

Cookbook for Pegram Elementary School

Created by HPS Menu Planner

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Cereal

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 9.00 | Category: | Grain |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| CEREAL CHEERIOS HNYNUT BWL 96CT GENM | 1 Each | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 509396 |
| CEREAL COCOA PUFFS WGRAIN R/S 96CT | 1 Each | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 270401 |
| CEREAL REESES PUFFS WGRAIN 96CT GENM | 1 Package | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 264761 |
| CEREAL CINN TOAST R/S BWL 96CT GENM | 1 Each | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 365790 |
| CEREAL TRIX R/S WGRAIN BWL 96CT GENM | 1 Package | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 265782 |
| CEREAL LUCKY CHARMS WGRAIN BWL 96CT | 1 Package | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 265811 |
| CEREAL FRSTD MINI WHE BWL 96CT KELL | 1 Each | | 662186 |
| CEREAL FROOT LOOPS R/S BWL 96-1Z KELL | 1 Each | | 283620 |
| CEREAL FRSTD FLKS R/S BWL 96CT KELL | 1 Each | | 388190 |

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 108.89 | | |
| Fat | 1.39g | | |
| SaturatedFat | 0.17g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 137.78mg | | |
| Carbohydrates | 23.22g | | |
| Fiber | 2.11g | | |
| Sugar | 7.78g | | |
| Protein | 1.89g | | |
| Vitamin A | 422.22IU | Vitamin C | 7.07mg |
| Calcium | 75.56mg | Iron | 4.80mg |

Donuts

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| DONUT PWDRD MINI IW 72-3Z GOODYMN | 1 Package | | 738201 |
| DONUT CHOC MINI IW 72-3.3Z GOODYMN | 1 Package | | 738181 |

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | | 295.00 | |
| Fat | | 13.00g | |
| SaturatedFat | | 5.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 250.00mg | |
| Carbohydrates | | 41.00g | |
| Fiber | | 2.00g | |
| Sugar | | 20.00g | |
| Protein | | 4.50g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 50.00mg | Iron | 1.26mg |

Yogurt

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| YOGURT CHERRY TRPL L/F 48-4Z TRIX | 1 Each | READY_TO_EAT Ready to eat single serving | 186911 |
| YOGURT RASPB RNBW L/F 48-4Z TRIX | 1 Each | READY_TO_EAT Ready to eat single serving | 551770 |
| YOGURT STRAWB BAN BASH L/F 48-4Z TRIX | 1 Each | READY_TO_EAT Ready to eat single serving | 551760 |

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 80.00 | | |
| Fat | 0.50g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 5.00mg | | |
| Sodium | 60.00mg | | |
| Carbohydrates | 15.00g | | |
| Fiber | 0.00g | | |
| Sugar | 9.00g | | |
| Protein | 4.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 100.00mg | Iron | 0.00mg |

Ketchup

| | | | |
|----------------------|-----------|-----------------------|---------------------|
| Servings: | 1.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|--------------|-------------------|------------|
| KETCHUP PKT LO SOD 1000-9GM HNZ | 1 Tablespoon | | 603842 |

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 10.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 25.00mg | | |
| Carbohydrates | 3.00g | | |
| Fiber | 0.00g | | |
| Sugar | 2.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Mustard

| | | | |
|----------------------|-----------|-----------------------|---------------------|
| Servings: | 1.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|-------------------|------------|
| MUSTARD PKT 1000-1/5Z HNZ | 1 Teaspoon | | 302112 |

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 0.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 70.00mg | | |
| Carbohydrates | 1.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

1-Side Salad

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------|--------------|-------------------|------------|
| Romaine, Chopped | 1 Cup | BAKE | 15D44 |
| Shredded Cheddar | 1 Tablespoon | | |
| TOMATO CHERRY 11 MRKN | 3 Each | | 569551 |

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 108.10

Fat 6.10g

SaturatedFat 3.52g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 206.25mg

Carbohydrates 4.25g

Fiber 0.55g

Sugar 1.25g

Protein 8.40g

Vitamin A 374.70IU **Vitamin C** 5.71mg

Calcium 19.50mg **Iron** 0.12mg

3-Corn, Commodity

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 165.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|-------------------|------------|
| Corn fzn | 30 Pound | | 100348 |
| BUTTER SUB 24-4Z BTRBUDS | 1/2 Package | | 209810 |

Preparation Instructions

Spray pan with food release spray.

Mix butter buds according to package.

Pour butter buds over the pans of corn.

Cook until corn reaches a temperature of 140 or higher. (It shouldn't take more than 8-10 minutes).

Place one pan on the serving line. Cover any additional pans and place in the warmer.

CCP: Hold at 140 degrees or higher.

Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 69.04

Fat 1.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 18.45mg

Carbohydrates 16.58g

Fiber 2.00g

Sugar 3.00g

Protein 2.00g

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

Calcium 0.00mg **Iron** 0.00mg

Juice Variety

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 2.00 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Breakfast | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------|-------------|-------------------|------------|
| 100% Apple Juice | 4 Ounce | | |
| 100% Orange Juice | 4 Ounce | | |

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 55.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.00mg

Carbohydrates 13.50g

Fiber 0.00g

Sugar 12.00g

Protein 0.50g

Vitamin A 0.00IU **Vitamin C** 30.00mg

Calcium 5.00mg **Iron** 1.00mg

2-Baked Beans

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 56.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| Beans, Vegetarian, Low Sodium, Canned | 1 #10 CAN | | 100364 |
| BEAN KETTLE BRN SUGAR 6-10 HRTHTN | 1 #10 CAN | | 822477 |

Preparation Instructions

Do not drain the liquid off the beans! It is necessary for the crediting!

Pour 1 can of vegetarian bans and 1 can of baked beans into a 4 inch half size pan and stir.

Place a lid on the pan and steam for about 20 min.

Serve with sauce in a 1/2 c (#8) scoop.

CCP: Heat to 140 degrees or higher for at least 15 seconds.

CCP: HOId at 140 degrees or higher for service

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 105.80

Fat 0.73g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 227.04mg

Carbohydrates 20.16g

Fiber 5.27g

Sugar 5.73g

Protein 5.81g

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

Calcium 18.48mg **Iron** 0.67mg

5-carrot stick cups

| | | | |
|----------------------|----------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| CARROT BABY WHL PETITE 4-5 RSS | 4 Ounce | | 768146 |

Preparation Instructions

Portion out 1/2 cup of carrot sticks and place in a cup for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 46.22 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 78.22mg | | |
| Carbohydrates | 10.67g | | |
| Fiber | 3.56g | | |
| Sugar | 5.33g | | |
| Protein | 0.89g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 35.56mg | Iron | 0.32mg |

4-Celery Stick cups

| | | | |
|----------------------|----------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| CELERY STIX 4-3 RSS | 1/2 Cup | | 781592 |

Preparation Instructions

If sticks are too big, cut them in two.

Place 1/2 cup of celery sticks in cups for service (approximately 7 sticks)

CCP: Hold for cold service at 40 degrees or lower.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 8.70 | | |
| Fat | 0.10g | | |
| SaturatedFat | 0.05g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 49.60mg | | |
| Carbohydrates | 2.00g | | |
| Fiber | 1.00g | | |
| Sugar | 1.00g | | |
| Protein | 0.45g | | |
| Vitamin A | 278.38IU | Vitamin C | 1.92mg |
| Calcium | 24.80mg | Iron | 0.13mg |

5-Sweet Potato Mash

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 37.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|----------------------|------------|
| POTATO MASHED SWT 12-2 LAMB | 5 Package | | 353870 |
| SPICE CINNAMON GRND 15Z TRDE | 1 Teaspoon | TO TASTE/FOR GARNISH | 224723 |

Preparation Instructions

BOILING: PLACE FROZEN BAG IN POT OF BOILING WATER FOR APPROXIMATELY 20 MINUTES. HEAT CONTENTS TO 160 DEGREES F TO 170 DEGREES F

Prepare 5 bags and place in pans for service. Garnish with a sprinkle of cinnamon.

Serve with a #8 (1/2 cup) scoop.

CCP: Hold at 140 degrees or higher for service.

Note: Mashed sweet potatoes are lightly seasoned with brown sugar, molasses, and sweet butter creating a homestyle taste. May wish to add cinnamon to taste.

Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 122.39 | | |
| Fat | 1.02g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 45.89mg | | |
| Carbohydrates | 27.54g | | |
| Fiber | 3.06g | | |
| Sugar | 15.30g | | |
| Protein | 1.02g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 52.01mg | Iron | 1.02mg |

4-Mixed Vegetable

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| VEG MIXED 30 KE | 25 Cup | | 283771 |
| SPICE BLND ORIG 3-21Z MDASH | 1 Teaspoon | | 265103 |
| SPICE GARLIC POWDER 21Z TRDE | 1 Teaspoon | | 224839 |
| Black Pepper | 1 Teaspoon | | 24108 |

Preparation Instructions

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN.

NOTE: THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR.

SEASON TO TASTE WITH GARLIC POWDER, MRS. DASH, AND PEPPER.

CCP: Hold at 140 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 52.24

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 18.66mg

Carbohydrates 8.96g

Fiber 2.24g

Sugar 2.24g

Protein 1.49g

Vitamin A 559.70IU **Vitamin C** 4.48mg

Calcium 14.93mg **Iron** 0.54mg

4-Green Beans

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|----------------|---|------------|
| BEAN GREEN CUT MXD SV LO SOD 6-10 | 2 #10 CAN | HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES | 221990 |
| BUTTER SUB 24-4Z BTRBUDS | 1/4 Cup | | 209810 |
| SPICE BLND ORIG 3-21Z MDASH | 1/2 Tablespoon | | 265103 |
| SPICE ONION POWDER 19Z TRDE | 1 Tablespoon | | 126993 |
| SPICE GARLIC POWDER 21Z TRDE | 1 Teaspoon | | 224839 |

Preparation Instructions

Wash tops of cans before opening. Clean can opener when done.

Pour cans into 4 inch pan (2 cans per pan). Measure out 1/2 TBSP Mrs. Dash, 1/2 cup onions, and add 1/4 cup of butter buds per pan.

After all is added to beans, cover and place in oven on steam and cook for about 20 min or until temperature reaches 140 degrees.

Place pans into hot holding until service.

Serve with 1/2 cup ladle.

CCP: Hold at 140 degrees or higher.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 20.96

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

| | | | |
|----------------------|----------|------------------|--------|
| Cholesterol | 0.00mg | | |
| Sodium | 147.60mg | | |
| Carbohydrates | 4.48g | | |
| Fiber | 2.04g | | |
| Sugar | 2.04g | | |
| Protein | 1.02g | | |
| Vitamin A | 4.08IU | Vitamin C | 6.12mg |
| Calcium | 2.04mg | Iron | 4.08mg |

3-Mashed Potatoes

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 40.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--------------|-------------------|------------|
| POTATO PRLS EXCEL 12-26.5Z SMART SERV | 1 Package | | 146581 |
| BUTTER SUB 24-4Z BTRBUDS | 1/2 Cup | | 209810 |
| Black Pepper | 1/2 Teaspoon | | 24108 |

Preparation Instructions

Spray a 4' deep pan with food release spray.

RECONSTITUTE

1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 4" deep pan. 2: Add all potatoes and seasonings, then stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

CCP: Hold at 140 degrees or higher for service

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 71.66

Fat 0.50g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 107.35mg

Carbohydrates 14.45g

Fiber 1.00g

Sugar 0.00g

Protein 2.01g

Vitamin A 1.91IU **Vitamin C** 10.08mg

Calcium 8.38mg **Iron** 0.26mg

Brown Gravy

| | | | |
|----------------------|------------|-----------------------|---------------------|
| Servings: | 136.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| MIX GRAVY BRN LO SOD 8-16Z TRIO | 1 Package | | 552050 |

Preparation Instructions

IN 6 INCH DEEP HALF SIZE SERVING PAN ADD 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT.

GRADUALLY ADD FULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK.

RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE.

CCP: HOId at 140 degrees or higher for service

Nutrition Facts

Servings Per Recipe: 136.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories 47.01

Fat 0.94g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 263.28mg

Carbohydrates 9.40g

Fiber 0.00g

Sugar 0.00g

Protein 0.00g

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

Calcium 0.00mg **Iron** 0.00mg

Mini Corn Dogs

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 6.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| CORN DOG CHIX MINI WGRAIN CN 2-5 | 4 Each | | 497360 |

Preparation Instructions

CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES.

THAWED, 10 MINUTES.

**FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING.

CCP: HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 180.00 |
| Fat | 8.00g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 280.00mg |
| Carbohydrates | 20.00g |
| Fiber | 3.00g |
| Sugar | 4.00g |
| Protein | 7.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 100.00mg | Iron 1.44mg |

Stuffed Crust Pizza

| | | | |
|----------------------|------------|-----------------------|------------------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Slice | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PIZZA SAUS WDG WGRAIN STFD 72CT MAX | 1 Each | | 134686 |
| PIZZA CHS WGRAIN STFD 72-4.84Z MAX | 1 Each | | 261680 |
| PIZZA PEPP WDG WGRAIN STFD 72-4.87Z | 1 Each | | 259910 |

Preparation Instructions

THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16" PIZZA PIE AND FIT 12 TO A PAN.

CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CONVENTIONAL OVEN: BAKE AT 400 DEGREES F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CCP: Heat to 165 degrees or higher

CCP: Hold for service at 140 degrees or higher

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories 340.00

Fat 14.33g

SaturatedFat 4.50g

Trans Fat 0.00g

Cholesterol 18.33mg

Sodium 810.00mg

Carbohydrates 36.00g

Fiber 3.00g

Sugar 3.67g

Protein 15.33g

Vitamin A 0.00IU

Vitamin C 0.00mg

Calcium 260.00mg **Iron** 2.03mg

Salisbury Steak

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|---|------------|
| BEEF STK SALIS CKD 114-3Z ADV | 1 Each | GRILL Flat grill: preheat flat grill to 350 degrees f. Heat frozen product 2-4 minutes per side or until internal temperature reaches 165 degrees f. Conventional oven: preheat oven to 375 degrees f. Heat frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 2-3 minutes or until internal temperature reaches 165 degrees f. | 690030 |

Preparation Instructions

Conventional oven: preheat oven to 375 degrees. Heat frozen product for 20-25 minutes or until internal temperature reaches 165 degrees.

Convection oven: preheat oven to 350 degrees. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees.

Offer 1 oz. Brown Gravy on top during service (see gravy recipe for instructions).

CCP: Heat to 165 degrees or higher for a minimum of 15 secs.

CCP: Hold at 140 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 140.00

Fat 7.00g

Saturated Fat 3.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 430.00mg

Carbohydrates 4.00g

Fiber 1.00g

Sugar 1.00g

| | | | |
|------------------|---------|------------------|--------|
| Protein | | 16.00g | |
| Vitamin A | 0.00IU | Vitamin C | 1.20mg |
| Calcium | 40.00mg | Iron | 1.80mg |

Hot Dog

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| FRANKS TKY UNCURED 2Z 4-5 JENNO | 1 Each | | 656882 |
| BUN HOT DOG WHLWHE 12-12CT ANTMILL | 1 Each | | 564053 |

Preparation Instructions

Thawing Instructions:

Thaw frozen franks to an internal temperature of 35° - 40°. Do NOT thaw at room temperature.

Steamer: Place franks on steam table pan in a single layer. Place pan in steam, close door and steam until internal temperature reaches 140° F (approximately 10 min).

Oven: Lay franks on a sheet pan with a little space between each one.

Convection Oven: Cook time 8-10 minutes or until internal temp reaches 140°F

Conventional Oven: Cook time 15-18 minutes or until internal temp reaches 140°F

CCP: Heat to 140 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Place hot dog in bun for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 240.00

Fat 11.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 365.00mg

Carbohydrates 25.00g

Fiber 5.00g

Sugar 3.00g

Protein 13.00g

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 6.00mg |
| Calcium | 100.00mg | Iron | 2.16mg |

Hamburger

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | 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/SOY CN 90-2.5Z GFS | 1 Each | BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 100650 |
| Hamburger Buns | 1 bun | | |

Preparation Instructions

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag.

Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes.

Remove from oven and let stand 3 minutes before opening bag.

CCP: Heat to 155 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 330.00

Fat 15.00g

SaturatedFat 5.00g

Trans Fat 1.00g

Cholesterol 35.00mg

Sodium 420.00mg

Carbohydrates 33.00g

Fiber 4.00g

Sugar 4.00g

Protein 19.00g

Vitamin A 100.00IU **Vitamin C** 0.00mg

Calcium 60.00mg **Iron** 11.80mg

Cheese Burger

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | 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/SOY CN 90-2.5Z GFS | 1 Each | BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 100650 |
| Hamburger Buns | 1 bun | | |
| CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED | 1 Ounce | | 100018 |

Preparation Instructions

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag.

Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes.

Remove from oven and let stand 3 minutes before opening bag.

CCP: Heat to 155 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 440.00

Fat 24.00g

SaturatedFat 10.00g

Trans Fat 1.00g

Cholesterol 60.00mg

Sodium 690.00mg

Carbohydrates 35.00g

Fiber 4.00g

Sugar 5.00g

| | | | |
|------------------|----------|------------------|---------|
| Protein | | 24.00g | |
| Vitamin A | 100.00IU | Vitamin C | 0.00mg |
| Calcium | 60.00mg | Iron | 11.80mg |

Meatloaf

| | | | |
|----------------------|------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 2.90 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|--------------|---|------------|
| Meatloaf | 2 9/10 Ounce | BAKE Conventional Oven: From Frozen State: Preheat oven to 350 F for 22-24 minutes. Convection Oven: From Frozen State: Preheat oven to 350 F for 12 - 14 minute | |

Preparation Instructions

BAKE

Conventional Oven: From Frozen State: Preheat oven to 350 F for 22-24 minutes.

Convection Oven: From Frozen State: Preheat oven to 350 F for 12 - 14 minute

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.90 Ounce

Amount Per Serving

| | | | |
|----------------------|----------|------------------|---------|
| Calories | 170.00 | | |
| Fat | 10.00g | | |
| SaturatedFat | 5.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 30.00mg | | |
| Sodium | 390.00mg | | |
| Carbohydrates | 8.00g | | |
| Fiber | 1.00g | | |
| Sugar | 5.00g | | |
| Protein | 12.00g | | |
| Vitamin A | 4.00IU | Vitamin C | 15.00mg |
| Calcium | 6.00mg | Iron | 8.00mg |

F- Fruit Variety

| | | | |
|----------------------|----------|-----------------------|---------|
| Servings: | 13.22 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| GRAPES RED LUNCH BUNCH 21AVG MRKN | 1 Cup | | 280895 |
| APPLE DELICIOUS RED 163CT MRKN | 1 Each | | 540005 |
| PEACH DCD IN JCE 6-10 GFS | 1 Cup | | 610372 |
| Sliced Peaches 6-10 | 1 Cup | | 100219 |
| APPLE FRSH SLCD 100-2Z P/L | 1 Package | | 473171 |
| ORANGES NAVEL/VALENCIA FCY 138CT MRKN | 1 Cup | | 198021 |
| ORANGES MAND WHL L/S 6-10 GFS | 1 Cup | | 117897 |
| BANANA TURNING 40 P/L | 1 Each | | 200999 |
| Sliced Pears 6-10 | 1 Cup | | 100224 |
| Wild Blueberries fzn | 1 Cup | | 100243 |
| Strawberries, diced, Cups, frozen | 1 Cup | | 100256 |
| Peaches, diced, cups, Frozen | 1 Cup | | 100241 |
| APPLESAUCE UNSWT 6-10 GFS | 1 Cup | | 271497 |
| RAISIN SELECT 1.5Z BOXES 24-6CT P/L | 1 Each | | 544426 |
| Apples, Gala | 1 Each | | 14J93 |
| Grapes | 1 | | 14P36 |
| Pear, fresh | 1 | | 14P12 |
| Oranges, whole | 1 Each | | 16W62 |

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 13.22

Serving Size: 0.50 Cup

Amount Per Serving

Calories 122.92

Fat 0.08g

SaturatedFat 0.02g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 7.31mg

Carbohydrates 30.02g

Fiber 2.90g

Sugar 22.24g

Protein 0.97g

Vitamin A 148.72IU **Vitamin C** 12.88mg

Calcium 12.49mg **Iron** 0.78mg

Bacon, Egg, and Cheese Biscuit

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--|------------|
| Cheese, Processed, Sliced Yellow | 1 Ounce | | 100018 |
| BACON CKD MED SLCD 3-100CT GFS | 1 Slice | | 314196 |
| DOUGH BISCUIT WGRAIN 216-2.1Z RICH | 1 Each | BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY. | 237390 |
| Egg Patty Round Commodity | 1 PATTY | | |

Preparation Instructions

Place one ounce of cheese, one egg patty, and 1 slice of bacon on each biscuit.

CCP: Heat to 135 degrees or higher.

CCP: Hold at 135 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 350.00

Fat 22.50g

SaturatedFat 11.25g

Trans Fat 0.00g

Cholesterol 105.00mg

| | | | |
|----------------------|----------|------------------|--------|
| Sodium | 825.00mg | | |
| Carbohydrates | 25.00g | | |
| Fiber | 3.00g | | |
| Sugar | 3.00g | | |
| Protein | 13.50g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 55.00mg | Iron | 1.08mg |