

# Cookbook for Harpeth High School

Created by HPS Menu Planner

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# Cereal

NO IMAGE

<b>Servings:</b>	9.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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
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.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>	108.89		
<b>Fat</b>	1.39g		
<b>SaturatedFat</b>	0.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	137.78mg		
<b>Carbohydrates</b>	23.22g		
<b>Fiber</b>	2.11g		
<b>Sugar</b>	7.78g		
<b>Protein</b>	1.89g		
<b>Vitamin A</b>	422.22IU	<b>Vitamin C</b>	7.07mg
<b>Calcium</b>	75.56mg	<b>Iron</b>	4.80mg

# Donuts



<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>		295.00	
<b>Fat</b>		13.00g	
<b>SaturatedFat</b>		5.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		250.00mg	
<b>Carbohydrates</b>		41.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		20.00g	
<b>Protein</b>		4.50g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 50.00mg **Iron** 1.26mg

# Yogurt

NO IMAGE

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

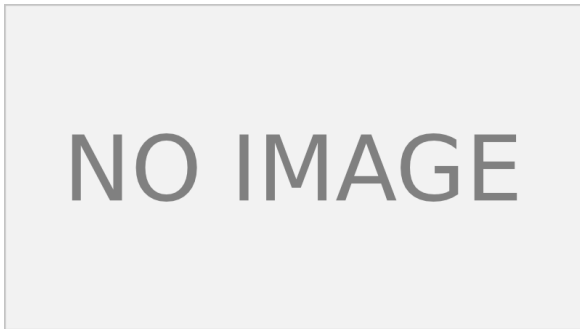
Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	80.00
<b>Fat</b>	0.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	60.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.00g



<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	0.00mg

# Ketchup



<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	10.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	25.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Mustard

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	70.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# 1-Side Salad

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	108.10		
<b>Fat</b>	6.10g		
<b>SaturatedFat</b>	3.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	206.25mg		
<b>Carbohydrates</b>	4.25g		
<b>Fiber</b>	0.55g		
<b>Sugar</b>	1.25g		
<b>Protein</b>	8.40g		
<b>Vitamin A</b>	374.70IU	<b>Vitamin C</b>	5.71mg

**Calcium** 19.50mg **Iron** 0.12mg

# 3-Corn, Commodity



<b>Servings:</b>	165.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 165.00  
Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	69.04
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	18.45mg
<b>Carbohydrates</b>	16.58g

<b>Fiber</b>		2.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		2.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Jamwich Box

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 BOX	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 BOX

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

# Chicken Smacker Wrap Box



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Smackers	10 Piece	<b>BAKE</b> 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	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING STEAM CABINET:</b> Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b> Store 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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	539.65
<b>Fat</b>	17.10g
<b>SaturatedFat</b>	4.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	1240.25mg
<b>Carbohydrates</b>	71.50g
<b>Fiber</b>	13.90g
<b>Sugar</b>	15.75g
<b>Protein</b>	24.75g
<b>Vitamin A</b> 35426.01IU	<b>Vitamin C</b> 216.03mg
<b>Calcium</b> 201.74mg	<b>Iron</b> 4.78mg

# Turkey and Cheese Sub Box



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

# Ham & Cheese Sub

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sub	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving			
<b>Calories</b>		360.00	
<b>Fat</b>		8.50g	
<b>SaturatedFat</b>		4.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		45.00mg	
<b>Sodium</b>		720.30mg	
<b>Carbohydrates</b>		41.00g	
<b>Fiber</b>		6.00g	
<b>Sugar</b>		8.00g	
<b>Protein</b>		28.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	10.36mg

# Chef Salad Box - Ham



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.\*\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.13
<b>Grain</b>	0.00



<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	348.15
<b>Fat</b>	12.20g
<b>SaturatedFat</b>	4.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	989.50mg
<b>Carbohydrates</b>	36.50g
<b>Fiber</b>	11.73g
<b>Sugar</b>	5.25g
<b>Protein</b>	21.73g

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<b>Vitamin A</b>	908.55IU	<b>Vitamin C</b>	32.32mg
<b>Calcium</b>	196.42mg	<b>Iron</b>	4.31mg

# Chef Salad Box - Turkey



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.\*\*\*

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	350.65		
<b>Fat</b>	12.58g		
<b>SaturatedFat</b>	4.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.50mg		
<b>Sodium</b>	672.00mg		
<b>Carbohydrates</b>	36.50g		
<b>Fiber</b>	11.73g		
<b>Sugar</b>	5.25g		
<b>Protein</b>	21.98g		
<b>Vitamin A</b>	908.55IU	<b>Vitamin C</b>	31.42mg
<b>Calcium</b>	196.42mg	<b>Iron</b>	5.04mg

# Chef Salad Box - Ceasar



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.\*\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	4.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	4.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	267.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.00mg		
<b>Sodium</b>	421.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	10.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	3.60mg

# Chef Salad Box - Smackers



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.\*\*\*

## SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

# Juice Variety



<b>Servings:</b>	2.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00  
Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	55.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	13.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	30.00mg



**Calcium** 5.00mg

**Iron** 1.00mg

# 2-Baked Beans

NO IMAGE

<b>Servings:</b>	56.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

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

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.73
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	105.80
<b>Fat</b>	0.73g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	227.04mg
<b>Carbohydrates</b>	20.16g

<b>Fiber</b>	5.27g		
<b>Sugar</b>	5.73g		
<b>Protein</b>	5.81g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.48mg	<b>Iron</b>	0.67mg

# 5-carrot stick cups



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.44
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

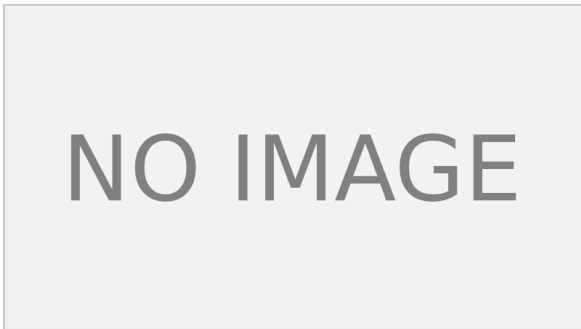
### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		46.22	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		78.22mg	
<b>Carbohydrates</b>		10.67g	
<b>Fiber</b>		3.56g	
<b>Sugar</b>		5.33g	
<b>Protein</b>		0.89g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.56mg	<b>Iron</b>	0.32mg

# 4-Celery Stick cups



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	8.70		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	49.60mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.45g		
<b>Vitamin A</b>	278.38IU	<b>Vitamin C</b>	1.92mg

**Calcium** 24.80mg **Iron** 0.13mg

# 5-Sweet Potato Mash

NO IMAGE

<b>Servings:</b>	37.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.51
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 0.50 Cup

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



# 4-Mixed Vegetable



<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	52.24		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	18.66mg		
<b>Carbohydrates</b>	8.96g		
<b>Fiber</b>	2.24g		
<b>Sugar</b>	2.24g		
<b>Protein</b>	1.49g		
<b>Vitamin A</b>	559.70IU	<b>Vitamin C</b>	4.48mg
<b>Calcium</b>	14.93mg	<b>Iron</b>	0.54mg

# 4-Green Beans



<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.51
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	20.96		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	147.60mg		
<b>Carbohydrates</b>	4.48g		
<b>Fiber</b>	2.04g		
<b>Sugar</b>	2.04g		
<b>Protein</b>	1.02g		
<b>Vitamin A</b>	4.08IU	<b>Vitamin C</b>	6.12mg
<b>Calcium</b>	2.04mg	<b>Iron</b>	4.08mg

# 3-Mashed Potatoes

NO IMAGE

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.50

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		71.66	
<b>Fat</b>		0.50g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		107.35mg	
<b>Carbohydrates</b>		14.45g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		2.01g	
<b>Vitamin A</b>	1.91IU	<b>Vitamin C</b>	10.08mg
<b>Calcium</b>	8.38mg	<b>Iron</b>	0.26mg

# Brown Gravy



<b>Servings:</b>	136.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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: HOld at 140 degrees or higher for service

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 136.00

Serving Size: 1.00 Ounce

<b>Amount Per Serving</b>	
<b>Calories</b>	47.01
<b>Fat</b>	0.94g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	263.28mg
<b>Carbohydrates</b>	9.40g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g

<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Mini Corn Dogs



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving	
<b>Calories</b>	180.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 100.00mg **Iron** 1.44mg

# Stuffed Crust Pizza



<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Slice

<b>Amount Per Serving</b>			
<b>Calories</b>		340.00	
<b>Fat</b>		14.33g	
<b>SaturatedFat</b>		4.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		18.33mg	
<b>Sodium</b>		810.00mg	
<b>Carbohydrates</b>		36.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		3.67g	
<b>Protein</b>		15.33g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	260.00mg	<b>Iron</b>	2.03mg

# Salisbury Steak



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD 114-3Z ADV	1 Each	<b>GRILL</b> 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.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

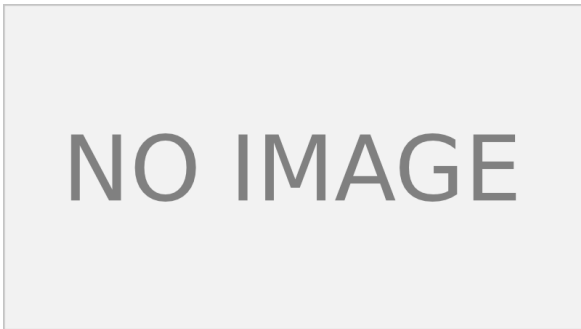
## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	140.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	430.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Hot Dog



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

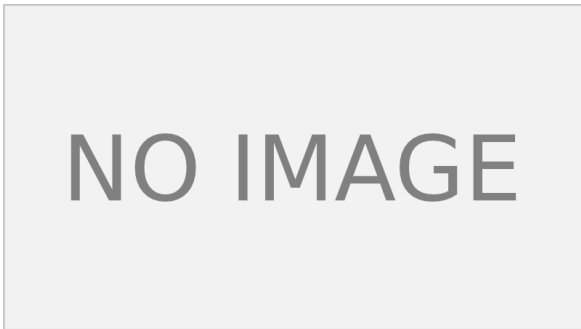
Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		240.00	
<b>Fat</b>		11.00g	
<b>SaturatedFat</b>		2.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		50.00mg	
<b>Sodium</b>		365.00mg	
<b>Carbohydrates</b>		25.00g	
<b>Fiber</b>		5.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		13.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	2.16mg



# Hamburger



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	1 Each	<b>BAKE</b> 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.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		330.00	
<b>Fat</b>		15.00g	
<b>SaturatedFat</b>		5.00g	
<b>Trans Fat</b>		1.00g	
<b>Cholesterol</b>		35.00mg	
<b>Sodium</b>		420.00mg	
<b>Carbohydrates</b>		33.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		19.00g	
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	11.80mg

# Cheese Burger



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	1 Each	<b>BAKE</b> 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.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
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<b>Grain</b>	2.00
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<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	440.00		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	10.00g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	690.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	11.80mg

# Meatloaf

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.90 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Meatloaf	2 9/10 Ounce	<b>BAKE</b> 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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.90 Ounce

<b>Amount Per Serving</b>	
<b>Calories</b>	170.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	8.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	5.00g

<b>Protein</b>	12.00g		
<b>Vitamin A</b>	4.00IU	<b>Vitamin C</b>	15.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	8.00mg

# F- Fruit Variety

NO IMAGE

<b>Servings:</b>	13.22	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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

Description	Measurement	Prep Instructions	DistPart #
Grapes	1		14P36
Pear, fresh	1		14P12
Oranges, whole	1 Each		16W62

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.58
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 13.22

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	122.92		
<b>Fat</b>	0.08g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.31mg		
<b>Carbohydrates</b>	30.02g		
<b>Fiber</b>	2.90g		
<b>Sugar</b>	22.24g		
<b>Protein</b>	0.97g		
<b>Vitamin A</b>	148.72IU	<b>Vitamin C</b>	12.88mg
<b>Calcium</b>	12.49mg	<b>Iron</b>	0.78mg



# Bacon, Egg, and Cheese Biscuit

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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	<b>BAKE</b> 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.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	350.00		
<b>Fat</b>	22.50g		
<b>SaturatedFat</b>	11.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	105.00mg		
<b>Sodium</b>	825.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	13.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	55.00mg	<b>Iron</b>	1.08mg