

Cookbook for Henderson County Schools

Created by HPS Menu Planner

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Whole Grain French Toast Sticks

Servings:	1.00	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	4 Each	BAKE Place on sheet pan. Preheat convection to 375 degrees and bake for 10 minutes.	652370
SYRUP PANCK CUP 200-1.5Z GFS	1 Each		160090

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	3.50
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 set

Amount Per Serving			
Calories	540.00		
Fat	16.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	520.00mg		
Carbohydrates	91.00g		
Fiber	4.00g		
Sugar	31.00g		
Protein	10.00g		
Vitamin A	7.74IU	Vitamin C	0.00mg
Calcium	37.20mg	Iron	2.98mg

sausage patty and biscuit/gravy

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY 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	1/4 Cup	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	1.00
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	466.34
Fat	25.52g
SaturatedFat	13.21g
Trans Fat	0.00g
Cholesterol	26.00mg
Sodium	1714.03mg
Carbohydrates	48.04g
Fiber	0.00g
Sugar	6.01g
Protein	12.01g
Vitamin A 56.00IU	Vitamin C 0.00mg

Calcium 74.05mg **Iron** 1.80mg

Yogurt & Whole grain grahams and string cheese

Servings:	1.00	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	1/50 Each	Ready to eat	869921
YOGURT STRAWB TUBE 2Z 6-16CT GOGURT	1/50 Each	READY_TO_EAT Ready to serve- no preparation needed	895090
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

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	1.02
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	62.40		
Fat	3.01g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.10mg		
Sodium	201.80mg		
Carbohydrates	1.48g		
Fiber	0.00g		
Sugar	1.36g		
Protein	7.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	203.00mg	Iron	0.00mg

Banana or Wildberry bread

Servings:	1.00	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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		802.00	
Fat		19.60g	
SaturatedFat		4.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		425.60mg	
Carbohydrates		149.00g	
Fiber		8.60g	
Sugar		107.00g	
Protein		13.40g	
Vitamin A	207.40IU	Vitamin C	0.20mg
Calcium	211.80mg	Iron	4.86mg

Bagel and Cream Cheese

Servings:	1.00	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	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

Amount Per Serving			
Calories		290.00	
Fat		12.50g	
SaturatedFat		8.50g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		345.00mg	
Carbohydrates		33.00g	
Fiber		4.00g	
Sugar		6.00g	
Protein		9.00g	
Vitamin A	600.00IU	Vitamin C	1.20mg
Calcium	80.00mg	Iron	1.80mg

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:	1.00	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	1/100 Slice		135121
PIZZA BKFST TKY SAUS WGRAIN 192CT MAX	1/100 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: 1.00

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

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:	1.00	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 Each		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 Each		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 Each		264761

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	5.00
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

Amount Per Serving	
Calories	560.00
Fat	10.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	760.00mg
Carbohydrates	115.00g
Fiber	9.00g
Sugar	40.00g
Protein	8.00g
Vitamin A 2300.00IU	Vitamin C 27.60mg

Calcium 580.00mg **Iron** 21.60mg

Every day fruit

Servings:	1.00	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: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	509.95
Fat	1.75g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.45mg
Carbohydrates	132.00g
Fiber	20.15g
Sugar	77.00g
Protein	5.50g
Vitamin A 785.38IU	Vitamin C 132.00mg

Calcium 108.12mg **Iron** 1.32mg

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
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1/100 Cup	1 cup dished=1/2 cup served wash all vegetables, combine include salad dressing packet	15D44
Carrots, baby	0 Cup	Wash all vegetables, combine include salad dressing packet	18D69
Grape Tomatoes	0 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	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.60		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.14mg		
Carbohydrates	0.14g		
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:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FZ 30 COMM	1/2 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	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		62.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		58.00mg	
Carbohydrates		11.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Pepperoni Pizza

Servings:	1.00	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	1/72 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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	4.10		
Fat	0.18g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	5.80mg		
Carbohydrates	0.43g		
Fiber	0.04g		
Sugar	0.07g		
Protein	0.20g		
Vitamin A	0.99IU	Vitamin C	0.00mg
Calcium	2.76mg	Iron	0.03mg

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

Grilled Cheese

Servings:	1.00	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
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

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	0.00
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

Amount Per Serving

Calories	500.00		
Fat	22.00g		
SaturatedFat	11.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	1300.00mg		
Carbohydrates	52.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	398.00mg	Iron	2.00mg

sausage biscuit

Servings:	1.00	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: 1.00

Serving Size: 4.00

Amount Per Serving			
Calories		331.00	
Fat		18.00g	
SaturatedFat		8.70g	
Trans Fat		0.00g	
Cholesterol		26.00mg	
Sodium		902.00mg	
Carbohydrates		33.00g	
Fiber		0.00g	
Sugar		3.00g	
Protein		9.00g	
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	1.80mg

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:	1.00	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	2.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00

Amount Per Serving	
Calories	220.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	40.00mg
Carbohydrates	54.00g
Fiber	0.00g
Sugar	48.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 120.00mg
Calcium 20.00mg	Iron 4.00mg

WG Muffins

Servings:	1.00	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: 1.00

Serving Size: 2.00

Amount Per Serving	
Calories	1180.00
Fat	36.00g
SaturatedFat	9.75g
Trans Fat	0.10g
Cholesterol	60.00mg
Sodium	875.00mg
Carbohydrates	198.50g
Fiber	6.50g
Sugar	94.50g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 28.00mg **Iron** 5.86mg

Pancake wrap

Servings:	1.00	Category:	Entree
Serving Size:	2.51	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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: 1.00

Serving Size: 2.51

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

scramble egg

Servings:	1.00	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	0 Ounce		391902
BREAD WGRAIN HNY WHT 16-24Z GFS	0 Slice		204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	0 Teaspoon		651171
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	0 Each		262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	0 Each		262343
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	0 Each		557981
BAGEL WHT WGRAIN IW 72-2Z LENDER	0 Each		217911
BAGEL BLUEB WGRAIN IW SLCD 72-2.25Z	0 Each		739631

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: 1.00

Serving Size: 2.00

Amount Per Serving	
Calories	0.60
Fat	0.05g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.85mg
Sodium	1.40mg
Carbohydrates	0.01g
Fiber	0.00g
Sugar	0.00g
Protein	0.04g

Vitamin A	1.57IU	Vitamin C	0.00mg
Calcium	0.32mg	Iron	0.00mg

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

chicken alfredo

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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: 1.00

Serving Size: 0.00

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

pan pizza

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
5"Deep Dish Cheese Pizza	1 Each		841180
60-4.83Z PIZZA PEPP 5 DP DISH 78369	1 Each		233270
UNCRUSTABLE, PEANUT BUTTER & GRAPE JELLY	1 Each	THAW THAW IN REFRIGERATOR OVERNIGHT THEN EAT BEST WHEN EATEN WITHIN 24 HOURS OF THAWING	92123
UNCRUSTABLE, PEANUT BUTTER & STRAWBERRY JAM	1 Each	THAW THAW IN REFRIGERATOR OVERNIGHT THEN EAT. BEST WHEN SERVED WITHIN 24 HOURS OF THAWING	92127

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.36
Grain	2.36
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	645.57		
Fat	33.10g		
SaturatedFat	5.96g		
Trans Fat	0.00g		
Cholesterol	6.38mg		
Sodium	702.90mg		
Carbohydrates	71.19g		
Fiber	8.55g		
Sugar	27.73g		
Protein	23.64g		
Vitamin A	0.02IU	Vitamin C	0.02mg

Calcium

8.08mg

Iron

23.03mg

meatloaf

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	1 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
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: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	170.00		
Fat	10.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	390.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	12.00g		
Vitamin A	200.00IU	Vitamin C	9.00mg
Calcium	60.00mg	Iron	1.44mg

parsley potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO WHL SMALL 100-120CT 6-10 GFS	1 Cup		169501
SPICE PARSLEY FLAKES 11Z TRDE	1 Cup		513989
STARCH CORN 24-1 ARGO	1 Cup		108413

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: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	584.48		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	417.91mg		
Carbohydrates	132.90g		
Fiber	2.99g		
Sugar	0.00g		
Protein	1.49g		
Vitamin A	0.00IU	Vitamin C	17.91mg
Calcium	59.70mg	Iron	0.54mg

mini corn dogs

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TURKEYMINI WG L/F 240-.72Z - State Fair - M	6 Each		243202

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	240.00		
Fat	12.00g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	690.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.62mg

orange chicken

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	4 Ounce		550512

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.22
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	166.67		
Fat	3.33g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	44.44mg		
Sodium	311.11mg		
Carbohydrates	21.11g		
Fiber	0.00g		
Sugar	11.11g		
Protein	12.22g		
Vitamin A	0.00IU	Vitamin C	1.33mg
Calcium	0.00mg	Iron	0.80mg

taco

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF 4-5# JTM	2 Ounce		210780
TORTILLA FLOUR 10 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).	690141
SHELL TACO CORN WGRAIN 5 8-25CT GFS	3 Each		714350

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	3.50
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: 0.00

Amount Per Serving	
Calories	441.34
Fat	19.75g
Saturated Fat	5.70g
Trans Fat	0.00g
Cholesterol	19.59mg
Sodium	607.73mg
Carbohydrates	52.09g
Fiber	6.03g
Sugar	3.03g
Protein	15.25g

Vitamin A	383.51IU	Vitamin C	3.09mg
Calcium	144.74mg	Iron	2.47mg

spaghetti

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.35
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.34
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories		333.86	
Fat		6.91g	
SaturatedFat		1.83g	
Trans Fat		0.00g	
Cholesterol		35.19mg	
Sodium		299.15mg	
Carbohydrates		49.12g	
Fiber		6.03g	
Sugar		6.74g	
Protein		17.83g	
Vitamin A	395.94IU	Vitamin C	13.54mg
Calcium	52.49mg	Iron	2.48mg