

Cookbook for East Noble School Corporation

Created by HPS Menu Planner

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Broccoli, Fresh

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|-----------|
| 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

SLE Components

Amount Per Serving

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

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

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|-----------|
| 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:

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 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:

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: 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 |

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:

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: 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

SLE Components

Amount Per Serving

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

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

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|---------|
| 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

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.52 |
| 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 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

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|---------|
| 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:

SLE Components

Amount Per Serving

| | |
|-------------|------|
| Meat | 0.00 |
|-------------|------|

| | |
|-----------------|------|
| Grain | 0.00 |
| Fruit | 1.00 |
| 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 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 |

BBQ Ribette Sandwich on Bun

NO IMAGE

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| PORK RIB PTY CKD BBQ CN 100-2.5Z GFS | 100 Each | Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees F. | 100640 |
| 4" WG HAMBURGER BUN, AUNT MILLIES | 100 bun | UNSPECIFIED | 3159 |
| SAUCE BBQ 6-.5GAL GFS | 3 Gallon | | 734152 |

Preparation Instructions

Directions:

Bake BBQ Pork in 4 in. serving pans, shingle them in pan

Add BBQ sauce and water.

Wrap with parchment paper and foil,

Bake until temperature reaches 165 or higher.

CCP: Heat to 165° F or higher for at least 15 seconds

Remove from oven, put on line and hold.

CCP: Hold at 135° F or higher.

Assemble sandwich at time of service. 1 bun and 4 oz BBQ pork.

Notes:

SLE Components

Amount Per Serving

| | |
|-------------|------|
| Meat | 2.00 |
|-------------|------|

| | |
|-----------------|------|
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

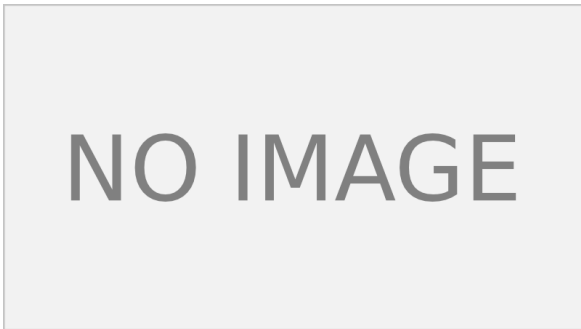
Servings Per Recipe: 100.00
 Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|-----------|
| Calories | 542.89 |
| Fat | 12.38g |
| SaturatedFat | 3.50g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 2286.01mg |
| Carbohydrates | 90.71g |
| Fiber | 4.15g |
| Sugar | 39.69g |
| Protein | 19.15g |

| | | | |
|------------------|----------|------------------|---------|
| Vitamin A | 645.50IU | Vitamin C | 3.03mg |
| Calcium | 77.57mg | Iron | 12.31mg |

Hamburger on Bun



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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| BEEF PTY CKD W/CHER 2.4Z 6-5 COMM | 100 Each | | 785820 |
| 4" WG HAMBURGER BUN, AUNT MILLIES | 100 Each | UNSPECIFIED | 3159 |

Preparation Instructions

Directions:

WASH HANDS.

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

1. Place frozen patties, in a 4- inch full pan,
2. Add water, Beef Base,
3. Wrap pan with parchment and foil.
4. Bake for an hour, or until 165 degrees F.
5. Place cooked patty on Bun,
6. Top with Bun, Wrap

* Hold at 145 degrees F

Notes:

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

SLE Components

Amount Per Serving

| | |
|-------------|------|
| Meat | 2.00 |
|-------------|------|

| | |
|-----------------|------|
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 363.00 |
| Fat | 17.00g |
| SaturatedFat | 5.70g |
| Trans Fat | 0.90g |
| Cholesterol | 60.00mg |
| Sodium | 539.00mg |
| Carbohydrates | 31.00g |
| Fiber | 3.00g |
| Sugar | 5.00g |
| Protein | 21.00g |

| | | | |
|------------------|---------|------------------|---------|
| Vitamin A | 28.00IU | Vitamin C | 0.00mg |
| Calcium | 22.00mg | Iron | 12.00mg |

Cheese Quesadilla



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 96.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| QUESADILLA CHS MOZZ WGRAIN 96- 4.4Z | 96 Each | BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion. | 584834 |

Preparation Instructions

Directions:

Item Yield

1 Case = 96 Quesadilla, Cheese, Whole Grain, 100% Mozzarella, Frozen, 4.4 Ounce

Thawing Instructions

COOK FROM FROZEN.

Shelf Life

FROZEN = 365 DAYS FROM DATE OF PRODUCTION

Basic Preparation

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. PLACE 1 FROZEN SHEET (8 SERVINGS) INTO PREPARED PAN. PREHEAT OVEN. CONVECTION OVEN: 450 DEGREES F FOR 14-15 MINUTES. COOKING TIME MAY VARY.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 155.00 |
| Fat | 6.00g |
| SaturatedFat | 3.00g |
| Trans Fat | 0.00g |
| Cholesterol | 22.50mg |
| Sodium | 280.00mg |
| Carbohydrates | 16.00g |
| Fiber | 1.50g |
| Sugar | 1.50g |
| Protein | 9.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 164.50mg | Iron 1.20mg |

Chicken Drumstick, Breaded



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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| CHIX DRMSTX BRD WGRAIN CKD 4-7.4 | 100 Each | <p>BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> | 603391 |
| WG Dinner Roll Aunt Millie's | 100 1 roll | | 4375 |

Preparation Instructions

Directions:

Item Yield

1 Case = 473.6 Ounces (4 x 118.4 Ounces per Bag) of Chicken Drumsticks, Breaded, Whole Grain, Cooked, Frozen

Thawing Instructions

Prepare from frozen state.

Shelf Life

Frozen = 365 days from date of production

Basic Preparation

Conventional Oven: Preheat oven to 350 degrees F. Place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140 degrees F in a dry heat environment. Appliances vary, adjust accordingly.

CCP: Hold for hot service at 140° F or warmer.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 1.75 |
| 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 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 290.00 | | |
| Fat | 12.50g | | |
| SaturatedFat | 2.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 50.00mg | | |
| Sodium | 575.00mg | | |
| Carbohydrates | 24.00g | | |
| Fiber | 3.00g | | |
| Sugar | 3.00g | | |
| Protein | 20.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 1.08mg |

Corn Dog



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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| CORN DOG CHIX WGRAIN 72-4Z GCHC | 100 Each | | 620220 |

Preparation Instructions

Directions:

WASH HANDS.

Item Yield

1 Case = 72 Corn Dogs, Chicken, Honey Crunchy-Battered, Whole Grain, 4 Ounce, Frozen

Thawing Instructions

TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS

Shelf Life

FROZEN= 180 DAYS @ 0°F FROM DATE OF PRODUCTION

Basic Preparation

FROZEN: FRY - NOT RECOMMENDED CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. QTY: FULL PAN. MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 4-5 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 14-17 MINUTES. QTY: FULL PAN CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES. QTY: FULL PAN MICROWAVE (1100 WATTS): HIGH FOR 30 SECONDS, TURN, HIGH FOR 30 SECONDS MORE. QTY: 2

SLE Components

Amount Per Serving

| | |
|-------------|------|
| Meat | 2.00 |
|-------------|------|

| | |
|-----------------|------|
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

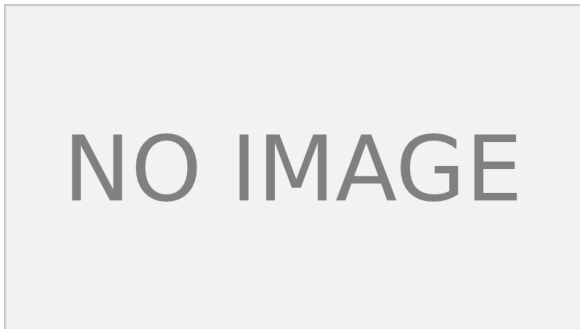
Servings Per Recipe: 100.00
 Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 240.00 |
| Fat | 8.00g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 40.00mg |
| Sodium | 390.00mg |
| Carbohydrates | 30.00g |
| Fiber | 5.00g |
| Sugar | 5.00g |
| Protein | 9.00g |

| | | | |
|------------------|---------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 80.00mg | Iron | 1.80mg |

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.

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: 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.

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 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 |

Seasoned Green Beans



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 1/2 cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|--------------|---|------------|
| BEAN GREEN CUT FNCY 4SV 6-10 GFS | 4 #10 CAN | Drain liquid from 3 cans and place in full size steam table. The 4th can can be placed in the steam table liquid and beans. | 118737 |
| BACON CRUMBLES CKD 12- 1 GFS | 1 Tablespoon | THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE | 357220 |
| ONION DEHY SUPER TOPPER 6-2 P/L | 1 Cup | | 223255 |

Preparation Instructions

Preparation Instructions

WASH HANDS.

1. Open can and pour all ingredients into steam table pan.
2. Heat through.
3. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135oF.

Child Nutrition: 1/2 cup provides= 1/2 cup 'other' vegetable

SLE Components

Amount Per Serving

| | |
|--------------|------|
| Meat | 0.01 |
| Grain | 0.00 |

| | |
|-----------------|------|
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.52 |
| Legumes | 0.00 |
| Starch | 0.00 |

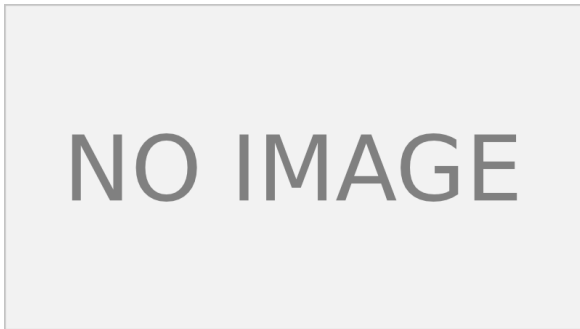
Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 1.00 1/2 cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 22.83 | | |
| Fat | 0.02g | | |
| SaturatedFat | 0.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.05mg | | |
| Sodium | 146.59mg | | |
| Carbohydrates | 4.62g | | |
| Fiber | 2.13g | | |
| Sugar | 2.11g | | |
| Protein | 1.12g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 21.45mg | Iron | 0.53mg |

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 | 25 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: 50.00

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 |

Carrots, Steamed



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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|--------------|-------------------|------------|
| CARROT BABY WHL MED 12-2 GFS | 35 3/4 Pound | | 273902 |

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 9-10 minutes (5-6 psi) or 5-9 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. Serve using a 4 oz spoodle.

Notes:

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 Cup

| | | | |
|---------------------------|-----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | | 16.68 | |
| Fat | | 0.00g | |
| SaturatedFat | | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 26.22mg | |
| Carbohydrates | | 3.34g | |
| Fiber | | 0.95g | |
| Sugar | | 1.91g | |
| Protein | | 0.00g | |
| Vitamin A | 1430.00IU | Vitamin C | 0.57mg |
| Calcium | 9.53mg | Iron | 0.00mg |

Mashed Potatoes and Chicken Gravy

NO IMAGE

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|--------------|-------------------|------------|
| POTATO GRANULES BAG 12-26Z SIMPL | 4 1/16 Pound | | 182303 |
| GRAVY CHIX W/MEAT 12-5 LEGO | 2 Ounce | | 270261 |

Preparation Instructions

Directions:

WASH HANDS.

Pour boiling water into a large mixing bowl and add potato granules while stirring constantly with a wire whisk.

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

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

Updated October 2013

Notes:

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 cup

| Amount Per Serving | | | |
|---------------------------|---------|------------------|--------|
| Calories | | 79.13 | |
| Fat | | 1.43g | |
| SaturatedFat | | 0.04g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.40mg | |
| Sodium | | 338.55mg | |
| Carbohydrates | | 13.82g | |
| Fiber | | 1.69g | |
| Sugar | | 0.08g | |
| Protein | | 1.77g | |
| Vitamin A | 0.00IU | Vitamin C | 2.02mg |
| Calcium | 16.87mg | Iron | 0.30mg |

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 SERVE
SERVE 19: 3/4 qt of water for each 1 lb of dry beans. Add

SLE Components

Amount Per Serving

| | |
|--------------|------|
| Meat | 0.00 |
| Grain | 0.00 |

| | |
|-----------------|------|
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 1.32 |
| Starch | 0.50 |

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 |

Turkey Sub



| | | | |
|----------------------|------------|-----------------------|---------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 3.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| TURKEY BRST SLCD RED SOD 6-2 JENNO | 19 Pound | | 183161 |
| CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED | 100 Ounce | READY_TO_EAT | 100018 |
| BUN SUB SLCD WGRAIN 8 10-6CT | 100 Each | | 406343 |

Preparation Instructions

Directions:

Place 4 slices = Jennie-O Turkey slices and 2 slices of cheese on each hoagie bun

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

Wrap each choice in a paper wrap assemble in 2" serving pans

For line service

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

Notes:

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 3.03 |
| Grain | 2.75 |
| 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 Ounce

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | | 390.80 | |
| Fat | | 13.01g | |
| SaturatedFat | | 5.50g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 50.33mg | |
| Sodium | | 794.00mg | |
| Carbohydrates | | 42.00g | |
| Fiber | | 3.00g | |
| Sugar | | 7.00g | |
| Protein | | 25.16g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 100.00mg | Iron | 3.06mg |

Ham & Cheese Wrap



| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Wrap | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| 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 |
| HAM SMKD W/A CARVNG 2PC GFS | 2 Ounce | | 134155 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | | 150260 |
| LETTUCE ROMAINE CHOP 6-2 RSS | 1 Cup | | 735787 |

Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
 2. Place 5 slices of turkey, 1 slice of cheese & 1 cup of Romaine into 10" tortilla
 3. Wrap, label and date for 3 days.
- CCP: Keep cold 41F or below.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.50 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 1.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

| | |
|----------------------------|--------------------------|
| Calories | 305.00 |
| Fat | 11.67g |
| SaturatedFat | 4.67g |
| Trans Fat | 0.00g |
| Cholesterol | 45.83mg |
| Sodium | 1121.67mg |
| Carbohydrates | 32.00g |
| Fiber | 4.00g |
| Sugar | 2.50g |
| Protein | 18.00g |
| Vitamin A 5000.00IU | Vitamin C 30.00mg |
| Calcium 201.50mg | Iron 2.40mg |

Cereal Lunch

NO IMAGE

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| CEREAL FROOT LOOPS R/S BWL 96-1Z KELL | 1 Each | | 283620 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 Each | | 786580 |
| CRACKER GRHM HNY BUNNY 100-1.25Z GENM | 1 Package | | 643052 |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| Grain | 2.25 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

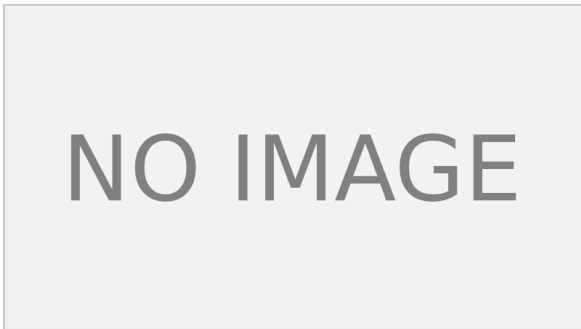
Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 350.00 |
| Fat | 13.00g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 20.00mg |
| Sodium | 500.00mg |
| Carbohydrates | 50.00g |
| Fiber | 5.00g |
| Sugar | 17.00g |

| | | | |
|------------------|----------|------------------|---------|
| Protein | 11.00g | | |
| Vitamin A | 500.00IU | Vitamin C | 15.00mg |
| Calcium | 398.00mg | Iron | 4.86mg |

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.

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 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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 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.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 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 |

Fries Sweet Potato Crinkle



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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--------------|---|------------|
| FRIES SWT POT DP GROOVE 7/16 6-2.5 | 19 3/4 Pound | DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES. | 628100 |

Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3.17 oz svg = 1/2 c. red/orange vegetable

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.50 |
| 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 | 119.62 |
| Fat | 4.49g |
| SaturatedFat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 179.43mg |
| Carbohydrates | 16.95g |
| Fiber | 2.99g |

| | | | |
|------------------|-----------|------------------|--------|
| Sugar | | | 4.98g |
| Protein | | | 1.99g |
| Vitamin A | 3488.96IU | Vitamin C | 2.39mg |
| Calcium | 19.94mg | Iron | 0.36mg |