

Cookbook for East Noble School Corporation

Created by HPS Menu Planner

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Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	3 Gallon		732451

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables 4 inches deep in stainless steel inset pans.

CCP:COLD FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Notes:

Serving Size: #8 Scoop

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 14.40

Fat 0.19g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 13.92mg

Carbohydrates 2.88g

Fiber 1.06g

Sugar 0.96g

Protein 1.15g

Vitamin A 278.78IU **Vitamin C** 37.68mg

Calcium 19.85mg **Iron** 0.31mg

Baby Carrots, Fresh, Petite

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	3 1/4 Gallon		768146

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup red/orange vegetable

Updated October 2013

Notes:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	0.38		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.64mg		
Carbohydrates	0.09g		
Fiber	0.03g		
Sugar	0.04g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.29mg	Iron	0.00mg

Cucumbers, Sliced, Unpeeled

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	3 Gallon		418439

Preparation Instructions

Directions:

Wash and slice cucumbers

CCP: Hold for cold service at 41° F or lower.

Place on serving line at beginning of service

Serve 1/2 cup

CCP: Hold for cold service at 41° F or lower.

Notes:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		3.74	
Fat		0.05g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.48mg	
Carbohydrates		0.96g	
Fiber		0.14g	
Sugar		0.48g	
Protein		0.14g	
Vitamin A	26.21IU	Vitamin C	0.70mg
Calcium	3.99mg	Iron	0.07mg

Bell Peppers

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	1 Gallon	Wash, deseed, cut into long strips	560715
PEPPERS BELL YEL 11	1 Gallon	Wash, deseed, cut into long strips	460890
PEPPERS GREEN MED 20 MRKN	1 Gallon	Wash, deseed, cut into long strips	206059

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL, RUNNING WATER. DRAIN WELL.

1. Core green pepper and remove all seeds.
2. Slice into strips. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Notes:

1 medium bell pepper = approximately 4.2 oz

1/2 cup sliced bell peppers = 1.6 oz

Child Nutrition: 1/2 cup serving provides= 1/2 cup "other" vegetable

Updated October 2013

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 10.85

Fat 0.08g

SaturatedFat 0.02g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1.17mg

Carbohydrates 2.72g

Fiber	0.66g		
Sugar	1.60g		
Protein	0.40g		
Vitamin A	1284.36IU	Vitamin C	56.38mg
Calcium	4.34mg	Iron	0.18mg

Celery Sticks

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	6 Pound		781592

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup sticks provides= 1/4 cup "other" vegetable and 1/4 cup red/orange vegetable

Updated October 2013

Notes:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		3.82	
Fat		0.04g	
SaturatedFat		0.02g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		21.78mg	
Carbohydrates		0.88g	
Fiber		0.44g	
Sugar		0.44g	
Protein		0.20g	
Vitamin A	122.23IU	Vitamin C	0.84mg
Calcium	10.89mg	Iron	0.05mg

Cherry Tomatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY 11 MRKN	6 Pound		569551

Preparation Instructions

Directions:

Wash Tomatoes

Drain, and remove stems

Place in cooler till serving time

CCP: Hold for cold service at 41° F or lower.

Notes:

1/2 cup serving

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	1.94		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.54mg		
Carbohydrates	0.42g		
Fiber	0.13g		
Sugar	0.30g		
Protein	0.10g		
Vitamin A	89.96IU	Vitamin C	1.37mg
Calcium	1.08mg	Iron	0.03mg

Chilled Fruit, Assorted

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GFS	4 #10 CAN		271497
FRUIT COCKTAIL XL/S 6-10 GFS	4 #10 CAN		225304
PEACH DCD XL/S 6-10 GFS	4 #10 CAN		268348
PEAR DCD XL/S 6-10 GFS	4 #10 CAN		290203

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit, drain slightly

place under refrigeration

Notes:

Serve with 4 oz spoodle

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 248.32

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 41.39mg

Carbohydrates 60.01g

Fiber 5.17g

Sugar 51.73g

Protein 1.03g

Vitamin A 413.86IU **Vitamin C** 2.48mg

Calcium 0.00mg **Iron** 0.00mg

Fruit, Fresh, Whole

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGE JUICER 100-125CT 40 MRKN	100 Each		100955
BANANA PETITE GRN 150CT DOLE	100 Each		591310
PEAR 95-110CT MRKN	100 Each		198056
APPLE DELICIOUS GOLDEN 125-138CT MRKN	100 Each		597481
APPLE, RED DELICIOUS 138 COUNT WASHINGTON FANCY FRESH REF	100 Each		8331308

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1 orange = 1/2c fruit

Updated October 2013

Notes:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 369.80

Fat 0.80g

SaturatedFat 0.10g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 34.60mg

Carbohydrates 97.00g

Fiber	18.00g		
Sugar	60.00g		
Protein	5.70g		
Vitamin A	163.04IU	Vitamin C	63.02mg
Calcium	56.18mg	Iron	1.28mg

Breaded Chicken Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" WG HAMBURGER BUN, AUNT MILLIES	100 Each	UNSPECIFIED	3159
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061

Preparation Instructions

Directions:

WASH HANDS.

1. Cook chicken patty as directed on package.
2. Place Chicken Patty on bottom of Bun. Top with remaining half of roll.
3. Wrap and Serve

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Allow student to select condiment of choice.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	650.00mg
Carbohydrates	44.00g

Fiber	5.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	11.80mg

Beef Nachos

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	20 Pound		722330
CHIP TORTL RND YEL 5-1.5 KE	22 Each		163020
SAUCE CHS QUESO JALAP POUZ 6-106Z LOL	10 Pound		135271
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce		722110
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Pound		191043
SOUR CREAM CUP 100-1Z PAULY	100 Package		126400
SALSA CUP 84-3Z REDG	100 Each	READY_TO_EAT None	677802

Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

1.) Using a one time use glove, place 22 chips in a #3 paper Tray

2.) Place 2oz. Taco Meat on Chips

* Portion with No. 16 scoop (¼ cup)

3.) Ladle 2 oz Jalapeno Cheese

* If student does not want Meat, then substitute with 1 oz. of Shredded Cheese

* Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 284.84

Fat 16.43g

SaturatedFat 8.86g

Trans Fat 0.29g

Cholesterol 73.88mg

Sodium 878.73mg

Carbohydrates 13.96g

Fiber 2.06g

Sugar 7.02g

Protein 17.56g

Vitamin A 1228.15IU **Vitamin C** 13.45mg

Calcium 259.39mg **Iron** 2.01mg

Chicken Tenders

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	400 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
WG Dinner Roll Aunt Millie's	100 1 roll		4375

Preparation Instructions

Directions:

Item Yield

1 Case = 450 Average Count (4 x 112.5 Average Count per Bag) Chicken Tenders, Crispy, Whole Grain, Breaded, CN Labeled, Cooked, Frozen

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

FROZEN = 270 DAYS AT 0* OR LESS FROM DATE OF PRODUCTION.

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS**WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED** SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY**SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Each

Amount Per Serving

Calories 446.67

Fat 21.50g

SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	33.33mg		
Sodium	645.00mg		
Carbohydrates	40.33g		
Fiber	6.00g		
Sugar	4.33g		
Protein	24.00g		
Vitamin A	133.33IU	Vitamin C	0.00mg
Calcium	53.33mg	Iron	2.40mg

Baked Pasta with Breadstick

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	20 Pound		573201
PASTA PENNE RIG 12-8.8Z LE VENEZIANE	3 Gallon		690182
BREADSTICK WGRAIN 1Z 12-20CT	100 Each		406321

Preparation Instructions

Directions:

Brown ground beef. Drain. Continue immediately.

Add onions to ground beef and sauté for 5 minutes or until onions are translucent.

In a heavy pot, combine beef, onions, tomato paste, water, sugar, basil, oregano, salt, granulated garlic, and pepper. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally.

CCP: Heat to 165° F or higher.

Stir cooked macaroni, noodles, or spaghetti into meat sauce. Spread mixture into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

CCP: Hold at 140° F or warmer. Portion with No. 10 scoop (cup).

Notes:

1: * See Marketing Guide

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 168.16

Fat 5.01g

SaturatedFat 1.60g

Trans Fat 0.00g

Cholesterol 31.43mg

Sodium 260.71mg

Carbohydrates 19.76g

Fiber 2.16g

Sugar			6.00g
Protein			10.63g
Vitamin A	369.71IU	Vitamin C	10.86mg
Calcium	25.14mg	Iron	1.14mg

Dinner Roll

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Dinner Roll Aunt Millie's	100 1 roll		4375

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.00		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.25mg		
Carbohydrates	0.19g		
Fiber	0.02g		
Sugar	0.03g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bread Stick, Herbed

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WHLGN 7 BRN&SRV 10-16CT	100 Each		877611

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Corn, Buttered

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE 6-10 GFS	15 Pound		118966

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Serve using a 4 oz spoodle.

Child Nutrition: 1/2 cup serving provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 24.00

Fat 0.30g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 93.00mg

Carbohydrates 5.10g

Fiber 0.60g

Sugar			1.20g
Protein			0.60g
Vitamin A	0.00IU	Vitamin C	1.08mg
Calcium	0.00mg	Iron	0.00mg

Cauliflower Parslied

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 12-2 GFS	42 1/4 Pound		119326
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 7/8 Cup		184622
PARSLEY BUNCHED 30CT RSS	1 7/8 Cup		667521

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

4. Serve using a 4 oz spoodle or menued portion.

Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable

Updated October 2013

Notes:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 38.12

Fat 4.19g

SaturatedFat 0.84g

Trans Fat 0.05g

Cholesterol 0.00mg

Sodium	0.63mg		
Carbohydrates	0.00g		
Fiber	0.03g		
Sugar	0.00g		
Protein	0.03g		
Vitamin A	130.71IU	Vitamin C	1.51mg
Calcium	1.58mg	Iron	0.07mg

Muffin Lunch

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	100 Each		262343
CHEESE STRING MOZZ LT IW 168-1Z LOL	100 Each		786801
YOGURT VAR PK 24-4Z TRIX - Yoplait Trix - M	100 Each		202880

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00
Fat	9.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	305.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	15.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.00mg	Iron 1.44mg

Refried Beans

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	26 3/4 Pound	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753

Preparation Instructions

Directions:

Item Yield

1 Case = 547.2 Ounces (6 x 91.2 Ounces per Bag) of Beans, Refried, Dehydrated, with Whole Beans

Thawing Instructions

NONE

Shelf Life

DRY STORAGE= 270 DAYS.

Basic Preparation

STEP 1) PLACE BEANS IN A STEAM TABLE PAN. STEP 2) POUR 1/2 GALLON BOILING WATER OVER BEANS AND GIVE A QUICK STIR. STEP 3) COVER AND HOLD 25 MINUTES ON STEAM TABLE UNTIL READY TO SERVE19: ¾ qt of water for each 1 lb of dry beans. Add

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	449.14
Fat	3.96g
SaturatedFat	1.32g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1611.60mg
Carbohydrates	79.26g
Fiber	26.42g

Sugar			0.00g
Protein			26.42g
Vitamin A	0.00IU	Vitamin C	2.32mg
Calcium	134.42mg	Iron	6.05mg

Macaroni and Cheese

Servings:	50.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	6 Pound		119122

Preparation Instructions

Directions:

Cook macaroni in boiling water until firm-tender, 1 hour, thawed. Serve into 4-inch full pan

CCP: Hold for hot service at 165° F or warmer.

Serving size: 6 oz Mac and Cheese.

Notes:

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories 201.60

Fat 7.68g

Saturated Fat 4.32g

Trans Fat 0.24g

Cholesterol 21.60mg

Sodium 700.80mg

Carbohydrates 22.08g

Fiber 0.96g

Sugar 4.32g

Protein 12.00g

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

Calcium 298.08mg **Iron** 0.48mg

Yogurt Cup

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK KIDS 24-4Z YOPL	1 Each	READY_TO_EAT Ready to eat	411042

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	60.00mg
Carbohydrates	20.00g
Fiber	0.00g
Sugar	13.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 0.00mg

Uncrustable, PBJ, Grape

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

Uncrustable, PBJ, Strawberry

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

Hash Brown

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	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.

place on sheet pan and cook in convection oven 400 degrees for 13 minutes.

Cook to 155 degrees F.

Serve hot

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	13.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	0.00mg

Peas & Carrots ,

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS & CARROT 12-2.5 GFS	1/2 Cup		119458
BUTTER ALT LIQ 3-1GAL SAVORY	1 Ounce		756261

Preparation Instructions

Directions:

Place 10.5 # of frozen peas in a 4" steam table pan

Pour 4 oz of melted Margarine over peas

Store in refrigerator till time to steam.

CCP: Heat to 145° F or higher for at least 15 Seconds

Hold in steam table

CCP: Hold at 135° F or higher.

Notes:

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	44.78		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.39mg		
Carbohydrates	6.72g		
Fiber	2.24g		
Sugar	2.99g		
Protein	1.49g		
Vitamin A	1119.40IU	Vitamin C	3.58mg
Calcium	0.00mg	Iron	0.54mg

Steamed Fresh Vegetables

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI & CAULIF COMBO 12-12Z	1 Pound		234413
SQUASH BABY SUMMER GREEN 5 SPECLTY	10 Each		107882
SQUASH BABY GREEN ZUCCHINI 5	10 Each		220190
CARROT BABY WHL PETITE 12-2 GFS	1 Pound		599921
GARLIC CHPD 2-4 GARLKNG	2 Teaspoon		624962
BUTTER ALT LIQ PREPOIL 3-1GAL WHIRL	1/2 Cup		425532
SPICE BLND ORIG 3-21Z MDASH	1/2 Teaspoon		265103

Preparation Instructions

Directions:

Select a colorful assortment of 4 or more vegetables from the 3 vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.)

Keep Group A vegetables separate from Group B and optional vegetables, because they require different cooking times in step 4. Clean, slice and cut vegetables into bite-size pieces.

Combine water, soy sauce, and granulated garlic. Set aside for step 6.

Heat oil in a large, heavy skillet or pan.

Add pepper to oil and stir.

Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.

Add soy sauce mixture to vegetables. Stir quickly for a few seconds.

Cover, reduce heat, and steam for 2-3 minutes. DO NOT OVERCOOK VEGETABLES. They will continue to cook on the steamtable.

Pour 1 qt 2 ¼ cups into serving pans (9" x 13" X 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.

CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).

Notes:

1: Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, and

2: onion are used in the nutrient calculation.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 21.29

Fat 2.24g

SaturatedFat 0.40g

Trans Fat 0.32g

Cholesterol 0.00mg

Sodium 21.18mg

Carbohydrates 0.42g

Fiber 0.12g

Sugar 0.30g

Protein 0.00g

Vitamin A 179.10IU **Vitamin C** 0.07mg

Calcium 1.19mg **Iron** 0.00mg

Chicken Chef Salad

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Chicken Fajita Breast Strips	2 Ounce	BAKE	15632
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
Grape Tomatoes	4 Each		749041
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce	#20scoop	150250

Preparation Instructions

2. Place 1 cup romaine, 1 cup spinach in clam shell
3. Top with cherry tomatoes, bacon, croutons & cheese
4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories 136.76

Fat 14.32g

Saturated Fat 2.88g

Trans Fat 1.33g

Cholesterol 47.73mg

Sodium 414.33mg

Carbohydrates 3.94g

Fiber 1.13g

Sugar 0.67g

Protein 15.55g

Vitamin A 5000.00IU **Vitamin C** 30.00mg

Calcium 120.69mg **Iron** 3.48mg