slice	<p>BAKE COOKING INSTRUCTIONS: 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. CONVECTION OVEN: 350°F high fan for 13-17 minutes. CONVENTIONAL OVEN: 450°F for 15-17 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.</p>	503962

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	0.03
Grain	0.04
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

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

RO - Cheeseburger

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

Meat	2.50
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 Sandwich

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

Baby Carrots

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50

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

Grilled Cheese

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

Meat	0.02
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

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

sausage biscuit

Servings:	300.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 4.00

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

Prairie Farms Juice high School

Servings:	200.00	Category:	Fruit
Serving Size:	8.00	HACCP Process:	No Cook
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 8.00

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

Prairie Farms Juice high School

Servings:	150.00	Category:	Fruit
Serving Size:	8.00	HACCP Process:	No Cook
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 8.00

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

WG Muffins

Servings:	150.00	Category:	Grain
Serving Size:	2.00	HACCP Process:	No Cook
Meal Type:	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

Meat	0.00
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 2.00

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

Calcium 0.19mg **Iron** 0.04mg

Pancake wrap

Servings:	350.00	Category:	Entree
Serving Size:	2.51	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.01
Grain	0.03
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 2.51

Amount Per Serving

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

Protein		0.09g	
Vitamin A	8.57IU	Vitamin C	0.00mg
Calcium	2.40mg	Iron	0.05mg

scramble egg

Servings:	300.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.00
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 2.00

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

Cherry Frudel or Cinnamon Toast

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
FRENCH TST MINI BRY IW 72-2.64Z PILLS	1 Package	READY_TO_EAT 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

Meat	0.00
Grain	0.03
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 2.00

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

Calcium 0.20mg **Iron** 0.01mg

cold sandwich

Servings:	200.00	Category:	Entree
Serving Size:	8.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD HWN SLCD 5/8 7-32Z GFS	2 Slice		633942
CHIX HAM BLACK FOREST SLCD 6-2 TYS	6 Slice	UNSPECIFIED Not Applicable	527380

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
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 8.00

Amount Per Serving

Calories	2.00		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.30mg		
Sodium	4.48mg		
Carbohydrates	0.26g		
Fiber	0.01g		
Sugar	0.06g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.36mg	Iron	0.01mg

spaghetti

Servings:	500.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	4 Ounce		221460
SAUCE SPAGHETTI PORK L/F 6-5# COMM	2 Ounce		641340

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 1.00

Amount Per Serving			
Calories		0.96	
Fat		0.01g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.04mg	
Sodium		0.30mg	
Carbohydrates		0.17g	
Fiber		0.02g	
Sugar		0.01g	
Protein		0.04g	
Vitamin A	0.40IU	Vitamin C	0.01mg
Calcium	0.11mg	Iron	0.01mg

meatball sub

Servings:	650.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	6 Each		785860
BUN SUB SLCD 6 12-6CT GFS	1 Each		219670

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
Starch	0.00

Nutrition Facts

Servings Per Recipe: 650.00

Serving Size: 6.00

Amount Per Serving			
Calories		0.58	
Fat		0.02g	
SaturatedFat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.08mg	
Sodium		0.93mg	
Carbohydrates		0.06g	
Fiber		0.00g	
Sugar		0.01g	
Protein		0.03g	
Vitamin A	0.01IU	Vitamin C	0.01mg
Calcium	0.21mg	Iron	0.01mg

chicken strips

Servings:	600.00	Category:	Entree
Serving Size:	3.60	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP WGRAIN	3 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	546561

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
Starch	0.00

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 3.60

Amount Per Serving

Calories	0.31		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.06mg		
Sodium	0.64mg		
Carbohydrates	0.02g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.03g		
Vitamin A	0.14IU	Vitamin C	0.15mg
Calcium	0.03mg	Iron	0.00mg