

Cookbook for East Noble School Corporation

Created by HPS Menu Planner

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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

Saturated Fat 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

Pizza, Cheese

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	20 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA W/BASL CALIF 6- 10 GCHC	1 3/5 #10 CAN		100234
SAUCE MARINARA 12- 51Z GCHC	1 3/5 #10 CAN		219190
SPICE GARLIC POWDER 21Z TRDE	4/5 Cup		224839
CHEESE BLND MOZZ/PROV DCD 4-5 PG	24 Pound		529249

Preparation Instructions

Directions:

Combine tomato sauces, granulated garlic, Blend in a bowl. Reserve

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of pizza sauce onto each pizza crust.

Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza pan.

Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories 250.21

Fat 7.72g

SaturatedFat 3.90g

Trans Fat 0.00g

Cholesterol 15.00mg

Sodium 785.84mg

Carbohydrates 35.81g

Fiber 2.03g

Sugar 5.62g

Protein 11.15g

Vitamin A	533.86IU	Vitamin C	1.86mg
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Calcium	162.35mg	Iron	2.54mg
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Pizza, Pepperoni

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	20 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA W/BASL CALIF 6- 10 GCHC	1 #10 CAN		100234
SAUCE MARINARA 12- 51Z GCHC	1 #10 CAN		219190
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
CHEESE BLND MOZZ/PROV DCD 4-5 PG	15 Pound		529249
PEPPERONI SLCD 14-16/Z 2-5 GFS	1 Pound		729981

Preparation Instructions

Directions:

Combine tomato sauces, granulated garlic, Blend in a bowl. Reserve
Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of pizza sauce onto each pizza crust.

Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza pan.

Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories 216.44

Fat 5.95g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 9.39mg

Sodium 637.58mg

Carbohydrates 33.25g

Fiber 1.65g

Sugar 4.26g

Protein 9.22g

Vitamin A 333.67IU **Vitamin C** 1.16mg

Calcium 108.97mg **Iron** 2.27mg

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

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

Fresh Fruit and Vegetable Bar

Servings:	20.00	Category:	Fruit
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Ounce

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

Macaroni and Cheese with Ham

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	19 Pound		119122
HAM SMKD W/A CARVNG 2PC GFS	19 Pound		134155
Cheese, Cheddar Reduced fat, Shredded	2 1/12 Pound		100012

Preparation Instructions

Directions:

Cook macaroni in boiling water until firm-tender, 1 hour, thawed. Serve into 4-inch full pan
Sliced ham into 3oz slices,
shingle in a 2 inch full pan, add water and orange juice.

Bake: Conventional oven: 350° F for 25 minutes. Convection oven: 325° F for 20 minutes.

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

3oz. of Ham, with 3 oz Mac and Cheese.

Notes:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories 197.62

Fat 9.09g

SaturatedFat 4.05g

Trans Fat 0.10g

Cholesterol 65.87mg

Sodium 1326.89mg

Carbohydrates 9.07g

Fiber 0.38g

Sugar 1.71g

Protein 22.28g

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

Calcium 117.99mg **Iron** 0.55mg

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

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

Wedges Ranch Cut

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE SEAS 6-5 LAMB	1 Ounce		457558

Preparation Instructions

Directions:

Bake for 30-45 minutes

350 degrees F.

Notes:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 cup

Amount Per Serving

Calories	0.45		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.94mg		
Carbohydrates	0.06g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.06mg	Iron	0.00mg

Chicken Bowl

Servings:	159.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	32 Pound		327120
WG Dinner Roll Aunt Millie's	159 1 roll		4375

Preparation Instructions

Item Yield

1 Case = 1908 Average Count (4 x 477 Average Count per Bag) Chicken, Golden Crispy, Fritter, Whole Grain, Breaded, Popcorn, Cooked, Frozen

Thawing Instructions

KEEP FROZEN UNTIL READY TO COOK.

Shelf Life

FROZEN = 270 DAYS 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: 159.00

Serving Size: 12.00 Each

Amount Per Serving

Calories 104.21

Fat 1.74g

Saturated Fat 0.05g

Trans Fat 0.00g

Cholesterol 0.37mg

Sodium 131.40mg

Carbohydrates 19.26g

Fiber 2.05g

Sugar			3.02g
Protein			4.26g
Vitamin A	1.83IU	Vitamin C	0.00mg
Calcium	0.73mg	Iron	0.03mg

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

Lemon Broccoli with Tomatoes

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS 12-2.5 GFS	50 Cup		119245
Grape Tomatoes	5 Pound		749041
LEMON JUICE 100 12-32FLZ GFS	2 Cup		311227
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup		265103
BUTTER ALT LIQ 3-1GAL SAVORY	1 Cup		756261

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 Broccoli in steamer for 10-15 minutes (5-6 psi) or 4-8 minutes (12-15 psi) or until just tender.
- 3.) Add tomatoes, and rest of ingredients, ,mix well. Serve in a Solid 2-inch full pan.

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.

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

Notes:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 0.96

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	1.15mg
Calcium	0.00mg	Iron	0.00mg

Salsa , Red Gold

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	0.00g		
Vitamin A	346.00IU	Vitamin C	8.00mg
Calcium	14.00mg	Iron	0.00mg