

Cookbook for Harpeth Middle 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 REESEES 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
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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

Muffin

Servings:	3.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each		262362

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00

Amount Per Serving

Calories 190.00

Fat 7.00g

SaturatedFat 1.33g

Trans Fat 0.07g

Cholesterol 10.00mg

Sodium 116.67mg

Carbohydrates 29.33g

Fiber 1.33g

Sugar 15.00g

Protein 2.33g

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

Calcium 0.00mg **Iron** 0.96mg

Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

Preparation Instructions

PAN FROZEN PRODUCT ON PAPER-LINED SHEET PAN. BAKE UNTIL GOLDEN BROWN. BAKE AT 375°F FOR 10-14 MINUTES OR CONVECTION AT 325°F FOR 12-16 MINUTES. BAKE TIME WILL VARY. ADJUST TIMES ACCORDINGLY.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 170.00

Fat 8.00g

Saturated Fat 4.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 380.00mg

Carbohydrates 22.00g

Fiber 3.00g

Sugar 2.00g

Protein 4.00g

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

Calcium 40.00mg **Iron** 1.08mg

Breakfast Pizza

Servings:	2.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	503660
PIZZA BFAST SAUS 2X6 WGRAIN 192CT MAX	1 Each	NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN: BAKE AT 375°F FOR 11 TO 13 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. CONVENTIONAL OVEN: BAKE AT 425°F FOR 12 TO 16 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F	340351

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

Amount Per Serving

Calories	185.00
Fat	7.50g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	390.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	3.50g

Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	142.50mg	Iron	1.22mg

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

Frudel

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each	BAKE Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838340
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each	BAKE Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838350

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

Amount Per Serving			
Calories		210.00	
Fat		6.00g	
SaturatedFat		1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		260.00mg	
Carbohydrates		36.50g	
Fiber		2.00g	
Sugar		11.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

Pop-Tart

Servings:	4.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each		865131
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00

Amount Per Serving

Calories	185.00		
Fat	2.75g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.25g		
Protein	2.25g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

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

Tso's Smackers

Servings:	108.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Smackers	1 Package	Conventional Oven for 10-12 minutes at 350 degrees. Convection Oven for 6-8 minutes at 350 degrees.	
SAUCE GEN TSO 4-.5GAL ASIAN	1 Gallon	Heat Sauce	802850

Preparation Instructions

Place chicken on metal sheet pan with liner and cook on 350 until temp reaches 165 degrees. Heat sauce then mix (1) 5 pound bottle of sauce to 3 bags of chicken in pan.

Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 10.00 Piece

Amount Per Serving

Calories	350.70		
Fat	12.94g		
SaturatedFat	2.99g		
Trans Fat	0.00g		
Cholesterol	59.74mg		
Sodium	989.99mg		
Carbohydrates	38.86g		
Fiber	2.99g		
Sugar	16.58g		
Protein	17.92g		
Vitamin A	167.26IU	Vitamin C	1.00mg
Calcium	16.93mg	Iron	1.99mg

Teriyaki Chicken

Servings:	80.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	10 Pound		
SAUCE TERYK MRND LO SOD 6-.5GAL KIKK	1 Gallon		176721

Preparation Instructions

Bake chicken in a 350 degree oven until the internal temperature reaches 165 degrees. Heat sauce separately. Mix (1) gallon bottle of teriyaki sauce to 10 pounds of chicken.

CCP: Hold at 140 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	119.95		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	1079.02mg		
Carbohydrates	9.59g		
Fiber	0.00g		
Sugar	9.59g		
Protein	15.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

4-Roasted Cauliflower

Servings:	128.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GFS	4 Pound	Break large florets into bite sized pieces.	610882
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon	mix seasonings in a bowl.	224839
Black Pepper	1 1/2 Teaspoon		24108
CHEESE PARM GRTD 12-1 PG	2/3 Cup		164259
Vegetable Oil	3 Tablespoon		100441comm

Preparation Instructions

Heat oven to 400 degrees. Prepare sheet pan by placing a pan liner on the pan and spraying it with pan release. Place cauliflower florets in a large bowl and drizzle vegetable oil over the top. Toss to coat evenly.

Sprinkle seasoning mix over cauliflower and toss to combine.

Lay cauliflower in a single layer on the sheet pan and cook for approximately 15 minutes until edges are golden. (CCP: Heat to 135 degrees or higher).

Put in a 4" hotel pan for service.

Use a #8 scoop for 1/2 cup portions.

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 44.47

Fat 0.49g

SaturatedFat 0.13g

Trans Fat 0.00g

Cholesterol 0.42mg

Sodium 45.85mg

Carbohydrates 8.00g

Fiber 4.00g

Sugar 4.00g

Protein		4.17g	
Vitamin A	8.38IU	Vitamin C	0.00mg
Calcium	9.02mg	Iron	0.00mg

4-Roasted Green Beans

Servings:	128.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN WHL 6-4 GFS	4 Pound		610851
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon	mix seasonings in a bowl.	224839
Black Pepper	1 1/2 Teaspoon		24108
CHEESE PARM GRTD 12-1 PG	2/3 Cup		164259
Vegetable Oil	3 Tablespoon		100441comm

Preparation Instructions

Heat oven to 400 degrees. Prepare sheet pan by placing a pan liner on the pan and spraying it with pan release.

Place green beans in a large bowl and drizzle vegetable oil over the top. Toss to coat evenly.

Sprinkle seasoning mix over green beans and toss to combine.

Lay green beans in a single layer on the sheet pan and cook for approximately 15 minutes. (CCP: Heat to 135 degrees or higher).

Put in a 4" hotel pan for service.

Use a #8 scoop for 1/2 cup portions.

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 71.13

Fat 0.49g

SaturatedFat 0.13g

Trans Fat 0.00g

Cholesterol 0.42mg

Sodium 5.86mg

Carbohydrates 13.33g

Fiber 8.00g

Sugar 2.67g

Protein		2.83g	
Vitamin A	8.38IU	Vitamin C	0.00mg
Calcium	100.99mg	Iron	1.60mg

Chicken Alfredo Sauce

Servings:	80.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	10 Pound	Heat to 165 degrees.	
SAUCE ALFREDO PARMIGIANA 4-5 STOUF	80 Ounce	Product may be thawed under refrigeration. Heat sauce. Check doneness using a thermometer. Product must be cooked to 160 degrees. **Do not refreeze.**	228011

Preparation Instructions

Combine cooked chicken with heated sauce in a hotel pan.

CCP: Hold at 140 degrees or higher for service.

Serve with a #10 scoop.

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	124.50		
Fat	6.25g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	44.50mg		
Sodium	193.50mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	13.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.50mg	Iron	0.00mg

Spaghetti Sauce with Meatballs

Servings:	50.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DEHY CHPD 15 P/L	1 Cup		263036
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
Black Pepper	1 1/2 Teaspoon		24108
Diced Tomatoes cnd	1 #10 CAN		100329
Tomato Sauce cnd	1 #10 CAN		100334
Tap Water for Recipes	2 Quart		000001WTR
SPICE GARLIC SALT NO MSG 37Z TRDE	1 Tablespoon		224847
SPICE PARSLEY FLAKES 11Z TRDE	1/4 Cup		513989
SPICE BASIL GRND 12Z TRDE	2 Tablespoon		513636
SPICE OREGANO GRND 12Z TRDE	2 Tablespoon		513725
SPICE MARJORAM LEAF 3.5Z TRDE	1 Tablespoon		513709
SPICE THYME LEAF 6Z TRDE	1 1/2 Teaspoon		513814
Pork Meatballs	2 Package	add frozen meatballs to sauce cover pan and heat.	

Preparation Instructions

Spray the bottom of the skillet well with pan spray.

Add all ingredients and simmer for about 45 minutes.

CCP: Heat to 145 degrees or higher for 15 seconds

CCP: Hold for hot service at 140 degrees or higher.

Portion sauce with a #8(4 oz) scoop plus add 5 meatballs with tongs for 2 oz of meat and 1/2 cup vegetable.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	69.35		
Fat	2.25g		
SaturatedFat	0.81g		
Trans Fat	0.00g		
Cholesterol	8.06mg		
Sodium	267.45mg		
Carbohydrates	8.29g		
Fiber	1.90g		
Sugar	3.93g		
Protein	3.83g		
Vitamin A	6.27IU	Vitamin C	0.22mg
Calcium	9.35mg	Iron	0.25mg

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

Taco Walking MTG

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	50 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first.	696871
Pork Taco Filling	6 1/4 Pound	STEAM Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches 155 degrees.	
Shredded Cheddar	3 1/8 Pound		
Salsa, Low-Sodium, Canned	3 1/2 Pound		100330
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	3 Quart		242489

Preparation Instructions

Directions:

WASH HANDS.

1. Follow above instructions for preparing taco filling

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Crush individual bags of chips and open.

3. Add 3.17 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

2.25 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2.25 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	304.61		
Fat	11.66g		
SaturatedFat	4.64g		
Trans Fat	0.00g		
Cholesterol	40.85mg		
Sodium	514.67mg		
Carbohydrates	25.63g		
Fiber	3.06g		
Sugar	2.30g		
Protein	19.09g		
Vitamin A	421.45IU	Vitamin C	3.15mg
Calcium	73.90mg	Iron	1.41mg

1-Broccoli & Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound		100036

Preparation Instructions

Divide frozen broccoli into 3-4 inch deep pans with holes. Use only enough broccoli to cover the bottom of the pan. DO NOT LAYER MORE.

Sprinkle in butter buds.

Sit the pans of broccoli into a 4 inch deep serving pan, put a lid on it.

Steam for 10-15 min or until broccoli is bright green. ****CAUTION: DO NOT OVER COOK.****

(If no steamer, place water in the bottom of the pan prior to baking at 350).

When done pour broccoli out of the pans with holes and pour into clean 4 inch deep serving pans and layer the cheese on top.

CCP: Heat to 135 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 69.12

Fat 2.44g

SaturatedFat 1.46g

Trans Fat 0.00g

Cholesterol 7.32mg

Sodium 57.26mg

Carbohydrates 7.15g

Fiber 3.00g

Sugar 1.98g

Protein		5.93g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chicken Fajita

Servings:	40.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	1 Package		100101
SEASONING FAJITA MIX 6-8.9Z LAWR	1/2 Package		518298
Tap Water for Recipes	1 Cup		000001WTR

Preparation Instructions

Put a 5# bag of diced chicken into a 6 inch deep half pan (with holes if not using a steamer). Place in steamer (or pan with a little water) and cook uncovered for 15 min.

Take out and stir in 1/2 pack of the fajita mix. Return to steam for 10 min. (If not using a steamer, you may need additional water in the bottom pan at this point).

Note: If the meat is too dry, add some additional water.

CCP: Heat to 165 degrees or higher.

CCP: Hold at 140 or higher for service.

Serve in 2 oz portions.

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	81.45		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	314.32mg		
Carbohydrates	1.89g		
Fiber	0.00g		
Sugar	0.63g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

2-Refried Beans

Servings:	17.00	Category:	Vegetable
Serving Size:	5.30 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT QUESO 4-5 BIB JTM	3 Cup		701201
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1 Package		668341

Preparation Instructions

RECONSTITUTE

- 1: Pour 1 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: Heat cheese from frozen or thawed state in steamer or boiling water to 160 degrees and pour on top of beans. (Serve the rest of the bag of cheese as an additional option for that day).

Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 5.30 Ounce

Amount Per Serving

Calories	240.50		
Fat	5.99g		
SaturatedFat	3.60g		
Trans Fat	0.20g		
Cholesterol	15.32mg		
Sodium	469.11mg		
Carbohydrates	31.10g		
Fiber	10.16g		
Sugar	1.33g		
Protein	13.82g		
Vitamin A	0.00IU	Vitamin C	0.89mg
Calcium	164.54mg	Iron	2.46mg

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

Jamwich Box

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peanut Butter and Grape Jelly Sandwich	1 Sandwich	THAW Best if thawed in refrigerator overnight.	
Mozzarella String Cheese	1 stick		
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 BOX

Amount Per Serving

Calories	510.00		
Fat	27.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	650.00mg		
Carbohydrates	54.00g		
Fiber	6.00g		
Sugar	11.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.00mg	Iron	8.00mg

Chicken Smacker Wrap Box

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Smackers	10 Piece	BAKE Conventional Oven for 10-12 minutes at 350degrees; Convection oven for 6-8 minutes at 350degrees. Appliances vary; adjust cook times accordingly.	
TORTILLA FLOUR 8 PRSD 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).	690130
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TOMATO 5X6 XL 25 MRKN	1/4 Cup	dice tomato and use 1/4 cup	206032
PICKLE SPEAR 160CT 2GAL BRICK	1 Ounce		522368
CARROTS BABY PLD 72-3Z P/L	3 Ounce		241541

Preparation Instructions

Prepare Chicken Smackers according to directions above. CCP: Heat to 165 degrees or higher.

Once cooked, place chicken into cooler and let cool to 40 degrees.

While chicken is cooking/cooling, label and date salad trays.

Place 10 smackers into tortilla shell with lettuce and tomato. Wrap shell around chicken. Place wrap into a sandwich bag.

Add 1 pack of carrots neatly to the tray.

Place into cooler for til serving time.

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 539.65

Fat 17.10g

SaturatedFat 4.03g

Trans Fat 0.00g

Cholesterol 60.00mg

Sodium 1240.25mg

Carbohydrates 71.50g

Fiber 13.90g

Sugar 15.75g

Protein 24.75g

Vitamin A 35426.01IU **Vitamin C** 216.03mg

Calcium 201.74mg **Iron** 4.78mg

Turkey and Cheese Sub Box

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oven Roasted Sliced Turkey	3 Slice	Defrost product slowly and thoroughly in a refrigerator for 24 hours.	
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036
Wheat Deli Buns	1 bun		78700-80020
PICKLE SPEAR 160CT 2GAL BRICK	1 Ounce		522368
LETTUCE LEAF BTTR BRGR 2-5 RSS	1/2 Cup		416593
TOMATO 5X6 XL 25 MRKN	1/8 Cup		206032
CARROT SNACK CLEANED 200-1Z RSS	1 Package		613967
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

Cut Sliced Turkey and cheese in half

Put 3 slices of turkey and 2 slices of cheese on a deli bun.

Put sub in a sandwich bag.

Put 1 pickle pear, 1 (1/4" thick) slice of tomato cut in half and 4 oz of leaf lettuce in a small fry tray.

put 1 pack of baby carrots and 1/4 cup broccoli florets in a 4oz squat.

Put all of this neatly into a clear plastic salad tray.

CCP: Hold at 40 degrees or less for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	456.71		
Fat	15.40g		
SaturatedFat	4.26g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	982.05mg		
Carbohydrates	51.08g		
Fiber	8.50g		
Sugar	12.48g		
Protein	27.64g		
Vitamin A	340.12IU	Vitamin C	22.60mg
Calcium	60.01mg	Iron	11.92mg

Ham & Cheese Sub

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	1 oz = 2 slice	100036
Wheat Deli Buns	1 bun		78700-80020
HAM SLCD NAT CHC 6-2 HRML	4 Slice		645340

Preparation Instructions

Take all bottoms of buns and put on pan. Add 2 slices of cheese (cut in half) to all of the bottom buns.

When done with each pan, put in cooler. Only keep one pan out at a time.

Place 4 slices of ham on each sub and place the top bun on the sub.

Wrap with plastic wrap or put in appropriate container.

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving

Calories 360.00

Fat 8.50g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 720.30mg

Carbohydrates 41.00g

Fiber 6.00g

Sugar 8.00g

Protein 28.00g

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

Calcium 30.00mg **Iron** 10.36mg

Chef Salad Box - Ham

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
HAM DCD W/A 1/4 3-4 GFS	1 1/2 Ounce		199834
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner). Put the diced ham on top in the center.

Serve with 2 packs of croutons.

****NOTE: HS need an additional grain, milk, or 1/2 cup fruit for a reimbursable meal.***

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 348.15

Fat 12.20g

SaturatedFat 4.30g

Trans Fat 0.00g

Cholesterol 42.50mg

Sodium 989.50mg

Carbohydrates 36.50g

Fiber 11.73g

Sugar	5.25g
Protein	21.73g
Vitamin A 908.55IU	Vitamin C 32.32mg
Calcium 196.42mg	Iron 4.31mg

Chef Salad Box - Turkey

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
Oven Roasted Sliced Turkey	3 Slice	Defrost product slowly and thoroughly in a refrigerator for 24 hours.	

Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner).

Dice turkey. Put the diced turkey on top in the center.

Serve with 2 packs of croutons.

NOTE: HS need an additional grain, milk, or 1/2 cup fruit for a reimbursable meal.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 350.65

Fat 12.58g

SaturatedFat 4.30g

Trans Fat 0.00g

Cholesterol	42.50mg		
Sodium	672.00mg		
Carbohydrates	36.50g		
Fiber	11.73g		
Sugar	5.25g		
Protein	21.98g		
Vitamin A	908.55IU	Vitamin C	31.42mg
Calcium	196.42mg	Iron	5.04mg

Chef Salad Box - Ceasar

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
Chicken, diced, cooked, frozen	2 Ounce		100101
CHEESE PARM PKT 200-3.5GM GFS	1 Each		254959
SPICE BLND ORIG 3-21Z MDASH	1/2 Teaspoon		265103

Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Thaw diced chicken and toss 1 oz. diced chicken with 0.5 tsp. Mrs. Dash to coat.

Add seasoned chicken to the top of the lettuce.

Serve with 2 pkgs croutons and 1 pkg parm. cheese.

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

****NOTE: HS this is not for a reimbursable meal.***

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 267.00

Fat 7.00g

SaturatedFat 1.00g

Trans Fat 0.00g

Cholesterol 47.00mg

Sodium 421.00mg

Carbohydrates 30.00g

Fiber 10.00g

Sugar 2.00g

Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Chef Salad Box - Smackers

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
Chicken Smackers	10 Piece	BAKE Conventional Oven for 10-12 minutes at 350degrees; Convection oven for 6-8 minutes at 350degrees. Appliances vary; adjust cook times accordingly.	
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

Wash all produce.

Cook Chicken according to the directions above.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner). Put the smackers on top in the center.

Serve with 2 packs of croutons.

CCP: Hold at 40 degrees or lower for service.

****NOTE: This is a reimbursable meal at all grade levels.***

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	514.65
Fat	21.33g
SaturatedFat	6.55g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	957.00mg
Carbohydrates	49.50g
Fiber	13.73g
Sugar	4.25g
Protein	29.48g
Vitamin A 1076.55IU	Vitamin C 32.42mg
Calcium 213.42mg	Iron 5.68mg

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

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

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

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
