

# Cookbook for Graves County Schools

Created by HPS Menu Planner

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# Chicken Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	<b>BAKE</b> Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
<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: 0.00

#### Amount Per Serving

<b>Calories</b>	295.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.50mg		
<b>Sodium</b>	625.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	221.00mg	<b>Iron</b>	2.44mg

# Hot Dog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK 10/ 2-5 GFS	1 Each		219231
BUN HOT DOG WHEAT WHL 12-12CT GFS	1 Each		517830

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>		250.00	
<b>Fat</b>		14.50g	
<b>SaturatedFat</b>		5.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		30.00mg	
<b>Sodium</b>		555.00mg	
<b>Carbohydrates</b>		20.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		9.00g	
<b>Vitamin A</b>	0.06IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.78mg	<b>Iron</b>	1.19mg

# Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.05Z 6-26CT	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	536550
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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: 0.00

Amount Per Serving			
<b>Calories</b>	318.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	34.00mg		
<b>Sodium</b>	356.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	155.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	67.00mg	<b>Iron</b>	3.08mg

# Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY BRD WGRAIN FC 3Z 4-5	1 Each		157582
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

No Preparation Instructions available.

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	350.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	85.00mg		
<b>Sodium</b>	505.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	3.78mg



# Hot Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD RND W/A 2PC GFS	2 Ounce		179906
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Ounce	READY_TO_EAT	100018

## Preparation Instructions

No Preparation Instructions available.

### 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: 0.00

Amount Per Serving			
<b>Calories</b>	306.67		
<b>Fat</b>	14.33g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	58.33mg		
<b>Sodium</b>	1068.33mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.56mg

# Hamburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	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.	205030
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<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: 0.00

Amount Per Serving			
<b>Calories</b>		260.00	
<b>Fat</b>		10.00g	
<b>SaturatedFat</b>		3.50g	
<b>Trans Fat</b>		0.50g	
<b>Cholesterol</b>		35.00mg	
<b>Sodium</b>		375.00mg	
<b>Carbohydrates</b>		26.00g	
<b>Fiber</b>		6.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		17.00g	
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.88mg

# Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	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.	205030
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1/2 Ounce	READY_TO_EAT	100018
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<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: 0.00

#### Amount Per Serving

<b>Calories</b>	315.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	19.50g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.88mg

# Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	READY_TO_EAT	15D44
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	18B19
Carrot CHL SHRD WHL 30/1 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16P70

## 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>	0.50
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	15.76		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	24.02mg		
<b>Carbohydrates</b>	3.16g		
<b>Fiber</b>	1.46g		
<b>Sugar</b>	0.53g		
<b>Protein</b>	1.09g		
<b>Vitamin A</b>	4611.75IU	<b>Vitamin C</b>	9.80mg
<b>Calcium</b>	12.63mg	<b>Iron</b>	0.60mg

# Sausage Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY WHL HOG 2Z 12 GFS	1 Each		568724
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	<b>BAKE</b> Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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: 0.00

<b>Amount Per Serving</b>			
<b>Calories</b>		320.00	
<b>Fat</b>		18.00g	
<b>SaturatedFat</b>		8.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		20.00mg	
<b>Sodium</b>		640.00mg	
<b>Carbohydrates</b>		25.00g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		13.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	1.80mg

# Strawberry Yogurt Parfait w/Granola

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1 6-6.5 GFS	1/2 Cup		293393
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	2 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.58
<b>Fruit</b>	0.37
<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: 0.00

#### Amount Per Serving

<b>Calories</b>	295.27		
<b>Fat</b>	3.75g		
<b>SaturatedFat</b>	0.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	115.83mg		
<b>Carbohydrates</b>	60.52g		
<b>Fiber</b>	2.49g		
<b>Sugar</b>	43.63g		
<b>Protein</b>	4.83g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	35.82mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	0.90mg

# Lettuce/Tomato Cup- Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	15D44
Tomatoes FR 5 x 6, 2 Layer Tray 20 LB CS- Graves County Schools	1 Slice	READY_TO_EAT	16063

## 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>	0.13
<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: 0.00

#### Amount Per Serving

<b>Calories</b>	5.88		
<b>Fat</b>	0.25g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.63mg		
<b>Carbohydrates</b>	1.16g		
<b>Fiber</b>	0.27g		
<b>Sugar</b>	0.66g		
<b>Protein</b>	0.13g		
<b>Vitamin A</b>	1104.50IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	4.50mg	<b>Iron</b>	0.14mg

# Cobb Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli Florets CHL 2/3 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	15Q10
Cauliflower FR 9-12 CT- Graves County Schools	1/8 Cup	READY_TO_EAT	16W41
Cucumbers FR 5 LB CS- Graves County Schools	1/8 Cup	READY_TO_EAT	16P98
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	2 Cup	READY_TO_EAT	15D44
Peppers SWT CHL GRN DICE 5 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	15A85
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	18B19
CHIX BRST STRP FC LRG 2-5 GFS	1 Ounce		219011
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Ounce		191043
BACON CKD SLCD 2-150CT ARMR	2 Slice		563315
Carrot CHL SHRD WHL 30/1 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16P70

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	4.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.13
<b>RedVeg</b>	0.52
<b>OtherVeg</b>	0.39



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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

<b>Amount Per Serving</b>			
<b>Calories</b>		705.70	
<b>Fat</b>		47.73g	
<b>SaturatedFat</b>		17.68g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		164.80mg	
<b>Sodium</b>		1721.26mg	
<b>Carbohydrates</b>		9.67g	
<b>Fiber</b>		4.77g	
<b>Sugar</b>		3.84g	
<b>Protein</b>		54.82g	
<b>Vitamin A</b>	9670.55IU	<b>Vitamin C</b>	52.05mg
<b>Calcium</b>	140.61mg	<b>Iron</b>	1.87mg

# Colby Cheese Omelet

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 225-2.1Z SNYFR	1 Each	<b>BAKE</b> Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	554470

## Preparation Instructions

No Preparation Instructions available.

### 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: 0.00

<b>Amount Per Serving</b>			
<b>Calories</b>	110.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	195.00mg		
<b>Sodium</b>	210.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.72mg

# Lucky Charms Cereal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811

## 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: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	4.50mg

# Trix Cereal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

## 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: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	140.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	4.80mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	4.50mg

# Blueberry Pop Tart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.25
<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: 0.00

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	360.00mg		
<b>Carbohydrates</b>	76.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	30.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	1000.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	3.60mg

# Strawberry Pop Tart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.25
<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: 0.00

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	360.00mg		
<b>Carbohydrates</b>	75.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	29.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	1000.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	3.60mg

# Maple Mini Pancakes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269220

## 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: 1.00

Serving Size: 0.00

<b>Amount Per Serving</b>			
<b>Calories</b>		220.00	
<b>Fat</b>		6.00g	
<b>SaturatedFat</b>		0.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		130.00mg	
<b>Carbohydrates</b>		39.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		12.00g	
<b>Protein</b>		4.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

# Strawberry Mini Pancakes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package	<b>READY_TO_EAT</b> Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269230

## 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: 1.00

Serving Size: 0.00

<b>Amount Per Serving</b>			
<b>Calories</b>	220.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	130.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg



# Mandarin Oranges

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE 6-10 GFS	1/2 Cup		612448

## 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: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	60.00		
<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>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	18.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.36mg

# Apple Juice

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Juice- Graves County Schools	1 Cup	READY_TO_DRINK	4435

## 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: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<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

# Orange Juice

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Orange Juice- Graves County Schools	1 Cup	READY_TO_DRINK	4437

## 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: 1.00

Serving Size: 0.00

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>		0.00mg	
<b>Carbohydrates</b>		13.00g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		11.00g	
<b>Protein</b>		1.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice		204822

## 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: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>		90.00	
<b>Fat</b>		1.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		120.00mg	
<b>Carbohydrates</b>		18.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		3.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.08mg

# \* Honey Oat Goldfish

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package		770960

## 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: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	70.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.44mg

# 1% White Milk

<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1 % White Milk- Graves County Schools	1 Cup	READY_TO_DRINK	3600

## 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: 0.00

Amount Per Serving			
<b>Calories</b>		100.00	
<b>Fat</b>		2.50g	
<b>SaturatedFat</b>		1.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		15.00mg	
<b>Sodium</b>		120.00mg	
<b>Carbohydrates</b>		11.00g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		11.00g	
<b>Protein</b>		8.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Fat Free Chocolate Milk

<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fat Free Chocolate Milk- Graves County Schools	1 Cup	READY_TO_EAT	3677

## 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: 0.00

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Grape Jelly

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY GRP 200-.5Z GFS	1 Each		503233

## 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: 0.00

Amount Per Serving			
<b>Calories</b>		36.40	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.60mg	
<b>Carbohydrates</b>		9.00g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		6.00g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.14IU	<b>Vitamin C</b>	0.06mg
<b>Calcium</b>	0.78mg	<b>Iron</b>	0.04mg



# Applesauce

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE SWT 6-10 KE	1/2 Cup		179990

## 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: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	90.00		
<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>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	18.00g		
<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

# Ketchup

<b>Servings:</b>	2.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD 1000-9GM REDG	2 Each	READY_TO_EAT None	634610

## 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: 2.00

Serving Size: 0.00

#### 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>	2.00g		
<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

# Mini Cinni

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW 72-2.29Z PILLS	1 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	894291

## 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: 1.00

Serving Size: 0.00

<b>Amount Per Serving</b>			
<b>Calories</b>		240.00	
<b>Fat</b>		7.00g	
<b>SaturatedFat</b>		1.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		270.00mg	
<b>Carbohydrates</b>		39.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		15.00g	
<b>Protein</b>		5.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.44mg

# Peaches

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GFS	1/2 Cup		610267

## 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: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	<b>BAKE</b> Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851

## 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: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	200.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	410.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 1.44mg

# Honey

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY PKT 200-9GM GFS	1 Each		270539

## 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: 0.00

Amount Per Serving			
<b>Calories</b>		27.40	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.30mg	
<b>Carbohydrates</b>		7.00g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		7.00g	
<b>Protein</b>		0.10g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	0.43mg	<b>Iron</b>	0.03mg

# Pineapple

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GFS	1/2 Cup		189952

## 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: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	80.00		
<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>	18.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	12.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Pancake & Sausage on a Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY WGRAIN/WHLWHE 72-4Z - State Fair - W	1 Each		232701

## Preparation Instructions

No Preparation Instructions available.

### 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: 0.00

#### Amount Per Serving

<b>Calories</b>	250.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.49g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	760.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	21.59IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	53.18mg	<b>Iron</b>	1.70mg



# Biscuit & Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	<b>BAKE</b> Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851
GRAVY MIX PEPR DRY 12-24Z GCHC	1 Tablespoon		701450

## 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: 1.00

Serving Size: 0.00

<b>Amount Per Serving</b>			
<b>Calories</b>		233.83	
<b>Fat</b>		9.50g	
<b>SaturatedFat</b>		5.25g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		597.97mg	
<b>Carbohydrates</b>		32.51g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		3.75g	
<b>Protein</b>		5.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	206.02mg	<b>Iron</b>	1.44mg

# Donuts

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582

## 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: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	280.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.80g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	9.76IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.93mg	<b>Iron</b>	0.70mg

# Mustard

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT 500-5.5GM GFS	1 1ea=5.5gm	BAKE	700051

## 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: 0.00

#### 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>	85.00mg		
<b>Carbohydrates</b>	0.00g		
<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

# Uncrustable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761

## Preparation Instructions

No Preparation Instructions available.

### 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: 0.00

#### Amount Per Serving

<b>Calories</b>	600.00		
<b>Fat</b>	34.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	64.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	29.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	78.00mg	<b>Iron</b>	3.00mg

# Banana

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA GREEN 40 P/L	1 Each		686503

## 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: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	105.00		
<b>Fat</b>	0.40g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.20mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	1.30g		
<b>Vitamin A</b>	75.52IU	<b>Vitamin C</b>	10.27mg
<b>Calcium</b>	5.90mg	<b>Iron</b>	0.31mg

# Cheesy Bread w/Marinara

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheesy Bread WG- Graves County Schools	1 4 oz.	BAKE	150B
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	362.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	327.00mg	<b>Iron</b>	2.00mg

# Mini Corn Dogs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG ALL BEEF MINI 240-.7Z STFAIR	6 Each	BAKE Heating times may vary with each oven. DEEP_FRY Heating times may vary with each oven. MICROWAVE Heating times may vary with each oven.	492447

## Preparation Instructions

No Preparation Instructions available.

### 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: 0.00

#### Amount Per Serving

<b>Calories</b>	375.00		
<b>Fat</b>	25.50g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.50mg		
<b>Sodium</b>	885.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	7.50g		
<b>Protein</b>	10.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.62mg

# Jammers

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 40-4.6Z	1 Each		661222

## Preparation Instructions

No Preparation Instructions available.

### 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: 0.00

Amount Per Serving			
<b>Calories</b>	570.00		
<b>Fat</b>	32.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	440.00mg		
<b>Carbohydrates</b>	55.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	21.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.00mg	<b>Iron</b>	5.40mg



# General TSO Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE GEN TSO 4-.5GAL ASIAN	2 Tablespoon		802850

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	339.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	930.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	168.00IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	17.00mg	<b>Iron</b>	2.00mg

# Orange Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ORNG GINGR 4-.5GAL ASIAN	2 Tablespoon		802860
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	329.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	720.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	168.00IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	17.00mg	<b>Iron</b>	2.00mg

# Oranges

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oranges FR 138 CT 35 LB CS- Graves County Schools	1 Orange	READY_TO_EAT	14F09

## 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: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	65.00		
<b>Fat</b>	0.30g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	16.27g		
<b>Fiber</b>	3.40g		
<b>Sugar</b>	12.89g		
<b>Protein</b>	0.99g		
<b>Vitamin A</b>	317.00IU	<b>Vitamin C</b>	63.50mg
<b>Calcium</b>	61.00mg	<b>Iron</b>	0.13mg

# Asian Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN ASIAN 6-26.4Z UBEN	1/2 Cup		244541

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.50
<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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	105.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	225.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.36mg

# Egg Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL CHIX WGRAIN CN 3Z 2- 30CT	1 Each	<b>BAKE</b> Product is RTE, however can be heated with the following directions: Preparation Type: Heating Instructions Conventional Oven Instructions: Preheat oven to 450°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 17 minutes Convection Oven Instructions: Preheat oven to 425°F. Place frozen egg rolls on a baking sheet. Turn once during bakin. Convection: 12-14 minutes Preparation Notes: Heating time may vary with equipment.	599440

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	150.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	360.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	35.00IU	<b>Vitamin C</b>	15.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	8.00mg

# Steamed Broccoli

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	1/2 Each		610902

## 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>	0.08
<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: 0.00

Amount Per Serving			
<b>Calories</b>	5.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.33mg		
<b>Carbohydrates</b>	0.67g		
<b>Fiber</b>	0.33g		
<b>Sugar</b>	0.33g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	5.00mg
<b>Calcium</b>	3.33mg	<b>Iron</b>	0.00mg

# \* Crackers

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE UNSALTED 500-2CT NAB	6 Each		536091

## 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: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.70g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	130.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<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>	2.64mg

# Pickles

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE KOSH DILL CHIP C/C 5GAL GIEL	3 Slice		557846

## 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: 0.00

Amount Per Serving			
<b>Calories</b>		4.44	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		288.60mg	
<b>Carbohydrates</b>		1.11g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		0.44g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.21mg	<b>Iron</b>	0.19mg



# Onion

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Onions Dry 10 LB BG- Graves County Schools	1 ring	READY_TO_EAT	16V51

## 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: 0.00

#### Amount Per Serving

<b>Calories</b>	24.00		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.00mg		
<b>Carbohydrates</b>	5.60g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.54g		
<b>Protein</b>	0.66g		
<b>Vitamin A</b>	1.00IU	<b>Vitamin C</b>	4.40mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	0.13mg

# Honey Mustard Dressing

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HNY MSTRD LT DIP CUP 100-1Z	1 Each		499410

## 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: 0.00

Amount Per Serving			
<b>Calories</b>	80.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	125.00mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	0.20g		
<b>Sugar</b>	5.00g		
<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

# Italina Dressing

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL FF PKT 60-1.5Z MARZ	1 Each		549584

## 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: 0.00

Amount Per Serving			
<b>Calories</b>	15.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	350.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.40mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Ranch Dressing

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH FF PKT 60-1.5Z MARZ	1 Each		582816

## 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: 0.00

Amount Per Serving			
<b>Calories</b>		35.00	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		480.00mg	
<b>Carbohydrates</b>		8.00g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

# Yogurt w/Honey Oat Goldfish

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F 48-4Z DANN	1 Each		200612
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package		770960

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	190.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	130.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	250.00mg	<b>Iron</b>	1.44mg

# Fries

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 C/C 6-5 KE	1 Ounce		418450

## 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>	0.50

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>		43.33	
<b>Fat</b>		1.33g	
<b>SaturatedFat</b>		0.33g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		8.33mg	
<b>Carbohydrates</b>		7.33g	
<b>Fiber</b>		0.67g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		0.67g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.24mg

# Mayonnaise

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT PKT 200-12GM GFS	1 12 gm	BAKE	188741

## 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: 0.00

Amount Per Serving			
<b>Calories</b>	50.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	75.00mg		
<b>Carbohydrates</b>	2.00g		
<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

# Cucumber w/Ranch Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265
Cucumbers FR 5 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	16P98

## 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	129.50		
<b>Fat</b>	12.24g		
<b>SaturatedFat</b>	1.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	253.10mg		
<b>Carbohydrates</b>	3.88g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.68g		
<b>Protein</b>	0.32g		
<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.00mg	<b>Iron</b>	1.12mg



# Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## 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: 0.00

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>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<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

# Pepperoni Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16 WGRAIN R/E BOLD 9CT	1 Slice	<b>BAKE</b> <b>COOKING INSTRUCTIONS:</b> COOK BEFORE EATING. Best if cooked from Frozen state. <b>PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.</b> <b>IMPINGEMENT OVEN:</b> 420°F for 7-9 minutes. <b>CONVECTION OVEN:</b> 350°F high fan for 13-17 minutes. <b>CONVENTIONAL OVEN:</b> 450°F for 15-17 minutes. Rotate pan halfway through bake cycle in convection oven. <b>NOTE:</b> Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	503962

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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: 1.00

Serving Size: 0.00

<b>Amount Per Serving</b>			
<b>Calories</b>	410.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	99.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	276.00mg	<b>Iron</b>	2.80mg

# Fiesta Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE MEXICAN FIESTA 6-25.9Z UBEN	1/2 Cup		473006

## 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: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	96.85		
<b>Fat</b>	0.40g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	409.05mg		
<b>Carbohydrates</b>	21.50g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.35g		
<b>Vitamin A</b>	339.98IU	<b>Vitamin C</b>	9.06mg
<b>Calcium</b>	17.90mg	<b>Iron</b>	1.85mg

# Salsa

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	2 Ounce	READY_TO_EAT None	452841

## 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>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	20.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	138.67mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.33g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	237.33IU	<b>Vitamin C</b>	2.67mg
<b>Calcium</b>	22.67mg	<b>Iron</b>	0.00mg

# Chicken Quesdilla

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	2 Ounce		154900
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1/8 Cup		191043
TORTILLA FLOUR 8 PRSD 20-12CT	2 Each		505722

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.18
<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: 0.00

Amount Per Serving			
<b>Calories</b>	368.96		
<b>Fat</b>	16.03g		
<b>SaturatedFat</b>	5.78g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	59.13mg		
<b>Sodium</b>	1030.07mg		
<b>Carbohydrates</b>	37.70g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.18g		
<b>Protein</b>	20.23g		
<b>Vitamin A</b>	156.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	136.00mg	<b>Iron</b>	4.00mg

# Bacon Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	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.	205030
Cheese, Processed, Sliced Yellow	1 Slice		100018
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
BACON CKD SLCD 2- 150CT ARMR	1 Slice		563315

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<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: 0.00

<b>Amount Per Serving</b>			
<b>Calories</b>		319.80	
<b>Fat</b>		14.87g	
<b>SaturatedFat</b>		6.13g	
<b>Trans Fat</b>		0.50g	
<b>Cholesterol</b>		48.58mg	
<b>Sodium</b>		523.06mg	
<b>Carbohydrates</b>		27.00g	
<b>Fiber</b>		6.00g	
<b>Sugar</b>		3.50g	
<b>Protein</b>		19.85g	
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 60.00mg **Iron** 2.88mg

# Baked Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	1/2 Cup		570710

## 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>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	130.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg



# Chicken Strip

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>		240.00	
<b>Fat</b>		12.00g	
<b>SaturatedFat</b>		2.25g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		45.00mg	
<b>Sodium</b>		405.00mg	
<b>Carbohydrates</b>		12.00g	
<b>Fiber</b>		1.50g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		19.50g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.62mg

# Peppered Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY 12-24Z GCHC	2 Tablespoon		701450

## 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: 0.00

Amount Per Serving			
<b>Calories</b>		67.67	
<b>Fat</b>		3.01g	
<b>SaturatedFat</b>		1.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		375.94mg	
<b>Carbohydrates</b>		9.02g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		1.50g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.03mg	<b>Iron</b>	0.00mg