

Cookbook for East Noble School Corporation

Created by HPS Menu Planner

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Broccoli, Fresh

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

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

BBQ Ribette Sandwich 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 #
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:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 542.89

Fat 12.38g

Saturated Fat 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, ina 4- inch full pan,
- 2.Add water, Beef Base,
3. Wrap pan with parchement 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

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.

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.

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 240.00

Fat 8.00g

Saturated Fat 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.

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

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

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.

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:

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
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Mashed Potatoes and Chicken Gravy

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:

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 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

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:

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 PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM 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). STAGINGStore 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 & 1cup of Romaine into 10" tortilla
3. Wrap, label and date for 3 days.

CCP: Keep cold 41F or below.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories 305.00

Fat 11.67g

Saturated Fat 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

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.

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.

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

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

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