

# Cookbook for East Noble School Corporation

Created by HPS Menu Planner

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# Black Bean Corn Salad

<b>Servings:</b>	100.00	<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 #
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN	Drain, and Rinse	231981
CORN WHL KERNEL STD GRADE 6-10 KE	1 #10 CAN		244805
LEMON JUICE 100 12-32FLZ GFS	1 Teaspoon		311227
SPICE CUMIN GRND 15Z TRDE	1 Teaspoon		273945
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
CILANTRO CLEANED 4-1 RSS	1 Tablespoon	Wash, chop leaves and stems	219550
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1 Cup		645182
SALSA 103Z 6-10 REDG	2 Quart	READY_TO_EAT None	452841

## Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, cilantro, olive oil, and apple cider vinegar. Stir well. Set aside for step 3.

Combine black beans, corn, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.

Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.

Transfer 3 qt 1 1/2 cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder,



- 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.
- 5: Serving
- 6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:
- 7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable
- 8: OR
- 9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.
- 10: CACFP Crediting Information:1/2 cup (No. 8 scoop) portion provides:
- 11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable
- 12: OR
- 13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.
- 14: How to Cook Dry Beans
- 15: Special tip for preparing dry beans:
- 16: SOAKING BEANS
- 17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
- 18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
- 19: COOKING BEANS
- 20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.
- 21: Critical Control Point: Hold for hot service at 135 °F or higher.
- 22: OR
- 23: Chill for later use.
- 24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.
- 25: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	77.34		
<b>Fat</b>	2.63g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.72mg		
<b>Carbohydrates</b>	11.62g		
<b>Fiber</b>	2.07g		
<b>Sugar</b>	1.72g		
<b>Protein</b>	2.33g		
<b>Vitamin A</b>	75.83IU	<b>Vitamin C</b>	1.80mg
<b>Calcium</b>	22.76mg	<b>Iron</b>	0.48mg

# Creamy Cole Slaw

<b>Servings:</b>	100.00	<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 #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	15 Pound		293148
DRESSING COLE SLAW 4-1GAL MARZ	3 Quart		281476

## Preparation Instructions

Directions:

Place cabbage in large bowl .

Combine salad dressing, celery seed, dry mustard.

Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide.

2: Special Tips:

3: 1) For best results, shred cabbage and store overnight; add dressing just before serving.

4: 2) If recipe is prepared in advance, the yield will be reduced.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

**Calories** 157.75

**Fat** 14.40g

**SaturatedFat** 2.40g

**Trans Fat** 0.00g

**Cholesterol** 14.40mg

**Sodium** 329.90mg

**Carbohydrates** 6.76g

**Fiber** 0.40g

<b>Sugar</b>			6.16g
<b>Protein</b>			0.20g
<b>Vitamin A</b>	210.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	8.00mg	<b>Iron</b>	0.07mg

# Broccoli Salad

<b>Servings:</b>	100.00	<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 #
DRESSING POPPYSEED DELI 4-1GAL LTHSE	2 Quart	READY_TO_EAT Open, pour and enjoy!	112798
BROCCOLI FLORET BITE SIZE 2-3 RSS	3 9/16 Gallon		732451
RAISIN SELECT 12-2 P/L	1 Pound		496146

## Preparation Instructions

### Directions:

Combine broccoli, dressing and raisins in a large bowl. Toss lightly.

Transfer 3 qt (about 4 lb 8 oz) broccoli salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/2 cup dark green vegetable and 1/8 cup fruit.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/2 cup vegetable and 1/8 cup fruit.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

**Calories** 86.11

**Fat** 5.36g

**SaturatedFat** 0.64g

**Trans Fat** 0.00g

<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	61.62mg		
<b>Carbohydrates</b>	9.14g		
<b>Fiber</b>	1.35g		
<b>Sugar</b>	6.14g		
<b>Protein</b>	1.42g		
<b>Vitamin A</b>	312.43IU	<b>Vitamin C</b>	44.72mg
<b>Calcium</b>	24.19mg	<b>Iron</b>	0.41mg

# Broccoli, Fresh

<b>Servings:</b>	100.00	<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 #
BROCCOLI FLORET BITE SIZE 2-3 RSS	3 Gallon		732451

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables 4 inches deep in stainless steel inset pans.

CCP:COLD FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Notes:

Serving Size: #8 Scoop

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	14.40		
<b>Fat</b>	0.19g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	13.92mg		
<b>Carbohydrates</b>	2.88g		
<b>Fiber</b>	1.06g		
<b>Sugar</b>	0.96g		
<b>Protein</b>	1.15g		
<b>Vitamin A</b>	263.16IU	<b>Vitamin C</b>	37.68mg
<b>Calcium</b>	19.85mg	<b>Iron</b>	0.31mg

# Baby Carrots, Fresh, Petite

<b>Servings:</b>	100.00	<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	3 1/4 Gallon		768146

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup red/orange vegetable

Updated October 2013

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		0.38	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.64mg	
<b>Carbohydrates</b>		0.09g	
<b>Fiber</b>		0.03g	
<b>Sugar</b>		0.04g	
<b>Protein</b>		0.01g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.29mg	<b>Iron</b>	0.00mg

# Cucumbers, Sliced, Unpeeled

<b>Servings:</b>	100.00	<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 #
CUCUMBER SELECT 24CT MRKN	3 Gallon		418439

## Preparation Instructions

Directions:

Wash and slice cucumbers

CCP: Hold for cold service at 41° F or lower.

Place on serving line at beginning of service

Serve 1/2 cup

CCP: Hold for cold service at 41° F or lower.

Notes:

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		3.74	
<b>Fat</b>		0.05g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.48mg	
<b>Carbohydrates</b>		0.96g	
<b>Fiber</b>		0.14g	
<b>Sugar</b>		0.48g	
<b>Protein</b>		0.14g	
<b>Vitamin A</b>	26.21IU	<b>Vitamin C</b>	0.70mg
<b>Calcium</b>	3.99mg	<b>Iron</b>	0.07mg



# Romaine Salad, Chopped

<b>Servings:</b>	100.00	<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 #
LETTUCE ROMAINE CHOP 6-2 RSS	6 Gallon		735787

## Preparation Instructions

Directions:

WASH HANDS.

1. Place washed lettuce serving pan.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

Notes:

Portion 1 cup of lettuce

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	9.60		
<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>	1.92g		
<b>Fiber</b>	0.96g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	4800.00IU	<b>Vitamin C</b>	28.80mg
<b>Calcium</b>	19.20mg	<b>Iron</b>	0.69mg

# Bell Peppers

<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 #
PEPPERS RED DOMESTIC 23 MRKN	1/4 Cup	Wash, deseed, cut into long strips	560715
PEPPERS BELL YEL 11	1/4 Cup		460890

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL, RUNNING WATER. DRAIN WELL.

1. Core green pepper and remove all seeds.
2. Slice into strips. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Notes:

1 medium bell pepper = approximately 4.2 oz

1/2 cup sliced bell peppers = 1.6 oz

Child Nutrition: 1/2 cup serving provides= 1/2 cup "other" vegetable

Updated October 2013

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

**Calories** 9.50

**Fat** 0.05g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.70mg

**Carbohydrates** 2.50g

**Fiber** 0.40g

**Sugar** 1.50g

<b>Protein</b>		0.30g	
<b>Vitamin A</b>	999.94IU	<b>Vitamin C</b>	58.14mg
<b>Calcium</b>	3.06mg	<b>Iron</b>	0.16mg

# Celery Sticks

<b>Servings:</b>	100.00	<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	6 Pound		781592

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup sticks provides= 1/4 cup "other" vegetable and 1/4 cup red/orange vegetable

Updated October 2013

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	4.35		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.78mg		
<b>Carbohydrates</b>	0.88g		
<b>Fiber</b>	0.44g		
<b>Sugar</b>	0.44g		
<b>Protein</b>	0.20g		
<b>Vitamin A</b>	122.23IU	<b>Vitamin C</b>	0.84mg
<b>Calcium</b>	10.89mg	<b>Iron</b>	0.05mg

# Cherry Tomatoes

<b>Servings:</b>	100.00	<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 #
TOMATO CHERRY 11 MRKN	6 Pound		569551

## Preparation Instructions

Directions:

Wash Tomatoes

Drain, and remove stems

Place in cooler till serving time

CCP: Hold for cold service at 41° F or lower.

Notes:

1/2 cup serving

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	1.94		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.54mg		
<b>Carbohydrates</b>	0.42g		
<b>Fiber</b>	0.13g		
<b>Sugar</b>	0.30g		
<b>Protein</b>	0.10g		
<b>Vitamin A</b>	89.96IU	<b>Vitamin C</b>	1.48mg
<b>Calcium</b>	1.08mg	<b>Iron</b>	0.03mg

# Chilled Fruit, Assorted

<b>Servings:</b>	100.00	<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 #
APPLESAUCE UNSWT 6-10 GFS	4 #10 CAN		271497
FRUIT COCKTAIL XL/S 6-10 GFS	4 #10 CAN		225304
PEACH DCD XL/S 6-10 GFS	4 #10 CAN		268348
PEAR DCD XL/S 6-10 GFS	4 #10 CAN		290203

## Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit, drain slightly

place under refrigeration

Notes:

Serve with 4 oz spoodle

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

### Amount Per Serving

**Calories** 248.32

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 41.39mg

**Carbohydrates** 60.01g

**Fiber** 5.17g

**Sugar** 51.73g

**Protein** 1.03g

**Vitamin A** 413.86IU **Vitamin C** 2.48mg

**Calcium** 0.00mg **Iron** 0.00mg

# Fruit, Fresh, Whole

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGE JUICER 100-125CT 40 MRKN	100 Each		100955
BANANA PETITE GRN 150CT DOLE	100 Each		591310
PEAR 95-110CT MRKN	100 Each		198056
APPLE DELICIOUS GOLDEN 125-138CT MRKN	100 Each		597481
APPLE GALA MI 138CT MRKN	100 Each		569392

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1 orange = 1/2c fruit

Updated October 2013

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 376.60

**Fat** 1.00g

**SaturatedFat** 0.30g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 36.00mg

**Carbohydrates** 97.00g



<b>Fiber</b>	17.70g		
<b>Sugar</b>	61.00g		
<b>Protein</b>	5.10g		
<b>Vitamin A</b>	224.56IU	<b>Vitamin C</b>	71.17mg
<b>Calcium</b>	64.46mg	<b>Iron</b>	1.43mg

# Melon

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MELON HNYDEW 5-6CT/AVG MFC	15 Each		197904
MELON MUSK CANTALOUPE 12CT MFC	15 Each		200565

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

ON A CLEAN, CUTTING BOARD, CUT ENDS OFF MELON.

PEEL RIND, THEN CUT IN HALF, DESEED MELON

CUT INTO SMALL, BITE SIZE CUBES.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Updated October 2013

Notes:

Child Nutrition: #8 spoodle = 1/2c fruit

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

**Calories** 9.30

**Fat** 0.00g

**Saturated Fat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 4.35mg

**Carbohydrates** 2.48g

**Fiber** 0.18g

**Sugar** 2.30g

**Protein** 0.15g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	75.60mg
<b>Calcium</b>	1.75mg	<b>Iron</b>	0.00mg

# Watermelon

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS 2CT P/L	8 Each		326089

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

ON A CLEAN, CUTTING BOARD, CUT ENDS OFF MELON.

PEEL RIND,

CUT INTO SMALL, BITE SIZE CUBES.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Updated October 2013

Notes:

Child Nutrition: #8 spoodle = 1/2c fruit

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

**Calories** 108.43

**Fat** 0.54g

**SaturatedFat** 0.06g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 3.62mg

**Carbohydrates** 27.28g

**Fiber** 1.45g

**Sugar** 22.40g

**Protein** 2.21g

**Vitamin A** 2056.59IU **Vitamin C** 29.28mg

**Calcium** 25.30mg **Iron** 0.87mg

# Grapes, Red Seedless

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPE RED SDLSS 18AVG MRKN	3 Carton		197831

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Wash grapes under cool running water, drain well.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

2. Portion into serving dishes using 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 2013

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	3.38		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.10mg		
<b>Carbohydrates</b>	0.88g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.80g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	5.04IU	<b>Vitamin C</b>	0.20mg
<b>Calcium</b>	0.71mg	<b>Iron</b>	0.01mg

# BBQ Ribette Sandwich on Bun

<b>Servings:</b>	100.00	<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 #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	100 Each	Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees F.	100640
4 inch whole grain hamburger buns - 30 ct	100 bun		3480
SAUCE BBQ 6-.5GAL GFS	3 Gallon		734152

## Preparation Instructions

Directions:

Bake BBQ Pork in 4 in. serving pans, shingle them in pan

Add BBQ sauce and water.

Wrap with parchment paper and foil,

Bake until temperature reaches 165 or higher.

CCP: Heat to 165° F or higher for at least 15 seconds

Remove from oven, put on line and hold.

CCP: Hold at 135° F or higher.

Assemble sandwich at time of service. 1 bun and 4 oz BBQ pork.

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 542.89

**Fat** 12.38g

**Saturated Fat** 3.50g

**Trans Fat** 0.00g

**Cholesterol** 30.00mg

**Sodium** 2286.01mg

**Carbohydrates** 61.71g

<b>Fiber</b>	4.15g		
<b>Sugar</b>	39.69g		
<b>Protein</b>	19.15g		
<b>Vitamin A</b>	645.50IU	<b>Vitamin C</b>	3.03mg
<b>Calcium</b>	73.57mg	<b>Iron</b>	2.31mg



# Hamburger on Bun

<b>Servings:</b>	100.00	<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/CHER 2.4Z 6-5 COMM	100 Each		785820
4 inch whole grain hamburger buns - 30 ct	100 bun		3480

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Place frozen patties, in a 4- inch full pan,
2. Add water, Beef Base,
3. Wrap pan with parchment and foil.
4. Bake for an hour, or until 165 degrees F.
5. Place cooked patty on Bun,
6. Top with Bun, Wrap

\* Hold at 145 degrees F

Notes:

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 363.00

**Fat** 17.00g

**Saturated Fat** 5.70g

**Trans Fat** 0.90g

**Cholesterol** 60.00mg

**Sodium** 539.00mg

**Carbohydrates** 2.00g

**Fiber** 3.00g

<b>Sugar</b>			5.00g
<b>Protein</b>			21.00g
<b>Vitamin A</b>	28.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.00mg	<b>Iron</b>	2.00mg

# Cheeseburger on Bun

<b>Servings:</b>	100.00	<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/CHER 2.4Z 6-5 COMM	100 Each		785820
4 inch whole grain hamburger buns - 30 ct	100 bun		3480
CHEESE AMER 160CT SLCD R/F 6-5 LOL	100 Slice		722360

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Place frozen patties, in a 4- inch full pan,
2. Add water, Beef Base,
3. Wrap pan with parchment and foil.
4. Bake for an hour, or until 165 degrees F.
5. Place cooked patty on Bun, place cheese on cooked patty.
6. Top with Bun, Wrap

\* Hold at 145 degrees F

Notes:

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 398.00

**Fat** 19.00g

**Saturated Fat** 6.95g

**Trans Fat** 0.90g

**Cholesterol** 67.50mg

**Sodium** 749.00mg

<b>Carbohydrates</b>		3.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		6.00g	
<b>Protein</b>		24.50g	
<b>Vitamin A</b>	28.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	114.00mg	<b>Iron</b>	2.00mg

# Breaded Chicken Sandwich

<b>Servings:</b>	100.00	<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 #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
4 inch whole grain hamburger buns - 30 ct	100 bun		3480

## Preparation Instructions

Directions:

WASH HANDS.

1. Cook chicken patty as directed on package.
2. Place Chicken Patty on bottom of Bun. Top with remaining half of roll.
3. Wrap and Serve

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Allow student to select condiment of choice.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	400.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	15.00g

<b>Fiber</b>		5.00g	
<b>Sugar</b>		5.00g	
<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>	1.80mg

# Spicy Breaded Chicken Sandwich

<b>Servings:</b>	100.00	<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 #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
4 inch whole grain hamburger buns - 30 ct	100 bun		3480

## Preparation Instructions

Directions:

WASH HANDS.

1. Cook chicken patty as directed on package.
2. Place Chicken Patty on bottom of Bun. Top with remaining half of roll.
3. Wrap and Serve

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Allow student to select condiment of choice.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 430.00

**Fat** 17.00g

**Saturated Fat** 3.00g

**Trans Fat** 0.00g

**Cholesterol** 25.00mg

**Sodium** 590.00mg

**Carbohydrates** 17.00g

<b>Fiber</b>		5.00g	
<b>Sugar</b>		5.00g	
<b>Protein</b>		21.00g	
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.70mg



# Pizza, Cheese

<b>Servings:</b>	160.00	<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 #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	20 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA W/BASL 6-10 REDPK	2 #10 CAN	READY_TO_EAT None	256013
SAUCE MARINARA A/P 6- 10 REDPK	2 #10 CAN	READY_TO_EAT None	592714
SPICE GARLIC POWDER 21Z TRDE	4/5 Cup		224839
CHEESE MOZZ SHRD 4-5 LOL	24 Pound		645170

## Preparation Instructions

Directions:

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

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

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

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

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

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

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

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Slice

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### Amount Per Serving

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<b>Calories</b>	415.88
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<b>Fat</b>	18.42g
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<b>SaturatedFat</b>	9.90g
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<b>Trans Fat</b>	0.00g
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<b>Cholesterol</b>	36.00mg
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<b>Sodium</b>	1044.03mg
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<b>Carbohydrates</b>	38.35g
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<b>Fiber</b>	3.32g
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<b>Sugar</b>	9.03g
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<b>Protein</b>	24.47g
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<b>Vitamin A</b>	198.64IU	<b>Vitamin C</b>	3.07mg
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<b>Calcium</b>	520.19mg	<b>Iron</b>	2.50mg
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# Pizza, Pepperoni

<b>Servings:</b>	160.00	<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 #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	20 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
PEPPERONI SLCD 14-16/Z 2-5 GFS	1 Pound		729981
SAUCE PIZZA W/BASL 6-10 REDPK	2 #10 CAN	READY_TO_EAT None	256013
SAUCE MARINARA A/P 6- 10 REDPK	2 #10 CAN	READY_TO_EAT None	592714
CHEESE MOZZ SHRD 4-5 LOL	15 Pound		645170

## Preparation Instructions

### Directions:

Combine tomato sauces, granulated garlic, Blend in a bowl. Reserve  
Spray each pan with Pan Coat. Place frozen Dough on top.  
Spread 6 oz. of pizza sauce onto each pizza crust.

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

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

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

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

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Slice

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### Amount Per Serving

<b>Calories</b>		334.93	
<b>Fat</b>		13.03g	
<b>SaturatedFat</b>		6.75g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		22.51mg	
<b>Sodium</b>		882.21mg	
<b>Carbohydrates</b>		37.45g	
<b>Fiber</b>		3.32g	
<b>Sugar</b>		8.13g	
<b>Protein</b>		18.17g	
<b>Vitamin A</b>	198.64IU	<b>Vitamin C</b>	3.07mg
<b>Calcium</b>	335.69mg	<b>Iron</b>	2.50mg

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# Pizza, Sausage

<b>Servings:</b>	160.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	20 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
SAUSAGE CRMBL VEGGIE 2-10 MSTARFM	5 Pound		870410
SAUCE PIZZA W/BASL 6-10 REDPK	2 #10 CAN	READY_TO_EAT None	256013
SAUCE MARINARA A/P 6- 10 REDPK	2 #10 CAN	READY_TO_EAT None	592714
CHEESE MOZZ SHRD 4-5 LOL	15 Pound		645170

## Preparation Instructions

### Directions:

Combine tomato sauces, granulated garlic, Blend in a bowl. Reserve  
Spray each pan with Pan Coat. Place frozen Dough on top.  
Spread 6 oz. of pizza sauce onto each pizza crust.

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

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

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

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

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Piece

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### Amount Per Serving

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**Calories** 339.08

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**Fat** 13.14g

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**SaturatedFat** 6.75g

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**Trans Fat** 0.00g

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**Cholesterol** 22.50mg

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**Sodium** 901.62mg

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**Carbohydrates** 37.68g

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**Fiber** 3.46g

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**Sugar** 8.13g

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**Protein** 18.68g

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<b>Vitamin A</b>	198.64IU	<b>Vitamin C</b>	3.07mg
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<b>Calcium</b>	336.62mg	<b>Iron</b>	2.62mg
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# Beef Nachos

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
CHIP TORTL RND YEL 5-1.5 KE	12 Each		163020
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup		150250

## Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

1.) Using a one time use glove, place 22 chips in a #3 paper Tray

2.) Place 2oz. Taco Meat on Chips

\* Portion with No. 16 scoop (¼ cup)

3.) Ladle 2 oz Jalapeno Cheese

\* If student does not want Meat, then substitute with 1 oz. of Shredded Cheese

\* Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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#### Amount Per Serving

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**Calories** 703.92

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**Fat** 45.64g

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**SaturatedFat** 26.23g

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<b>Trans Fat</b>	0.18g		
<b>Cholesterol</b>	142.08mg		
<b>Sodium</b>	1225.98mg		
<b>Carbohydrates</b>	34.06g		
<b>Fiber</b>	3.44g		
<b>Sugar</b>	5.26g		
<b>Protein</b>	38.26g		
<b>Vitamin A</b>	1880.09IU	<b>Vitamin C</b>	11.41mg
<b>Calcium</b>	890.87mg	<b>Iron</b>	2.40mg



# Chicken Nachos

<b>Servings:</b>	100.00	<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 #
CHIX TACO FILLING CKD 4-5.03 TYS	20 Pound	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHIP TORTL RND YEL 5-1.5 KE	24 Ounce		163020
SAUCE CHS QUESO JALAP POUC 6-106Z LOL	10 Pound		135271
SOUR CREAM CUP 100-1Z PAULY	100 Package		126400
84-2.6Z SALSA CUP REDG REDSC2Z	100 Each		536690
CHEESE CHED MLD SHRD 4-5 LOL	6 Pound		150250

## Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

1.) Using a one time use glove, place 22 chips in a #3 paper Tray

2.) Place 2oz. Taco Meat on Chips

\* Portion with No. 16 scoop (¼ cup)

3.) Ladle 2 oz Jalapeno Cheese

\* If student does not want Meat, then substitute with 1 oz. of Shredded Cheese

\* Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		433.36	
<b>Fat</b>		28.02g	
<b>SaturatedFat</b>		14.30g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		169.28mg	
<b>Sodium</b>		905.44mg	
<b>Carbohydrates</b>		13.62g	
<b>Fiber</b>		0.48g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		32.11g	
<b>Vitamin A</b>	794.26IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	393.95mg	<b>Iron</b>	1.42mg

# Tacos

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	2 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</b> STEAM CABINET: 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).	690120
TACO FILLING BEEF REDC FAT 6- 5# COMM	2 Ounce		722330
CHEESE CHED MLD SHRD FINE 4- 5 GCHC	1 Ounce		191043
84-2.6Z SALSA CUP REDG REDSC2Z	1 Package		536690

## Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

- 1.) Using a one time use glove, place 2 tortilla shells in a #2 paper Tray
  - 2.) Place 2oz. Taco Meat on Tortilla Shells \* Portion with No. 16 scoop (¼ cup)
- \* If student does not want Meat, then substitute with 1 oz. of Shredded Cheese  
\* Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		305.28	
<b>Fat</b>		12.59g	
<b>SaturatedFat</b>		4.64g	
<b>Trans Fat</b>		0.18g	
<b>Cholesterol</b>		37.08mg	
<b>Sodium</b>		524.16mg	
<b>Carbohydrates</b>		31.65g	
<b>Fiber</b>		3.26g	
<b>Sugar</b>		3.26g	
<b>Protein</b>		17.58g	
<b>Vitamin A</b>	556.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	245.87mg	<b>Iron</b>	2.70mg

# Cheese Quesadilla

<b>Servings:</b>	96.00	<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 #
QUESADILLA CHS MOZZ WGRAIN 96- 4.4Z	96 Each	<b>BAKE</b> COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	584834

## Preparation Instructions

Directions:

Item Yield

1 Case = 96 Quesadilla, Cheese, Whole Grain, 100% Mozzarella, Frozen, 4.4 Ounce

Thawing Instructions

COOK FROM FROZEN.

Shelf Life

FROZEN = 365 DAYS FROM DATE OF PRODUCTION

Basic Preparation

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. PLACE 1 FROZEN SHEET (8 SERVINGS) INTO PREPARED PAN. PREHEAT OVEN. CONVECTION OVEN: 450 DEGREES F FOR 14-15 MINUTES. COOKING TIME MAY VARY.

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 155.00

**Fat** 6.00g

**SaturatedFat** 3.00g

**Trans Fat** 0.00g

**Cholesterol** 22.50mg

<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	16.00g
<b>Fiber</b>	1.50g
<b>Sugar</b>	1.50g
<b>Protein</b>	9.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 164.50mg	<b>Iron</b> 1.20mg

# Bean Burrito

<b>Servings:</b>	96.00	<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 #
BURRITO BEAN/CHS WGRAIN 96-4.5Z	96 Each		150852

## Preparation Instructions

Directions:

Item Yield

1 Case = 96 Burrito, Bean & Cheese, Whole Grain, Frozen

Thawing Instructions

Thaw under refrigeration

Shelf Life

Frozen = 365 days from date of production

Basic Preparation

For best results, thaw product prior to baking. Convection Oven: 325F. Thawed = 14-20 minutes. Convection Oven: 300F. Thawed = 12-18 minutes. Internal temperature should reach 160F. Times and temperature may vary based upon actual equipment.

## Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 310.00

**Fat** 9.00g

**SaturatedFat** 4.00g

**Trans Fat** 0.00g

**Cholesterol** 10.00mg

**Sodium** 580.00mg

**Carbohydrates** 40.00g

**Fiber** 9.00g

**Sugar** 4.00g

**Protein** 16.00g

**Vitamin A** 400.00IU **Vitamin C** 3.60mg

**Calcium** 200.00mg **Iron** 2.70mg



# Chicken Enchiladas

<b>Servings:</b>	96.00	<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 #
ENCHILADA CHIX WGRAIN 112-2.5Z	112 Each		402332

## Preparation Instructions

### Directions:

1 Case = 112 Enchiladas, Chicken, Whole Grain, Frozen, 2.5 Ounce

### Thawing Instructions

Thaw under refrigeration in original package for 48 hours.

### Shelf Life

Frozen = 365 days from date of production

### Basic Preparation

Conventional Oven: 300 degrees F for 20-25 minutes from frozen, 15-20 minutes from thawed.

Convection Oven: 300 degrees F for 12-18 minutes from frozen, 9-12 minutes from thawed. Internal temperature should reach 160 degrees F.

## Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 163.33

**Fat** 4.67g

**SaturatedFat** 1.75g

**Trans Fat** 0.00g

**Cholesterol** 23.33mg

**Sodium** 245.00mg

**Carbohydrates** 21.00g

**Fiber** 4.67g

**Sugar** 1.17g

**Protein** 9.33g

**Vitamin A** 1166.67IU **Vitamin C** 4.20mg

**Calcium** 93.33mg **Iron** 3.15mg

# Chicken Drumstick, Breaded

<b>Servings:</b>	100.00	<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 #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	100 Each	<p><b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 375°F.</li> <li>2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.</li> <li>3. Heat for 35-40 minutes.</li> </ol> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p><b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 350°F.</li> <li>2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.</li> <li>3. Heat for 25-30 minutes</li> </ol> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
WG Dinner Roll Aunt Millie's	100 1 roll		4375

## Preparation Instructions

Directions:

Item Yield

1 Case = 473.6 Ounces (4 x 118.4 Ounces per Bag) of Chicken Drumsticks, Breaded, Whole Grain, Cooked, Frozen

Thawing Instructions

Prepare from frozen state.

Shelf Life

Frozen = 365 days from date of production

Basic Preparation

Conventional Oven: Preheat oven to 350 degrees F. Place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140 degrees F in a dry heat environment. Appliances vary, adjust accordingly.

CCP: Hold for hot service at 140° F or warmer.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		290.00	
<b>Fat</b>		12.50g	
<b>SaturatedFat</b>		2.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		50.00mg	
<b>Sodium</b>		575.00mg	
<b>Carbohydrates</b>		24.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		20.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

# Chicken Nuggets

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	4 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
WG Dinner Roll Aunt Millie's	1 1 roll		4375

## Preparation Instructions

Directions:

Item Yield

1 Case = 512 Ounces (4 x 128 Ounces per Bag) of Chicken Nuggets, Crispy, Whole Grain, Breaded, Cooked, Frozen

Thawing Instructions

COOK FROM FROZEN

Shelf Life

FROZEN = 270 DAYS

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

\*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS\*\*WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED\*\* SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY\*\*SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

### Amount Per Serving

**Calories** 310.00

**Fat** 13.50g

<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	445.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

# General Tso Chicken

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	327120
SAUCE GEN TSO 4-.5GAL ASIAN	2 Gallon	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	802850

## Preparation Instructions

### Directions:

Place chicken in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. .

Bake until lightly browned. Conventional oven: 425° F for 30 minutes. Convection oven: 375° F for 30 minutes.

In a sauce pan, bottled sauce. Simmer for 15 minutes.

Place cooked chicken into a 4-inch full pan

Pour 1 ½ cups of sauce over chicken.

Bake until golden brown: Convection oven: 325° F for 30 minutes. Baste every 15 minutes for a glazed appearance.

CCP: Heat to 165° F or higher.

CCP: Hold for hot service at 140° F or warmer. Portion with No. 10 scoop ( cup).

### Notes:

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 12.00 Each

### Amount Per Serving

**Calories** 429.94

**Fat** 14.18g

**SaturatedFat** 2.73g

**Trans Fat** 0.00g

**Cholesterol** 21.82mg

**Sodium** 1251.38mg

<b>Carbohydrates</b>	56.19g		
<b>Fiber</b>	3.27g		
<b>Sugar</b>	36.90g		
<b>Protein</b>	15.27g		
<b>Vitamin A</b>	109.09IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.64mg	<b>Iron</b>	1.96mg

# Sweet Sour Chicken

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
SAUCE SWT & SOUR 4-1GAL LACHY	2 Gallon		242292
WG Dinner Roll Aunt Millie's	100 1 roll		4375

## Preparation Instructions

Directions:

Place chicken in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. .

Bake until lightly browned. Conventional oven: 425° F for 30 minutes. Convection oven: 375° F for 30 minutes.

In a sauce pan, bottled sauce. Simmer for 15 minutes.

Place cooked chicken into a 4-inch full pan

Pour 1 ½ cups of sauce over chicken.

Bake until golden brown: Convection oven: 325° F for 30 minutes. Baste every 15 minutes for a glazed appearance.

CCP: Heat to 165° F or higher.

CCP: Hold for hot service at 140° F or warmer. Portion with No. 10 scoop ( cup).

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 12.00 Each

#### Amount Per Serving

**Calories** 504.36

**Fat** 15.68g

**SaturatedFat** 2.73g

**Trans Fat** 0.00g



<b>Cholesterol</b>	21.82mg		
<b>Sodium</b>	788.15mg		
<b>Carbohydrates</b>	70.08g		
<b>Fiber</b>	5.27g		
<b>Sugar</b>	32.22g		
<b>Protein</b>	19.27g		
<b>Vitamin A</b>	109.09IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.64mg	<b>Iron</b>	1.96mg

# Fish Sticks

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN 1Z 2-5 GFS	400 Each		501391
SAUCE TARTAR IND 200-9GM PPI	100 Each		318366
WG Dinner Roll Aunt Millie's	100 1 roll		4375

## Preparation Instructions

Directions:

Item Yield

1 Case = 160 Average Count (2 x 80 Average Count per Bag) Pollock Sticks, Alaskan, Whole Grain Breaded, Wild-Caught, Oven Ready, 1 Ounce, Raw, IQF

Thawing Instructions

COOK FROM FROZEN.

Shelf Life

FROZEN = 547 DAYS

Basic Preparation

KEEP FROZEN UNTIL READY TO PREPARE. DO NOT REFREEZE. CONVECTION OVEN: PLACE OVEN RACK IN CENTER OF THE OVEN. PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 13-16 MINUTES. CONVENTIONAL OVEN: PLACE OVEN RACK IN THE CENTER OF THE OVEN. PREHEAT TO 425 DEGREES F, PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 15-20 MINUTES. NOTE: SINCE APPLIANCES VARY, THESE COOKING INSTRUCTIONS ARE ONLY A GUIDELINE. FISH IS FULLY COOKED WHEN IT REACHES AN INTERNAL TEMPERATURE OF 165 DEGREES F..

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Each

### Amount Per Serving

**Calories** 350.00

**Fat** 12.00g

**SaturatedFat** 1.50g

**Trans Fat** 0.00g

<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	395.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

# Chicken Tenders

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	3 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
WG Dinner Roll Aunt Millie's	1 1 roll		4375

## Preparation Instructions

Directions:

Item Yield

1 Case = 450 Average Count (4 x 112.5 Average Count per Bag) Chicken Tenders, Crispy, Whole Grain, Breaded, CN Labeled, Cooked, Frozen

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

FROZEN = 270 DAYS AT 0\* OR LESS FROM DATE OF PRODUCTION.

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

\*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS\*\*WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED\*\* SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY\*\*SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

### Amount Per Serving

**Calories** 360.00

**Fat** 16.50g

<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	515.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	5.00g		
<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>	40.00mg	<b>Iron</b>	1.80mg

# Hot Dog on WG Bun

<b>Servings:</b>	100.00	<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 BEEF 8/ 2-5 GFS	100 Each		417350
Hot Dog Bun, Whole Grain 24 oz/12 ct	100 Each	READY_TO_EAT No baking necessary.	4040

## Preparation Instructions

Directions:

WASH HANDS.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

Conventional oven: 400°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

3. Serve with ketchup packet (optional).

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 171.40

**Fat** 16.02g

**SaturatedFat** 6.00g

**Trans Fat** 0.50g

**Cholesterol** 35.00mg

**Sodium** 500.03mg

<b>Carbohydrates</b>	1.28g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	6.06g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.95mg	<b>Iron</b>	0.87mg

# Corn Dog

<b>Servings:</b>	100.00	<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 #
CORN DOG CHIX WGRAIN 72-4Z GCHC	100 Each		620220

## Preparation Instructions

Directions:

WASH HANDS.

Item Yield

1 Case = 72 Corn Dogs, Chicken, Honey Crunchy-Battered, Whole Grain, 4 Ounce, Frozen

Thawing Instructions

TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS

Shelf Life

FROZEN= 180 DAYS @ 0°F FROM DATE OF PRODUCTION

Basic Preparation

FROZEN: FRY - NOT RECOMMENDED CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. QTY: FULL PAN. MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 4-5 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 14-17 MINUTES. QTY: FULL PAN CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES. QTY: FULL PAN MICROWAVE (1100 WATTS): HIGH FOR 30 SECONDS, TURN, HIGH FOR 30 SECONDS MORE. QTY: 2

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 240.00

**Fat** 8.00g

**Saturated Fat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 40.00mg

**Sodium** 390.00mg

**Carbohydrates** 30.00g



<b>Fiber</b>		5.00g	
<b>Sugar</b>		5.00g	
<b>Protein</b>		9.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	1.80mg

# Toasted Cheese Sandwich

<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 #
Aunt Millie's Wheat Sandwich Bread	2 Slice	READY_TO_EAT	466
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice		722360

## Preparation Instructions

Directions:

Brush approximately ½ oz (1 Tbsp) margarine or butter on each half-sheet pan (13" x 18" x 1"). For 25 servings, use 3 pans. For 50 servings, use 6 pans. Reserve remaining butter for step 5.

Place 10 slices of bread on each pan, 5 down and 2 across. For 25 servings, 1 pan will have 5 slices.

Top each slice of bread with 2 oz (1 slice) of cheese.

Cover with remaining bread slices.

Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes. Convection oven: 350°F for 10-15 minutes. DO NOT OVERBAKE.

If desired, cut each sandwich diagonally in half. Serve immediately.

CCP: Hold for hot service at 140°F or warmer.

Portion is 1 sandwich.

Notes:

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 280.00

**Fat** 10.00g

**SaturatedFat** 5.00g

**Trans Fat** 0.00g

**Cholesterol** 30.00mg

**Sodium** 1030.00mg

**Carbohydrates** 29.00g

**Fiber** 2.00g

<b>Sugar</b>		6.00g	
<b>Protein</b>		19.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	390.00mg	<b>Iron</b>	8.00mg

# Chicken Alfredo

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	10 Pound		155661
PASTA PENNE RIGATE 8-2.5 PG	6 Gallon		721379
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	25 Pound	UNSPECIFIED Not currently available	570533

## Preparation Instructions

### Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.

Heat Alfredo Sauce, as directed,

Add thawed chicken and sauce together.

Blend with cooked pasta, into a 4-inch full pan.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

### Notes:

6: Recipes for Healthy Kids

7: Competition,

8: and the Chicken Alfredo With a Twist recipe proved to

9: be a winner!

10: This recipe saves on fat and calories by using fat-free half

11: and half, and boosts the fiber content by incorporating

12: whole grains. Whole-wheat rotini noodles are used to

13: replace traditional fettuccini noodles. These twists make

14: this a healthy alternative to the classic chicken alfredo.

15: Pair a serving with a refreshing vegetable side dish to give

16: your kids a meal that is sure to please!

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>		258.41	
<b>Fat</b>		11.07g	
<b>SaturatedFat</b>		4.63g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		89.96mg	
<b>Sodium</b>		487.35mg	
<b>Carbohydrates</b>		6.97g	
<b>Fiber</b>		0.06g	
<b>Sugar</b>		2.72g	
<b>Protein</b>		29.46g	
<b>Vitamin A</b>	193.44IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	167.18mg	<b>Iron</b>	1.01mg

# Baked Pasta with Meat Sauce

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	20 Pound		573201
PASTA PENNE RIG 12-8.8Z LE VENEZIANE	3 Gallon		690182

## Preparation Instructions

Directions:

Brown ground beef. Drain. Continue immediately.

Add onions to ground beef and sauté for 5 minutes or until onions are translucent.

In a heavy pot, combine beef, onions, tomato paste, water, sugar, basil, oregano, salt, granulated garlic, and pepper. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally.

CCP: Heat to 165° F or higher.

Stir cooked macaroni, noodles, or spaghetti into meat sauce. Spread mixture into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

CCP: Hold at 140° F or warmer. Portion with No. 10 scoop ( cup).

Notes:

1: \* See Marketing Guide

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Ounce

### Amount Per Serving

**Calories** 98.16

**Fat** 4.01g

**SaturatedFat** 1.60g

**Trans Fat** 0.00g

**Cholesterol** 31.43mg

**Sodium** 165.71mg

**Carbohydrates** 5.76g

**Fiber** 1.16g

**Sugar** 4.00g

<b>Protein</b>		<b>8.63g</b>	
<b>Vitamin A</b>	<b>369.71IU</b>	<b>Vitamin C</b>	<b>10.86mg</b>
<b>Calcium</b>	<b>25.14mg</b>	<b>Iron</b>	<b>1.14mg</b>

# Mexican Chicken with Rice

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	48 Serving	<b>BAKE</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. Conventional Oven 38 - 42 minutes at 375°F from Frozen. 32 - 37 minutes at 375°F from Thawed. Place pan of water in bottom of oven during cooking. <b>CONVECTION</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. Convection Oven 28 - 30 minutes at 375°F from Frozen. 22 - 27 minutes at 375°F from Thawed. Place pan of water in bottom of oven during cooking.	591160
SPICE GARLIC POWDER 16Z BADIA	1 Ounce		708481
SPICE PAPRIKA 16Z TRDE	2 Tablespoon		518331
SPICE ONION POWDER 19Z TRDE	1 1/3 Cup		126993
SPICE CHILI POWDER 38Z MEXENE	1 Ounce		847171
Diced Tomatoes cnd	2 Cup	<b>BAKE</b>	100329
6-25.6Z RICE BROWN ASIAN LO SOD 45533	4 Quart		238491

## Preparation Instructions

Directions:

Place 12-13 chicken thighs or drumsticks in each pan (9" x 13" x 2"), which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.

Combine garlic salt, paprika, and celery salt. Sprinkle 1 1/2 Tbsp evenly over each pan.

Bake: Conventional oven: 375° F for 30 minutes. Convection oven: 350° F for 25 minutes. CCP: Heat to 165° F or higher. Reserve for step 6.

In a separate bowl, combine onions, green peppers, parsley, tomatoes, chili powder, white rice, and chicken stock. Place 1 lb 7 oz into each pan (9" x 13" x 2"). For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover pans.



Bake: Conventional oven: 350° F for 30 minutes. Convection oven: 325° F for 30 minutes. CCP: Heat to 165° F or higher.

Remove chicken from bone. Evenly distribute 1 lb 1 1/4 oz of chicken into each pan of rice.

CCP: Hold for hot service at 140° F or warmer. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

Notes:

1: Note: The weights given provid

2: e an average of 24 and 48

3: servings based on the minimum ra

4: w chicken weight listed with

5: the description. When purchasi

6: ng chicken, ensure that the

7: average weight of the raw chicken pieces meets the minimum

8: individual piece weight listed.

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	163.58		
<b>Fat</b>	10.05g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	321.76mg		
<b>Carbohydrates</b>	7.76g		
<b>Fiber</b>	0.24g		
<b>Sugar</b>	0.25g		
<b>Protein</b>	16.14g		
<b>Vitamin A</b>	165.03IU	<b>Vitamin C</b>	0.08mg
<b>Calcium</b>	0.85mg	<b>Iron</b>	0.77mg

# Fresh Fruit and Vegetable Bar

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

<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

# Fresh Fruit and Vegetable Bar

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE, RED DELICIOUS 138 COUNT WASHINGTON FANCY FRESH REF	100 Each	BAKE	8331308

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	65.00		
<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>	17.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	13.00g		
<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

# Vegetable Pizza

<b>Servings:</b>	160.00	<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 #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	20 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA W/BASL CALIF 6- 10 GCHC	1 #10 CAN		100234
SAUCE MARINARA 12- 51Z GCHC	1 #10 CAN		219190
PEPPERS GREEN LRG 60- 70CT MRKN	2 Quart		198757
MUSHROOM 2 RANDOM SZ 10	1 Quart		330132
CHEESE BLND MOZZ/PROV DCD 4-5 PG	2 Gallon		529249

## Preparation Instructions

### Directions:

Combine tomato sauces, granulated garlic, Blend in a bowl. Reserve  
Spray each pan with Pan Coat. Place frozen Dough on top.  
Spread 6 oz. of pizza sauce onto each pizza crust.

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

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

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

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

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Slice

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### Amount Per Serving

<b>Calories</b>	256.51		
<b>Fat</b>	8.94g		
<b>SaturatedFat</b>	4.71g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	731.19mg		
<b>Carbohydrates</b>	34.08g		
<b>Fiber</b>	1.79g		
<b>Sugar</b>	4.49g		
<b>Protein</b>	11.89g		
<b>Vitamin A</b>	446.23IU	<b>Vitamin C</b>	7.20mg
<b>Calcium</b>	203.26mg	<b>Iron</b>	2.30mg

# Macaroni and Cheese with Ham

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	19 Pound		119122
Ham, Cubed Frozen	10 Pound		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	2 Pound		150250

## Preparation Instructions

Directions:

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

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

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

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

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

**Calories** 164.11

**Fat** 7.28g

**SaturatedFat** 4.97g

**Trans Fat** 0.10g

**Cholesterol** 41.92mg

**Sodium** 643.48mg

**Carbohydrates** 11.69g

**Fiber** 0.38g

**Sugar** 3.02g

**Protein** 13.58g

**Vitamin A** 91.42IU **Vitamin C** 0.00mg

**Calcium** 183.71mg **Iron** 0.25mg

# Dinner Roll

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll, Whole Grain, unliced 32 oz/24ct	100	READY_TO_EAT	4372

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### 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



# Bread Stick, Herbed

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PLAIN 8 10-20CT GFS	100 Each		219610

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	130.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.80mg

# Chicken Flavored Rice - Whole Grain

<b>Servings:</b>	24.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<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 Gallon		244541

## Preparation Instructions

Prepare steam table pans.

Mix rice according to package directions. Place 5 boxes per steam table pan. Use a total of 3 pans = 15 boxes for the whole school.

Bake 375 degrees for 1 to 1/2 hours or until rice is tender. Hold in steam table and warming oven.

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00

#### Amount Per Serving

**Calories** 140.00

**Fat** 1.33g

**Saturated Fat** 0.33g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 300.00mg

**Carbohydrates** 28.00g

**Fiber** 1.33g

**Sugar** 2.00g

**Protein** 3.33g

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

**Calcium** 13.33mg **Iron** 0.48mg

# Seasoned Green Beans

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1/2 cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GFS	4 #10 CAN	Drain liquid from 3 cans and place in full size steam table. The 4th can can be placed in the steam table liquid and beans.	118737
BACON CRUMBLES CKD 12- 1 GFS	1 Tablespoon	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup		223255

## Preparation Instructions

Preparation Instructions

WASH HANDS.

1. Open can and pour all ingredients into steam table pan.
2. Heat through.
3. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135oF.

Child Nutrition: 1/2 cup provides= 1/2 cup 'other' vegetable

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 1/2 cup

#### Amount Per Serving

<b>Calories</b>	22.83
<b>Fat</b>	0.02g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.05mg
<b>Sodium</b>	146.59mg
<b>Carbohydrates</b>	4.62g
<b>Fiber</b>	2.13g

<b>Sugar</b>	2.11g		
<b>Protein</b>	1.12g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.45mg	<b>Iron</b>	0.53mg

# Peas

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FZ 30 COMM	25 Cup	Steam from frozen	110510

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	62.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	58.00mg		
<b>Carbohydrates</b>	11.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Corn, Buttered

<b>Servings:</b>	100.00	<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 #
CORN WHL KERNEL FCY GRADE 6-10 GFS	15 Pound		118966

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Serve using a 4 oz spoodle.

Child Nutrition: 1/2 cup serving provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

**Calories** 24.00

**Fat** 0.30g

**Saturated Fat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 93.00mg

**Carbohydrates** 5.10g

**Fiber** 0.60g

<b>Sugar</b>			1.20g
<b>Protein</b>			0.60g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.08mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Cob Corn

<b>Servings:</b>	100.00	<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 COB EARS LITTLE 2.75 96CT GFS	100 Each		119385

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Serve using a 4 oz spoodle.

Child Nutrition: 1/2 cup serving provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 0.90

**Fat** 0.01g

**Saturated Fat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.00mg

**Carbohydrates** 0.19g

**Fiber** 0.01g



<b>Sugar</b>	0.05g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Beans Baked

<b>Servings:</b>	1.00	<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 BAKED 6-10 BUSH	1/2 Cup		520098

## Preparation Instructions

Directions:

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

Updated December 2013

Notes:

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	140.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Carrots, Steamed

<b>Servings:</b>	100.00	<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 #
CARROT BABY WHL MED 12-2 GFS	35 3/4 Pound		273902

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook vegetables in steamer for 9-10 minutes (5-6 psi) or 5-9 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Serve using a 4 oz spoodle.

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 16.68

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 26.22mg

**Carbohydrates** 3.34g

**Fiber** 0.95g

**Sugar** 1.91g

**Protein** 0.00g

**Vitamin A** 1430.00IU **Vitamin C** 0.57mg

<b>Calcium</b>	9.53mg	<b>Iron</b>	0.00mg
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# Orange Glazed Carrots

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 cu	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL MED 12-2 GFS	1 23/109 Gallon		273902
BUTTER ALT LIQ 3-1GAL SAVORY	1/2 Cup		756261
brown sugar	3 1/4 Cup	READY_TO_EAT	
100% Orange Juice	1 Ounce		
EXTRACT VANILLA PURE 1 PT MCORM	2 Tablespoon		150223
cinnamon	2 Teaspoon	READY_TO_EAT	
SPICE NUTMEG GRND 16Z TRDE	2 Teaspoon		224944

## Preparation Instructions

### Directions:

Heat margarine and sugar in a large stock pot uncovered over medium heat until sugar dissolves.

Add orange juice concentrate, water, vanilla, cinnamon, and nutmeg. Simmer uncovered over medium heat for 3 minutes, stirring occasionally.

Fold in carrots and craisins. Bring to a boil for 3-4 minutes.

Add cornstarch. Reduce heat to low. Cook uncovered for 2 minutes.

Critical Control Point: Heat to 140 °F or higher.

Place 2 qt 2 cups (about 4 lb 7 oz) glazed carrots in a steam table pan (12 x 20 x 2 ½).

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Critical Control Point: Hold for hot service at 140 °F or higher.

Portion with No. 12 scoop (1/3 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup red/orange vegetable and 1/4 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup vegetable and 1/4 cup fruit.

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 cu

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### Amount Per Serving

<b>Calories</b>	18.32		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	28.44mg		
<b>Carbohydrates</b>	3.94g		
<b>Fiber</b>	1.03g		
<b>Sugar</b>	2.38g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	1548.80IU	<b>Vitamin C</b>	0.92mg
<b>Calcium</b>	10.33mg	<b>Iron</b>	0.00mg

# Cauliflower Parslied

<b>Servings:</b>	100.00	<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 #
CAULIFLOWER 12-2 GFS	42 1/4 Pound		119326
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 7/8 Cup		184622
PARSLEY BUNCHED 30CT RSS	1 7/8 Cup		667521

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

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

Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable

Updated October 2013

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 38.12

**Fat** 4.19g

**SaturatedFat** 0.84g

**Trans Fat** 0.05g

**Cholesterol** 0.00mg

<b>Sodium</b>	0.63mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	130.71IU	<b>Vitamin C</b>	1.51mg
<b>Calcium</b>	1.58mg	<b>Iron</b>	0.07mg



# Seasoned Broccoli

<b>Servings:</b>	100.00	<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 #
BROCCOLI CUTS 12-2.5 GFS	50 Cup		119245

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 4-8 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

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

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 0.00

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.00mg

**Carbohydrates** 0.00g

**Fiber** 0.00g

**Sugar** 0.00g

**Protein** 0.00g

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

<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg
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# Mashed Potatoes and Chicken Gravy

<b>Servings:</b>	100.00	<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 12-28Z BAMER	4 Pound	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
GRAVY CHIX W/MEAT 12-5 LEGO	2 Ounce		270261

## Preparation Instructions

Directions:

WASH HANDS.

Pour boiling water into a large mixing bowl and add potato granules while stirring constantly with a wire whisk.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1/2 cup provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 cup

#### Amount Per Serving

**Calories** 67.20

**Fat** 1.07g

**SaturatedFat** 0.04g

**Trans Fat** 0.00g

**Cholesterol** 0.40mg

**Sodium** 337.26mg

**Carbohydrates** 13.12g

**Fiber** 0.91g

**Sugar** 0.08g

**Protein** 1.91g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.14mg	<b>Iron</b>	0.27mg

# Roasted Redskin Potatoes

<b>Servings:</b>	1.00	<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 RDSKN ROSMRY GARL RSTD 4-4	4 Ounce	<b>BAKE</b> PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 12 TO 14 MINUTES. SERVE IMMEDIATELY. <b>CONVECTION</b> PREHEAT OVEN TO 400° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 15 TO 17 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	178522

## Preparation Instructions

### Directions:

Place 2 qt 2 3/4 cups (about 5 lb) potatoes on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Bake until golden brown:

Conventional oven: 425 °F for 25-30 minutes. Convection oven: 400 °F for 15-20 minutes.

Critical Control Point: Heat to 140 °F or higher.

Transfer 3 qt (about 3 lb 15 oz) roasted potatoes to a steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Critical Control Point: Hold for hot service at 140 °F or higher.

Set aside for step 11.

Heat oil in a medium stock pot.

Add bell peppers, salt, pepper, and garlic. Saute uncovered over medium-high heat for 2-3 minutes.

Critical Control Point: Heat to 140 °F or higher.

Drain in a colander.

Pour 1 qt (about 1 lb 11 oz) bell peppers over each pan. Stir well.

Critical Control Point: Hold for hot service at 140 °F or higher.

Portion with 6 fl oz spoodle (3/4 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 1/8 cup red/orange vegetable, 3/8 cup starchy vegetable, and 1/8 cup additional vegetable.

5: CACFP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 5/8 cup vegetable.

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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### Amount Per Serving

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**Calories** 89.74

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**Fat** 0.64g

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**SaturatedFat** 0.00g

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**Trans Fat** 0.00g

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**Cholesterol** 0.00mg

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**Sodium** 115.38mg

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**Carbohydrates** 17.95g

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**Fiber** 1.28g

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**Sugar** 0.00g

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**Protein** 2.56g

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**Vitamin A** 0.00IU      **Vitamin C** 3.08mg

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**Calcium** 0.00mg      **Iron** 0.92mg

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# Egg Roll, Vegetable

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<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 #
EGG ROLL VEG WGRAIN 130-3.1Z MINH	100 Each	<b>BAKE</b> <b>HEATING INSTRUCTIONS. HEAT BEFORE SERVING.</b> Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	1.40		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.50mg		
<b>Carbohydrates</b>	0.22g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	2.00IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	0.40mg	<b>Iron</b>	0.01mg

# Peach Cobbler

<b>Servings:</b>	60.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT MIX STHRN STYL 6-5 SHEPGRAIN	80 Ounce	BAKE See Package Instructions	108936
Diced Peaches	6 #10 CAN	BAKE	
SUGAR BROWN MED 25 GFS	1 Cup	UNSPECIFIED	108626

## Preparation Instructions

Directions:

Pastry dough: Combine flour and salt. Mix in shortening until size of small peas.

Add water and mix just until dry ingredients are moistened. Cover and set aside for step 8.

Filling: For 24 servings, add enough cold water to peach syrup to make 1  $\frac{3}{4}$  cups liquid mixture. For 48 servings, add enough cold water to peach syrup to make 3  $\frac{1}{2}$  cups liquid mixture.

Mix cornstarch with about  $\frac{1}{4}$  of the liquid mixture.

Bring remaining liquid mixture to boil. Add the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after step 6.

Remove from heat. Add peaches to thickened mixture. Stir lightly. Do not break up fruit.

Pour 1 qt 2  $\frac{1}{2}$  cups thickened peach mixture into each pan (9" x 13" x 2"). For 24 servings, use 1 pan. For 48 servings, use 2 pans. Set aside.

On a lightly floured surface, roll out about 14  $\frac{1}{2}$  oz of pastry dough into rectangle (about 9" x 13") for each pan.

Cover peaches with pastry. Cut dough 4 x 6 (24 pieces).

Bake until pastry is brown and filling is bubbly: Conventional oven: 425° F for 45 minutes Convection oven: 375° F for 30 minutes

Cut each pan 4 x 6 (24 pieces). Portion is 1 piece.

No CCP necessary.

Notes:

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

Calories 113.01



<b>Fat</b>	5.05g		
<b>SaturatedFat</b>	3.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	191.92mg		
<b>Carbohydrates</b>	14.82g		
<b>Fiber</b>	0.51g		
<b>Sugar</b>	4.21g		
<b>Protein</b>	1.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	75.76mg	<b>Iron</b>	0.73mg

# Wedges Ranch Cut

<b>Servings:</b>	100.00	<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 #
FRIES WEDGE SEAS 6-5 LAMB	1 Ounce		457558

## Preparation Instructions

Directions:

Bake for 30-45 minutes

350 degrees F.

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 cup

#### Amount Per Serving

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

# Brown Rice Pilaf

<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 #
PARSLEY BUNCHED 30CT RSS	1/4 Cup		667521
RICE BRN ASIAN 6-26.4Z UBEN	1 Gallon		244541

## Preparation Instructions

Directions:

See package for cooking details

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Pour 2 qt 1 cup (about 4 lb 10 oz) chicken broth mixture in each steam table pan. Stir. Cover pans tightly.

Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 140 °F or higher.

Garnish with parsley.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*

2: See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

3: Cooking Process #2: Same Day Service

4: Serving

5: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red orange vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

6: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 3/8 cup vegetable, and 1 serving grains/breads.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 cup

#### Amount Per Serving

**Calories** 67.31

**Fat** 0.64g

<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	144.17mg		
<b>Carbohydrates</b>	13.44g		
<b>Fiber</b>	0.65g		
<b>Sugar</b>	0.96g		
<b>Protein</b>	1.61g		
<b>Vitamin A</b>	25.61IU	<b>Vitamin C</b>	0.40mg
<b>Calcium</b>	6.82mg	<b>Iron</b>	0.25mg

# Chicken Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	327120
WG Dinner Roll Aunt Millie's	1 1 roll	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	4375

## Preparation Instructions

### Item Yield

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

### Thawing Instructions

KEEP FROZEN UNTIL READY TO COOK.

### Shelf Life

FROZEN = 270 DAYS FROM DATE OF PRODUCTION

### Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

\*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS\*\*WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED\*\* SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY\*\*SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 12.00 Each

### Amount Per Serving

**Calories** 350.91

**Fat** 15.68g

**SaturatedFat** 2.73g

<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	21.82mg		
<b>Sodium</b>	506.82mg		
<b>Carbohydrates</b>	34.27g		
<b>Fiber</b>	5.27g		
<b>Sugar</b>	4.09g		
<b>Protein</b>	19.27g		
<b>Vitamin A</b>	109.09IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.64mg	<b>Iron</b>	1.96mg

# Tomato Soup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	6 Ounce		488232

## Preparation Instructions

Directions:

Quantity Invoiced, Last 7-Weeks:

Week ofCanCase

05/13/201800

05/20/201800

05/27/201800

06/03/201800

06/10/201800

06/17/201800

06/24/201800

Item Yield

1 Case = 600 Fluid Ounces (12 x 50 Fluid Ounces per Can) of Soup, Tomato, Low-Sodium, with Tomato Pieces, Ready-to-Use, Canned

Thawing Instructions

N/A THERE ARE 600 FL.OZ PER CASE. 1 CAN MAKES 8-6Z SRV.

Shelf Life

DRY STORAGE= 730 DAYS.

Basic Preparation

READY TO HEAT & SERVE. (DO NOT ADD WATER OR MILK). WARM IN SAUCEPAN ON STOVE OR IN MICROWAVE. THIS SOUP CAN ALSO BE USED IN RECIPES FOR CASSEROLES, SAUCES OR GRAVIES.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Fluid Ounce

#### Amount Per Serving

**Calories** 120.00

**Fat** 1.50g

<b>SaturatedFat</b>	0.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	615.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.54mg



# Salisbury Steak

<b>Servings:</b>	59.00	<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 SALISBURY CHARB 59-2.7Z ADV	59 Each	<b>GRILL</b> Flat grill: preheat flat grill to 350 degrees f. Heat frozen product for 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 25-30 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 2-4 minutes or until internal temperature reaches 165 degrees f.	571730
MIX GRAVY BRN LO SOD 8-16Z TRIO	32 Ounce	<b>Basic Preparation</b> IN SAUCEPAN HEAT 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	552050

## Preparation Instructions

Directions:

Item Yield

1 Case = 159 Ounces (59 x 2.69 Ounces per Each) of Beef Steaks, Salisbury Ground, Char-Broiled, 2.7 Ounce, Cooked, Frozen

Thawing Instructions

KEEP FROZEN

Shelf Life

FROZEN= 365 DAYS AT 0°F OR LESS FROM PRODCUTION DATE

Basic Preparation

PREPARE FROM FROZEN STATE. CONVENTIONAL OVEN: PREHEAT OVEN TO 375°F. BAKE FOR 25-30 MINUTES. CONVECTION OVEN: PREHEAT OVEN TO 350°F. BAKE FOR 15-20 MINUTES. MICROWAVE: COOK ON HIGH FOR 2 - 4 MINUTES. FOR YOUR CUSTOMERS CONTINUED FOOD SAFETY: PRODUCT SHOULD ALWAYS BE HEATED TO AN INTERNAL TEMPERATURE OF 165°F. VERIFY WITH A MEAT THERMOMETER. COOKING TIMES WILL VARY DUE TO SIZE AND THICKNESS OF PRODUCT AND VARIATIONS OF APPLIANCES USED.

Marketing Tips

SALISBURY IS A TRADITIONAL COMFORT FOOD. THIS PORTIONED PRODUCT SAVES TIME AND LABOR, AND ENSURES A CONSISTENT QUALITY PRODUCT. \*\*DOWN HOME BEEF SALISBURY STEAK;

PROFITABLE--REDUCED LABOR COSTS AND TIME REQUIREMENTS. EASY PREPARATION--COOKS FROM A FROZEN STATE. EASY PREPARATION--PORTION-CONTROLLED, PREPARE ONLY THE AMOUNT NEEDED. VERSATILE--FIT A VARIETY OF MENU TRENDS AND ADD FLEXIBILITY TO YOUR MENU. SAFE--IQF TO SEAL IN FRESHNESS AND FLAVOR.\*\*FOODSERVICE: FULL SERVICE, FAMILY STYLE, CASUAL DINING, CATERING, BUFFETS, CAFETERIAS, HEALTHCARE AND MORE.\*\*DOWN HOME SALISBURY: GOLDEN BROWN SALISBURY STEAK, SERVED WITH A SIDE OF STEAMED VEGETABLES, MASHED POTATOES AND BROWN GRAVY. SALISBURY STEAK SANDWICH: SALISBURY STEAK WITH KETCHUP, LETTUCE, CARROT AND ONION SHREDS, SERVED ON TOASTED WHEAT BREAD.

## Nutrition Facts

Servings Per Recipe: 59.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	207.12		
<b>Fat</b>	13.54g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	371.86mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Muffin Lunch

<b>Servings:</b>	100.00	<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 #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	100 Each		262343
CHEESE STRING MOZZ LT IW 168-1Z LOL	100 Each		786801
YOGURT RASPB RNBW L/F 48-4Z TRIX	100 Each	READY_TO_EAT Ready to eat single serving	551770

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>		320.00	
<b>Fat</b>		9.50g	
<b>SaturatedFat</b>		3.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		25.00mg	
<b>Sodium</b>		365.00mg	
<b>Carbohydrates</b>		43.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		24.00g	
<b>Protein</b>		14.00g	
<b>Vitamin A</b>	14.41IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	310.76mg	<b>Iron</b>	1.33mg

# Refried Beans

<b>Servings:</b>	100.00	<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 #
BEAN REFRD VEGTAR 6-27.09Z SANTG	26 3/4 Pound	<b>RECONSTITUTE</b> 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753

## Preparation Instructions

Directions:

Item Yield

1 Case = 547.2 Ounces (6 x 91.2 Ounces per Bag) of Beans, Refried, Dehydrated, with Whole Beans

Thawing Instructions

NONE

Shelf Life

DRY STORAGE= 270 DAYS.

Basic Preparation

STEP 1) PLACE BEANS IN A STEAM TABLE PAN. STEP 2) POUR 1/2 GALLON BOILING WATER OVER BEANS AND GIVE A QUICK STIR. STEP 3) COVER AND HOLD 25 MINUTES ON STEAM TABLE UNTIL READY TO SERVE19: ¾ qt of water for each 1 lb of dry beans. Add

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

**Calories** 449.14

**Fat** 3.96g

**SaturatedFat** 1.32g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 1611.60mg

**Carbohydrates** 79.26g

**Fiber** 26.42g

<b>Sugar</b>			0.00g
<b>Protein</b>			26.42g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.32mg
<b>Calcium</b>	134.42mg	<b>Iron</b>	6.05mg

# Turkey Sub

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD RED SOD 6-2 JENNO	19 Pound		183161
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	100 Ounce	READY_TO_EAT	100018
Aunt Millie's Whole Grain Mini Sub Buns	100 Each		5157

## Preparation Instructions

Directions:

Place 4 slices = Jennie-O Turkey slices and 2 slices of cheese on each hoagie bun

CCP: Hold for cold service at 41° F or lower.

Wrap each choice in a paper wrap assemble in 2" serving pans

For line service

CCP: Hold for cold service at 41° F or lower.

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

**Calories** 340.80

**Fat** 12.51g

**SaturatedFat** 5.50g

**Trans Fat** 0.00g

**Cholesterol** 50.33mg

**Sodium** 854.00mg

**Carbohydrates** 30.00g

**Fiber** 3.00g

**Sugar** 5.00g

**Protein** 23.16g

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

<b>Calcium</b>	6.00mg	<b>Iron</b>	10.36mg
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# Ham & Cheese Wrap

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: <b>BRING TO ROOM TEMPERATURE.</b> 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).	690141
HAM VIRGINIA BKD DELI SLCD 6- 2 GFS	2 Ounce		680656
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	2 Slice		722360
LETTUCE ROMAINE CHOP 6- 2 RSS	1 Cup		735787

## Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
2. Place 5 slices of turkey, 1 slice of cheese & 1 cup of Romaine into 10" tortilla
3. Wrap, label and date for 3 days.

CCP: Keep cold 41F or below.

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Wrap

#### Amount Per Serving

**Calories** 310.00

**Fat** 10.00g

**Saturated Fat** 4.50g



<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	1070.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 5000.00IU	<b>Vitamin C</b> 30.00mg
<b>Calcium</b> 312.00mg	<b>Iron</b> 2.52mg

# Cereal Bar Lunch

<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 #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each		282431
CRACKER GRHM HNY BUNNY 100-1.25Z GENM	1 Package		643052

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	53.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	498.00mg	<b>Iron</b>	1.08mg

# Turkey Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD RED SOD 6-2 JENNO	19 Pound		183161
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	100 Ounce	READY_TO_EAT	100018
Aunt Millie's Wheat Sandwich Bread	200 Slice	READY_TO_EAT	466

## Preparation Instructions

Directions:

Place 4 slices = Jennie-O Turkey slices and 2 slices of cheese on each hoagie bun

CCP: Hold for cold service at 41° F or lower.

Wrap each choice in a paper wrap assemble in 2" serving pans

For line service

CCP: Hold for cold service at 41° F or lower.

Notes:

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

### Amount Per Serving

**Calories** 310.80

**Fat** 12.01g

**SaturatedFat** 5.00g

**Trans Fat** 0.00g

**Cholesterol** 50.33mg

**Sodium** 764.00mg

**Carbohydrates** 27.00g

**Fiber** 2.00g

**Sugar** 3.00g

**Protein** 22.16g

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

**Calcium** 6.00mg **Iron** 8.36mg

# Pancakes with Sausage

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN 144CT 1.14Z AJ	2 Ounce		617650
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	2 Each		184970
SYRUP PANCK CUP 200-1.5Z GFS	1 Each		160090

## Preparation Instructions

- 1.) Pull Pancakes 2 days ahead
  - 2.) Shingle pancakes in a 2 inch full pan
  - 3.) Place in steamer (unwrapped) for 15-20 minutes, or until 145 degrees F.
  - 4.) Steam 1 hour before service
  - 5.) Shingle frozen sausage patties, into a 2-inch full pan, add 1 cup of water, wrap with parchment paper and then foil.
  - 6.) Bake at 350 degrees F, for an hour, Or until 165 degrees F. (Less time of sausage are thawed)
  - 7.) Hold at 145, in warmer
  - 8.) Serve immediately.
- CCP: Hold at 145 degrees F.  
Serving: 2 pancakes, 2 sausage patty.

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	393.33
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	2.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.67mg
<b>Sodium</b>	380.00mg
<b>Carbohydrates</b>	58.33g
<b>Fiber</b>	2.00g

<b>Sugar</b>	22.33g		
<b>Protein</b>	15.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.64mg

# Bosco sticks and marinara sauce

<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 #
BREADSTICK CHS STFD 4 WGRAIN 144CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 6-8 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p>CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> <li>1. Preheat oil to 350° F.</li> <li>2. THAWED: 1-2 minutes.</li> <li>3. Let stand 2 minutes before serving.</li> </ol> <p>CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before cooking.</li> <li>2. Keep Bosco Stick breadsticks covered while thawing.</li> <li>3. Bosco Stick breadsticks may be thawed in packaging.</li> <li>4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.</li> </ol> <p>/u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p>	787440
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p>READY_TO_EAT None</p>	677721

## Preparation Instructions

No Preparation Instructions available.

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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### Amount Per Serving

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**Calories** 260.00

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**Fat** 6.00g

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**SaturatedFat** 3.00g

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**Trans Fat** 0.00g

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**Cholesterol** 10.00mg

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**Sodium** 480.00mg

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**Carbohydrates** 36.00g

---

**Fiber** 4.00g

---

**Sugar** 6.00g

---

**Protein** 14.00g

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**Vitamin A** 362.00IU      **Vitamin C** 6.00mg

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**Calcium** 174.00mg      **Iron** 1.44mg

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# Sloppy Joe on Bun

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND CKD 6-5 COMM	3 Ounce	Heat meat to 155 degrees F. Hold for 15 seconds.	135081
SAUCE SLOPPY JOE 4-10 MANWICH	4 Ounce		860166
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

Serve using 3/8 cup using a #10 or tan scoop.

Provides 2 oz of meat/meat alternate and 1/4 cup red vegetable.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 442.50

**Fat** 8.00g

**SaturatedFat** 2.40g

**Trans Fat** 0.00g

**Cholesterol** 82.50mg

**Sodium** 1508.00mg

**Carbohydrates** 32.00g

**Fiber** 10.00g

**Sugar** 28.00g

**Protein** 29.50g

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

**Calcium** 21.00mg **Iron** 4.44mg

# Macaroni and Cheese

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	6 Pound		119122

## Preparation Instructions

Directions:

Cook macaroni in boiling water until firm-tender, 1 hour, thawed. Serve into 4-inch full pan

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

Serving size: 6 oz Mac and Cheese.

Notes:

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

**Calories** 201.60

**Fat** 7.68g

**Saturated Fat** 4.32g

**Trans Fat** 0.24g

**Cholesterol** 21.60mg

**Sodium** 700.80mg

**Carbohydrates** 22.08g

**Fiber** 0.96g

**Sugar** 4.32g

**Protein** 12.00g

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

**Calcium** 298.08mg **Iron** 0.48mg

# Yogurt Parfait

<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 #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
4-50Z-GRANOLA W/O RAISINS - 380025435	1 Cup		976193
STRAWBERRIES SLCD IQF 6-5# COMM	4 Ounce		105302

## Preparation Instructions

Method

In a 14 oz cup

Add 2 oz. of Yogurt

Then add 2 oz strawberries

Repeat.

Top with Granola

Top with lid.

Serve cold

1 Serving is 1 Parfait

CCP: Hold parfait at 40 degrees F

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 100.00

**Fat** 0.75g

**SaturatedFat** 0.50g

**Trans Fat** 0.00g

**Cholesterol** 2.50mg

**Sodium** 52.50mg

**Carbohydrates** 19.50g

<b>Fiber</b>		0.50g	
<b>Sugar</b>		14.00g	
<b>Protein</b>		3.50g	
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	0.90mg

# Yogurt Cup

<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 #
YOGURT VAR PK KIDS 24-4Z YOPL	1 Each	READY_TO_EAT Ready to eat	411042

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	60.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	0.00mg

# Uncrustable, PBJ, Grape

<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 #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	1.00mg

# Uncrustable, PBJ, Strawberry

<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 #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	1.00mg

# Hash Brown

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<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 #
HASHBROWN PTY 120-2.25Z OREI	1 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146

## Preparation Instructions

Prepare from frozen state.

place on sheet pan and cook in convection oven 400 degrees for 13 minutes.

Cook to 155 degrees F.

Serve hot

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 135.00

**Fat** 7.50g

**SaturatedFat** 0.50g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 250.00mg

**Carbohydrates** 15.50g

**Fiber** 1.50g

**Sugar** 0.00g

**Protein** 1.00g

**Vitamin A** 0.00IU **Vitamin C** 3.00mg

**Calcium** 10.00mg **Iron** 0.36mg



# Peas & Carrots ,

<b>Servings:</b>	1.00	<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 #
PEAS & CARROT 12-2.5 GFS	1/2 Cup		119458
BUTTER ALT LIQ 3-1GAL SAVORY	1 Ounce		756261

## Preparation Instructions

Directions:

Place 10.5 # of frozen peas in a 4" steam table pan

Pour 4 oz of melted Margarine over peas

Store in refrigerator till time to steam.

CCP: Heat to 145° F or higher for at least 15 Seconds

Hold in steam table

CCP: Hold at 135° F or higher.

Notes:

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	44.78		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	22.39mg		
<b>Carbohydrates</b>	6.72g		
<b>Fiber</b>	2.24g		
<b>Sugar</b>	2.99g		
<b>Protein</b>	1.49g		
<b>Vitamin A</b>	1119.40IU	<b>Vitamin C</b>	3.58mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.54mg

# Buttered Peas

<b>Servings:</b>	1.00	<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 #
PEAS GREEN 12-2.5 GFS	1/2 Cup		119415
BUTTER ALT LIQ 3-1GAL SAVORY	1 Ounce		756261

## Preparation Instructions

Directions:

Place 10.5 # of frozen peas in a 4" steam table pan

Pour 4 oz of melted Margarine over peas

Store in refrigerator till time to steam.

CCP: Heat to 145° F or higher for at least 15 Seconds

Hold in steam table

CCP: Hold at 135° F or higher.

Notes:

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### 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

# Roasted Fresh Vegetables

<b>Servings:</b>	50.00	<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 #
BROCCOLI & CAULIF COMBO 12-12Z	1 Pound		234413
SQUASH BABY SUMMER GREEN 5 SPECLTY	10 Each		107882
SQUASH BABY GREEN ZUCCHINI 5	10 Each		220190
CARROT BABY WHL PETITE 12-2 GFS	1 Pound		599921
GARLIC CHPD 2-4 GARLKNG	2 Teaspoon		624962
BUTTER ALT LIQ PREPOIL 3-1GAL WHIRL	1/2 Cup		425532
SPICE BLND ORIG 3-21Z MDASH	1/2 Teaspoon		265103

## Preparation Instructions

### Directions:

Select a colorful assortment of 4 or more vegetables from the 3 vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.)

Keep Group A vegetables separate from Group B and optional vegetables, because they require different cooking times in step 4. Clean, slice and cut vegetables into bite-size pieces.

Combine water, soy sauce, and granulated garlic. Set aside for step 6.

Heat oil in a large, heavy skillet or pan.

Add pepper to oil and stir.

Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.

Add soy sauce mixture to vegetables. Stir quickly for a few seconds.

Cover, reduce heat, and steam for 2-3 minutes. DO NOT OVERCOOK VEGETABLES. They will continue to cook on the steamtable.

Pour 1 qt 2 ¼ cups into serving pans (9" x 13" X 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.

CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).

### Notes:

1: Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, and

2: onion are used in the nutrient calculation.

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

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### Amount Per Serving

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<b>Calories</b>	21.29		
<b>Fat</b>	2.24g		
<b>SaturatedFat</b>	0.40g		
<b>Trans Fat</b>	0.32g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.18mg		
<b>Carbohydrates</b>	0.42g		
<b>Fiber</b>	0.12g		
<b>Sugar</b>	0.30g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	179.10IU	<b>Vitamin C</b>	0.07mg
<b>Calcium</b>	1.19mg	<b>Iron</b>	0.00mg

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# Steamed Fresh Vegetables

<b>Servings:</b>	50.00	<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 #
BROCCOLI & CAULIF COMBO 12-12Z	1 Pound		234413
SQUASH BABY SUMMER GREEN 5 SPECLTY	10 Each		107882
SQUASH BABY GREEN ZUCCHINI 5	10 Each		220190
CARROT BABY WHL PETITE 12-2 GFS	1 Pound		599921
GARLIC CHPD 2-4 GARLKNG	2 Teaspoon		624962
BUTTER ALT LIQ PREPOIL 3-1GAL WHIRL	1/2 Cup		425532
SPICE BLND ORIG 3-21Z MDASH	1/2 Teaspoon		265103

## Preparation Instructions

### Directions:

Select a colorful assortment of 4 or more vegetables from the 3 vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.)

Keep Group A vegetables separate from Group B and optional vegetables, because they require different cooking times in step 4. Clean, slice and cut vegetables into bite-size pieces.

Combine water, soy sauce, and granulated garlic. Set aside for step 6.

Heat oil in a large, heavy skillet or pan.

Add pepper to oil and stir.

Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.

Add soy sauce mixture to vegetables. Stir quickly for a few seconds.

Cover, reduce heat, and steam for 2-3 minutes. DO NOT OVERCOOK VEGETABLES. They will continue to cook on the steamtable.

Pour 1 qt 2 ¼ cups into serving pans (9" x 13" X 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.

CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).

### Notes:

1: Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, and

2: onion are used in the nutrient calculation.

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

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### Amount Per Serving

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<b>Calories</b>	21.29		
<b>Fat</b>	2.24g		
<b>SaturatedFat</b>	0.40g		
<b>Trans Fat</b>	0.32g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.18mg		
<b>Carbohydrates</b>	0.42g		
<b>Fiber</b>	0.12g		
<b>Sugar</b>	0.30g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	179.10IU	<b>Vitamin C</b>	0.07mg
<b>Calcium</b>	1.19mg	<b>Iron</b>	0.00mg

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# Fries Sweet Potato Crinkle

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	19 3/4 Pound	DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	628100

## Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3.17 oz svg = 1/2 c. red/orange vegetable

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	119.62		
<b>Fat</b>	4.49g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	179.43mg		
<b>Carbohydrates</b>	16.95g		
<b>Fiber</b>	2.99g		
<b>Sugar</b>	4.98g		
<b>Protein</b>	1.99g		
<b>Vitamin A</b>	3488.96IU	<b>Vitamin C</b>	2.39mg
<b>Calcium</b>	19.94mg	<b>Iron</b>	0.36mg

# Gravy, Beef

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BF IW 8-12.16Z LEGO	10 Gram		157291

## Preparation Instructions

Directions:

CCP: Heat to 165° F or higher for at least 15 seconds

Bring 1 gallon water to a boil and slowly add gravy mix stirring briskly with a wisk.

CCP: Hold at 135° F or higher.

Wisk gravy until all clumps are gone. Place on line for serving. portion with a 2 oz spoodle.

Notes:

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	600.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10800.00mg		
<b>Carbohydrates</b>	120.00g		
<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



# Gravy, Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY CHIX W/MEAT 12-5 LEGO	1 Cup		270261

## Preparation Instructions

Directions:

CCP: Heat to 165° F or higher for at least 15 seconds

Bring 1 gallon water to a boil and slowly add gravy mix stirring briskly with a wisk.

CCP: Hold at 135° F or higher.

Wisk gravy until all clumps are gone. Place on line for serving. portion with a 2 oz spoodle.

Notes:

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	1320.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Breakfast Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY SAUSAGE WHT FZ 5-6# BE	1		547330

## Preparation Instructions

Directions:

CCP: Heat to 165° F or higher for at least 15 seconds

Bring 1 gallon water to a boil and slowly add gravy mix stirring briskly with a wisk.

CCP: Hold at 135° F or higher.

Wisk gravy until all clumps are gone. Place on line for serving. portion with a 2 oz spoodle.

Notes:

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

#### 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

# Chef Salad, Turkey

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce	#20scoop	150250
TURKEY BRST DCD 2-5 COMM	2 Ounce		451300
TOMATO CHERRY 11 MRKN	4 Each		569551

## Preparation Instructions

1. Cut romaine
2. Place 1 cup romaine, 1 cup spinach in clam shell
3. Top with cherry tomatoes, turkey, croutons & cheese
4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

### Amount Per Serving

**Calories** 124.90

**Fat** 5.02g

**SaturatedFat** 3.18g

**Trans Fat** 0.00g

**Cholesterol** 32.26mg

**Sodium** 369.05mg

**Carbohydrates** 7.50g

**Fiber** 2.18g

**Sugar** 2.40g

**Protein** 12.83g

<b>Vitamin A</b>	5719.71IU	<b>Vitamin C</b>	41.84mg
<b>Calcium</b>	147.07mg	<b>Iron</b>	1.23mg

# Lemon Broccoli with Tomatoes

<b>Servings:</b>	100.00	<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 #
BROCCOLI CUTS 12-2.5 GFS	50 Cup		119245
Grape Tomatoes	5 Pound		749041
LEMON JUICE 100 12-32FLZ GFS	2 Cup		311227
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup		265103
BUTTER ALT LIQ 3-1GAL SAVORY	1 Cup		756261

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook Broccoli in steamer for 10-15 minutes (5-6 psi) or 4-8 minutes (12-15 psi) or until just tender.
- 3.) Add tomatoes, and rest of ingredients, ,mix well. Serve in a Solid 2-inch full pan.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

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

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

**Calories** 0.96

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

<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>	1.15mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Salsa , Red Gold

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Sour Cream

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	50.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	30.00mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 0.00mg



# Shredded Cheese

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER SHRD R/F 4-5 LOL	1 Ounce		861950

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

<b>Calories</b>	35.00		
<b>Fat</b>	2.25g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.50mg		
<b>Sodium</b>	235.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	3.50g		
<b>Vitamin A</b>	44.50IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	97.00mg	<b>Iron</b>	0.00mg

# Nacho Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO JALAP POU6-106Z LOL	3 Ounce		135271

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	6.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	630.00mg		
<b>Carbohydrates</b>	4.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	7.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	313.50mg	<b>Iron</b>	0.00mg

# Mozzarella String Cheese

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	60.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 198.00mg	<b>Iron</b> 0.00mg

# Cherry Crisp

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<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 #
OATS OLD FASHIONED 12-42Z QUAK	3 1/2 Cup	BOIL Boil	304096
brown sugar	2 Cup		
cinnamon	1/2 Teaspoon	READY_TO_EAT	
BUTTER ALT LIQ 3-1GAL SAVORY	2 Cup		756261
CHERRY RED PITTED TART 5+1 30 GFS	5 7/8 Pound		119709
100% Orange Juice	1 Cup		

## Preparation Instructions

Directions:

Topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, salt, and margarine or butter. Mix until crumbly. Set aside for step 8.

Filling: Drain cherries, reserving juice. For 25 servings, reserve 1/2 cup juice. For 50 servings, reserve 1 cup juice. Set juice aside for step 4.

Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 2 lb (1 qt 2 Tbsp) cherries. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Combine reserved cherry juice with sugar and orange juice concentrate. Heat juice mixture over medium heat for 2 minutes.

Combine cornstarch and water. Stir until smooth.

Add cornstarch and water to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.

Into each pan, pour 1 cup juice mixture over cherries.

For each pan, sprinkle 1 lb 10 3/4 oz (1 qt 1 1/3 cups) topping evenly over cherries.

Bake until topping is browned: Conventional oven: 425° F for 40 minutes Convection oven: 350° F for 25-35 minutes Cool. Cut each pan 5 x 5 (25 pieces). No CCP necessary.

Notes:



## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

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### Amount Per Serving

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**Calories** 80.39

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**Fat** 0.42g

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**SaturatedFat** 0.07g

---

**Trans Fat** 0.00g

---

**Cholesterol** 0.00mg

---

**Sodium** 8.11mg

---

**Carbohydrates** 19.06g

---

**Fiber** 1.10g

---

**Sugar** 13.25g

---

**Protein** 1.24g

---

**Vitamin A** 107.52IU      **Vitamin C** 1.59mg

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**Calcium** 2.80mg      **Iron** 0.40mg

---

# Blueberry Crisp

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<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 #
OATS OLD FASHIONED 12-42Z QUAK	3 1/2 Cup	BOIL Boil	304096
brown sugar	2 Cup	READY_TO_EAT	
cinnamon	1/2 Teaspoon	READY_TO_EAT	
BUTTER ALT LIQ 3-1GAL SAVORY	2 Cup		756261
100% Orange Juice	1 Cup		
BLUEBERRIES FZ WILD IQF 30 COMM	25 Cup		764740

## Preparation Instructions

Directions:

Topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, salt, and margarine or butter. Mix until crumbly. Set aside for step 8.

Filling: Blueberries, reserving juice. For 25 servings, reserve 1/2 cup juice. For 50 servings, reserve 1 cup juice. Set juice aside for step 4.

Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 2 lb (1 qt 2 Tbsp) cherries. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Mix with sugar and orange juice concentrate. Heat juice mixture over medium heat for 2 minutes.

Combine cornstarch and water. Stir until smooth.

Add cornstarch and water to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.

Into each pan, pour 1 cup juice mixture over berries.

For each pan, sprinkle 1 lb 10 3/4 oz (1 qt 1 1/3 cups) topping evenly over berries.

Bake until topping is browned: Conventional oven: 425° F for 40 minutes Convection oven: 350° F for 25-35 minutes

Cool. Cut each pan 5 x 5 (25 pieces). No CCP necessary.

Notes:

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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**Amount Per Serving**

---

**Calories** 61.25

---

**Fat** 0.42g

---

**SaturatedFat** 0.07g

---

**Trans Fat** 0.00g

---

**Cholesterol** 0.00mg

---

**Sodium** 2.05mg

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**Carbohydrates** 14.01g

---

**Fiber** 3.56g

---

**Sugar** 5.35g

---

**Protein** 0.71g

---

**Vitamin A** 0.00IU      **Vitamin C** 0.30mg

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**Calcium** 2.80mg      **Iron** 0.20mg

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# Eggplant, Roasted

<b>Servings:</b>	4.00	<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 #
EGGPLANT 6CT P/L	4 Each		597104
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup		265103
CHEESE PARM GRTD 12-1 PG	1 Cup		164259

## Preparation Instructions

On a clean cutting board  
Wearing a cutting glove  
Slice eggplant into 1 inch slices  
Place on sheet pan, sprinkle with salt  
Wait 10 minutes, wash off salt.  
Lightly oil eggplant, season with Dash  
Roast on 400 degrees F. for 10-15 minutes, until tender  
Place in serving pan.  
Sprinkle with Parmesan  
Serve at 140 degrees F.  
Serve immediately

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Cup

#### Amount Per Serving

**Calories** 340.50

**Fat** 36.10g

**SaturatedFat** 8.00g

**Trans Fat** 0.00g

**Cholesterol** 20.00mg

**Sodium** 281.60mg

**Carbohydrates** 5.00g



<b>Fiber</b>	2.50g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	8.80g		
<b>Vitamin A</b>	418.86IU	<b>Vitamin C</b>	1.80mg
<b>Calcium</b>	247.38mg	<b>Iron</b>	0.19mg

# Chef Salad, Ham

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce		150250
Ham, Cubed Frozen	2 Ounce		100188-H

## Preparation Instructions

2. Place 1 cup romaine, 1 cup spinach in clam shell
3. Top with cherry tomatoes, turkey, croutons & cheese
4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

### Amount Per Serving

**Calories** 522.08

**Fat** 37.77g

**SaturatedFat** 25.67g

**Trans Fat** 0.00g

**Cholesterol** 149.51mg

**Sodium** 1146.45mg

**Carbohydrates** 11.74g

**Fiber** 1.86g

**Sugar** 3.31g

**Protein** 32.73g

**Vitamin A** 5499.80IU **Vitamin C** 38.22mg

**Calcium** 824.50mg **Iron** 0.97mg

# Chef Salad, Chicken

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
Grape Tomatoes	4 Each		749041
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce	#20scoop	150250

## Preparation Instructions

2. Place 1 cup romaine, 1 cup spinach in clam shell
3. Top with cherry tomatoes, bacon, croutons & cheese
4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	63.43
<b>Fat</b>	4.32g
<b>SaturatedFat</b>	2.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.40mg
<b>Sodium</b>	94.33mg
<b>Carbohydrates</b>	2.61g
<b>Fiber</b>	1.13g
<b>Sugar</b>	0.00g
<b>Protein</b>	2.88g
<b>Vitamin A</b> 5000.00IU	<b>Vitamin C</b> 30.00mg
<b>Calcium</b> 118.02mg	<b>Iron</b> 0.81mg

# Chicken Caesar Chef Salad

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 Ounce	<p>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY.            CONVENTIONAL OVEN: 25-30 MINUTES AT 350°F FROM FROZEN., CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM ,FROZEN.            BAKE            Appliances vary, adjust accordingly.            Conventional Oven            25-30 minutes at 350°F from frozen.            CONVECTION            Appliances vary, adjust accordingly.            Convection Oven            5-8 minutes in a single layer at 400°F from frozen.            MICROWAVE            Appliances vary, adjust accordingly.            Microwave Oven            3 1            2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	150160
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
TOMATO CHERRY 11 MRKN	4 Each		569551
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce		645170
DRESSING CAESAR 4- 1GAL PMLL	1 Fluid Ounce		705051

## Preparation Instructions

- Place 1 cup romaine, 1 cup spinach in clam shell
- Top with cherry tomatoes, bacon, croutons & cheese
- Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

<b>Amount Per Serving</b>			
<b>Calories</b>		267.84	
<b>Fat</b>		18.86g	
<b>SaturatedFat</b>		5.13g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		70.83mg	
<b>Sodium</b>		587.45mg	
<b>Carbohydrates</b>		9.32g	
<b>Fiber</b>		2.18g	
<b>Sugar</b>		3.90g	
<b>Protein</b>		15.93g	
<b>Vitamin A</b>	5719.71IU	<b>Vitamin C</b>	41.84mg
<b>Calcium</b>	174.64mg	<b>Iron</b>	1.29mg

# Chicken Chef Salad

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Chicken Fajita Breast Strips	2 Ounce	BAKE	15632
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
Grape Tomatoes	4 Each		749041
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce	#20scoop	150250

## Preparation Instructions

2. Place 1 cup romaine, 1 cup spinach in clam shell
3. Top with cherry tomatoes, bacon, croutons & cheese
4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	136.76
<b>Fat</b>	14.32g
<b>SaturatedFat</b>	2.88g
<b>Trans Fat</b>	1.33g
<b>Cholesterol</b>	47.73mg
<b>Sodium</b>	414.33mg
<b>Carbohydrates</b>	3.94g
<b>Fiber</b>	1.13g
<b>Sugar</b>	0.67g
<b>Protein</b>	15.55g
<b>Vitamin A</b> 5000.00IU	<b>Vitamin C</b> 30.00mg

**Calcium** 120.69mg **Iron** 3.48mg



# Chicken Chef Salad, Popcorn

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
Grape Tomatoes	4 Each		749041
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce	#20scoop	150250
CHIX POPCORN BRD CKD WGRAIN 20	2 Ounce	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528840

## Preparation Instructions

- Place 1 cup romaine, 1 cup spinach in clam shell
- Top with cherry tomatoes, bacon, croutons & cheese , add cooked, cooled chicken
- Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

#### Amount Per Serving

**Calories** 91.00

**Fat** 5.61g

**SaturatedFat** 3.17g

**Trans Fat** 0.00g

**Cholesterol** 19.26mg

**Sodium** 154.33mg

**Carbohydrates** 4.46g

<b>Fiber</b>		1.41g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		5.02g	
<b>Vitamin A</b>	5015.43IU	<b>Vitamin C</b>	30.00mg
<b>Calcium</b>	120.16mg	<b>Iron</b>	1.10mg

# Buffalo Chicken Chef Salad

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
Grape Tomatoes	4 Each		749041
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce	#20scoop	150250
CHIX POPCORN BRD CKD WGRAIN 20	2 Ounce	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528840
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	3 Teaspoon		282944
BUTTER ALT LIQ 3-1GAL SAVORY	1 Teaspoon		756261

## Preparation Instructions

1. Mix 2:1 ratio of Red Hot and Butter, mix with chicken. Top salad
2. Place 1 cup romaine, 1 cup spinach in clam shell
3. Top with cherry tomatoes, bacon, croutons & cheese , add cooked, cooled chicken
4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 salad

#### Amount Per Serving

<b>Calories</b>	91.00
<b>Fat</b>	5.61g

<b>SaturatedFat</b>	3.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	19.26mg
<b>Sodium</b>	724.33mg
<b>Carbohydrates</b>	4.46g
<b>Fiber</b>	1.41g
<b>Sugar</b>	0.00g
<b>Protein</b>	5.02g
<b>Vitamin A</b> 5615.43IU	<b>Vitamin C</b> 30.00mg
<b>Calcium</b> 120.16mg	<b>Iron</b> 1.10mg

# Biscuit & Sausage Gravy

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	<b>BAKE</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	1 Ounce	<b>THAW</b> Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
GRAVY SAUSAGE CONC FRZN 6-2 JIMMY	2 Ounce		251050

## Preparation Instructions

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 320.00

**Fat** 21.00g

**SaturatedFat** 11.00g

**Trans Fat** 0.00g

**Cholesterol** 15.00mg

**Sodium** 600.00mg

**Carbohydrates** 27.50g

<b>Fiber</b>		2.00g	
<b>Sugar</b>		2.00g	
<b>Protein</b>		7.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.00mg	<b>Iron</b>	2.08mg

# Chicken Nuggets

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	5 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
WG Dinner Roll Aunt Millie's	1 1 roll		4375

## Preparation Instructions

Directions:

Item Yield

1 Case = 512 Ounces (4 x 128 Ounces per Bag) of Chicken Nuggets, Crispy, Whole Grain, Breaded, Cooked, Frozen

Thawing Instructions

COOK FROM FROZEN

Shelf Life

FROZEN = 270 DAYS

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

\*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS\*\*WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED\*\* SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY\*\*SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

### Amount Per Serving

**Calories** 362.50

**Fat** 16.50g

<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	525.00mg		
<b>Carbohydrates</b>	35.25g		
<b>Fiber</b>	4.50g		
<b>Sugar</b>	4.25g		
<b>Protein</b>	20.25g		
<b>Vitamin A</b>	125.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	2.25mg



# Beef Nachos

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
CHIP TORTL RND YEL 5-1.5 KE	22 Each		163020
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250

## Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

1.) Using a one time use glove, place 12 chips in a #3 paper Tray

2.) Place 2oz. Taco Meat on Chips

\* Portion with No. 16 scoop (¼ cup)

3.) Top with 1 oz Shredded Cheese

\* If student does not want Meat, then substitute with 3 oz. of Shredded Cheese

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 373.92

**Fat** 18.64g

**SaturatedFat** 8.23g

**Trans Fat** 0.18g

<b>Cholesterol</b>	52.08mg
<b>Sodium</b>	655.98mg
<b>Carbohydrates</b>	31.06g
<b>Fiber</b>	3.44g
<b>Sugar</b>	5.26g
<b>Protein</b>	17.26g
<b>Vitamin A</b> 1037.09IU	<b>Vitamin C</b> 11.41mg
<b>Calcium</b> 284.87mg	<b>Iron</b> 1.83mg

# Chicken Tenders

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	4 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
WG Dinner Roll Aunt Millie's	1 1 roll		4375

## Preparation Instructions

Directions:

Item Yield

1 Case = 450 Average Count (4 x 112.5 Average Count per Bag) Chicken Tenders, Crispy, Whole Grain, Breaded, CN Labeled, Cooked, Frozen

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

FROZEN = 270 DAYS AT 0\* OR LESS FROM DATE OF PRODUCTION.

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

\*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS\*\*WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED\*\* SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY\*\*SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

### Amount Per Serving

**Calories** 446.67

**Fat** 21.50g

<b>SaturatedFat</b>	3.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.33mg		
<b>Sodium</b>	645.00mg		
<b>Carbohydrates</b>	40.33g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	4.33g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	133.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	53.33mg	<b>Iron</b>	2.40mg

# Tacos Beef

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	2 Ounce		722330
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Ounce		191043
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

## Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

- 1.) Using a one time use glove, place 2 tortilla shells in a #2 paper Tray
- 2.) Place 2oz. Taco Meat on Tortilla Shells \* Portion with No. 16 scoop (¼ cup)
- 3.) Ladle 2 oz Jalapeno Cheese

\* If student does not want Meat, then substitute with 1 oz. of Shredded Cheese

\* Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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**Amount Per Serving**

**Calories** 495.28

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<b>Fat</b>	26.59g
<b>SaturatedFat</b>	15.64g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	87.08mg
<b>Sodium</b>	844.16mg
<b>Carbohydrates</b>	40.65g
<b>Fiber</b>	5.26g
<b>Sugar</b>	8.26g
<b>Protein</b>	22.58g
<b>Vitamin A</b> 1383.94IU	<b>Vitamin C</b> 11.15mg
<b>Calcium</b> 401.87mg	<b>Iron</b> 2.89mg

# Baked Fish

<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 #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	<p><b>BAKE</b>  <b>COOKING INSTRUCTIONS:*</b> KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u2013BONELESS/u201D PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.</p>	327162

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 180.00

**Fat** 8.00g

**SaturatedFat** 1.50g

**Trans Fat** 0.00g

**Cholesterol** 40.00mg

**Sodium** 280.00mg

**Carbohydrates** 14.00g

**Fiber** 2.00g

**Sugar** 0.00g

**Protein** 14.00g

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

**Calcium** 20.00mg **Iron** 1.08mg



# BBQ Pulled Pork on Bun

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork Bar-B-Q with vinegar sauce	3 Ounce	<b>STEAM</b> Remove the Bar-B-Q from the box and place in a steam pan. Cook in the steamer for about 30 min. Remove and check the temperature before placing on the serving line. CCP: Heat to 145 degrees or higher for at least 15 seconds. CCP: Hold for hot service at 140 degrees or higher	
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

Cook as directed. Cook to 165 degrees F., Hold at 140 degrees F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 306.62

**Fat** 8.54g

**SaturatedFat** 2.37g

**Trans Fat** 0.00g

**Cholesterol** 42.86mg

**Sodium** 582.48mg

**Carbohydrates** 2.14g

**Fiber** 2.00g

**Sugar** 4.00g

**Protein** 25.85g

**Vitamin A** 0.47IU **Vitamin C** 0.32mg

**Calcium** 0.16mg **Iron** 12.97mg

# Chicken or Turkey and Noodles

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE MARJORAM LEAF 3.5Z TRDE	100 Tablespoon		513709
PARSLEY CURLY 1-60CT	100 Ounce		150871
TURKEY & GRAVY 4-7	2 Package		722460
PASTA NOODL KLUSKI 1/8 2-5 GFS	5 Pound		270385
4-5 TURKEY BRST SHRD CKD 220120	20 Pound		689470

## Preparation Instructions

Directions:

Heat chicken broth to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK OR DRAIN.

Add onions and carrots. Remove from heat. Set aside for step 7.

In a medium pot, melt margarine uncovered over medium heat.

Add flour. Stir well for 1 minute.

Add milk. Stir frequently until smooth and free of lumps. Bring to a boil. Remove from heat. Set aside for step 7.

Add milk and flour mixture, salt, pepper, marjoram, parsley, and chicken to pasta and vegetables. Heat uncovered over medium high heat for 3 minutes. Stir until thickened.

Fold in spinach.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup

dark green vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Ounce

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### Amount Per Serving

<b>Calories</b>	88.60		
<b>Fat</b>	1.23g		
<b>SaturatedFat</b>	0.41g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.25mg		
<b>Sodium</b>	8.25mg		
<b>Carbohydrates</b>	16.01g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	0.80g		
<b>Protein</b>	3.28g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.72mg

# Roasted Turkey

<b>Servings:</b>	107.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	28 Pound	4 oz by weight	653171
Whole Grain Dinner Roll	1 bun	READY_TO_EAT	1591

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 107.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 121.52

**Fat** 5.04g

**SaturatedFat** 1.51g

**Trans Fat** 0.00g

**Cholesterol** 40.26mg

**Sodium** 504.54mg

**Carbohydrates** 2.14g

**Fiber** 0.01g

**Sugar** 0.01g

**Protein** 18.14g

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

**Calcium** 0.00mg **Iron** 0.36mg

# Baked Sweet Potatoes and Apples

<b>Servings:</b>	100.00	<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 #
Sweet Potatoes, Extra Light Syrup, canned	1 1/16 Gallon	BAKE Open cans, drain and bake	100317
Apples, Golden Delicious, Sliced, Grade A, IQF	1 Gallon		884770
brown sugar	1 1/2 Cup	READY_TO_EAT	
cinnamon	2 Teaspoon	READY_TO_EAT	
SPICE NUTMEG GRND 16Z TRDE	2 Teaspoon		224944
BUTTER ALT LIQ 3-1GAL SAVORY	2/3 Cup		756261

## Preparation Instructions

### Directions:

Place 3 lb 13 oz (2 qt  $\frac{3}{4}$  cup) sweet potatoes into each steamtable pan (12" x 20" x 2  $\frac{1}{2}$ ") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Place 3 lb 11 oz (2 qt  $\frac{1}{2}$  cup) apples over sweet potatoes in each pan.

Combine brown sugar, cinnamon, and nutmeg (optional).

Sprinkle  $\frac{3}{4}$  cup sugar mixture over apples in each pan.

Dot each pan with cup margarine, and sprinkle remaining sugar.

Add  $\frac{3}{4}$  cup water to each pan.

Bake: Conventional oven: 350° F for 25-30 minutes. Convection oven: 300° F for 15-20 minutes. CCP: Heat to 140° For higher.

CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop ( $\frac{1}{4}$  cup).

### Notes:

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

**Amount Per Serving**

<b>Calories</b>	1.09		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.33mg		
<b>Carbohydrates</b>	0.33g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.21g		
<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

# Pork Tenderloin Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each	conventional oven: from the frozen state, bake at 350 degrees f in conventional oven for 14 minutes. Convection oven: from the frozen state, bake at 350 degrees f in convection oven for 10 minutes. Microwave: on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	849014
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

WASH HANDS.

1. Cook pork tenderloin as directed on package.
2. Layer cooked tenderloin on bottom of roll. Top with remaining half of roll. 3. Serve.

1 tenderloin provides: 2 oz. eq meat/meat alternate & 2.5 oz. eq. grain

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 430.00

**Fat** 19.00g

**Saturated Fat** 4.50g

**Trans Fat** 0.00g

**Cholesterol** 90.00mg

**Sodium** 570.00mg

**Carbohydrates** 15.00g

**Fiber** 4.00g

**Sugar** 5.00g

**Protein** 19.00g

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

**Calcium** 40.00mg **Iron** 1.80mg

# Scalloped Potatoes & Ham

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SCALLOPED CLSC R/SOD 6-2.25	4 Ounce	<b>BAKE</b> 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	118567
Ham, Cubed Frozen	2 Ounce		100188-H

## Preparation Instructions

Directions:

Rehydrate potatoes according to package instructions or cover potatoes with boiling water. Let stand for 5 minutes. Drain well.

Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 1 lb 5 oz (1 qt 2 cups) potatoes. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

In a pot melt margarine or butter. Add onions and cook over medium heat for 5-10 minutes.

Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes.

Slowly stir in milk, salt, pepper, and parsley (optional). Blend well. Cook over medium heat. Stirring frequently until slightly thickened, 10-15 minutes.

Pour 1 qt 2 cups liquid mixture over potatoes in each pan. Stir to combine.

Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 4 oz (¾ cup) per pan.

Product should be evenly golden brown on top: Conventional oven: 350° F for 45-60 minutes Convection oven: 300° F for 35-45 minutes CCP not needed..

Continue to bake at 190° F for 30 minutes. CCP: Hold at 140° F or warmer.

Portion with No. 16 scoop (¼ cup).

Notes:

1: \* See Marketing Guide



## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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### Amount Per Serving

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**Calories** 460.66

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**Fat** 5.28g

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**SaturatedFat** 1.64g

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**Trans Fat** 0.00g

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**Cholesterol** 29.51mg

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**Sodium** 1180.33mg

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**Carbohydrates** 90.55g

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**Fiber** 3.64g

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**Sugar** 16.18g

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**Protein** 15.47g

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

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**Calcium** 145.45mg      **Iron** 1.09mg

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# Philly Steak & Cheese

<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 #
Aunt Millie's Whole Grain Mini Sub Buns	1 Each		5157
BEEF STK PHLL SEAS CKD 2.92Z 6-5 JTM	1 Each		720861
PEPPERS & ONION FLME RSTD 6-2.5	2 1/4 Ounce		847208
CHEESE SWS 160CT SLCD PROC 4-5 GCHC	1 Slice		164348

## Preparation Instructions

1. Cook Philly meat according to directions, CCP: Hot hold at 135F or higher
2. Cook peppers & onions according to directions, CCP: Hot hold at 135F or higher
3. Place 3oz Philly meat, 1 slice of cheese & mixed peppers & onions into an 8" sub bun

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 398.81

**Fat** 15.79g

**Saturated Fat** 6.90g

**Trans Fat** 0.52g

**Cholesterol** 52.50mg

**Sodium** 936.18mg

**Carbohydrates** 37.75g

**Fiber** 5.68g

**Sugar** 8.68g

**Protein** 22.79g

**Vitamin A** 328.57IU **Vitamin C** 8.04mg

**Calcium** 116.00mg **Iron** 11.76mg

# Corn Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	2.50 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD PRE-CUT 4-30CT CP	1 Piece		579785

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.50 Ounce

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.24g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

# Mexican Potato Bowl

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RDSKN UNSEAS 6-2.5 RSTWRK	1/2 Cup	<b>BAKE</b> Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. <b>CONVECTION OVEN:</b> Preheat oven to 375F. Spray baking pan with non-stick cooking spray. Arrange potatoes in a single layer on pan. Bake for 15 to 20 minutes. For extra crispness, drizzle with 2 oz. of oil before baking. <b>STANDARD OVEN:</b> Preheat oven to 450F. Spray baking pan with non-stick cooking spray. Arrange potatoes in a single layer on pan. Bake for 25 to 30 minutes. For extra crispness drizzle with 2 oz. of oil before baking.	850675
DIP QUESO CHEESE W/BEEF 4-8OZ	3 Ounce		256030

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 90.00

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 30.00mg

**Carbohydrates** 18.00g

**Fiber** 2.00g

**Sugar** 1.00g

**Protein** 2.00g

**Vitamin A** 20.72IU **Vitamin C** 0.00mg

**Calcium** 14.64mg **Iron** 0.68mg

# Marinated Cucumbers

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 1-24CT P/L	12 Each	Washed, Sliced, unpeeled, #15 double slicer.	238653
SUGAR CANISTER 24-20Z GFS	2 Cup		449237
VINEGAR WHT DISTILLED 4 4-1GAL	1 Cup		517582
SPICE CELERY SEED GRND 16Z TRDE	1 Tablespoon		513679
SALT IODIZED 24-26Z GFS	1 Teaspoon		108308

## Preparation Instructions

In a clean mixing bowl  
Add all ingredients  
Wrap, label and date  
Store for 2 days in a cooler at 135-141 degrees F.  
Serve chilled.  
Serving size : 1/2 cup  
For K-2 place in 5.5 souffle cups  
For 3-12, place in pan, with 4 oz Spoodle

### Nutrition Facts

Servings Per Recipe: 48.00  
Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	31.95
<b>Fat</b>	0.03g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	49.09mg
<b>Carbohydrates</b>	8.50g

<b>Fiber</b>	0.08g		
<b>Sugar</b>	8.25g		
<b>Protein</b>	0.08g		
<b>Vitamin A</b>	13.65IU	<b>Vitamin C</b>	0.37mg
<b>Calcium</b>	2.12mg	<b>Iron</b>	0.04mg

# Buffalo Pizza

<b>Servings:</b>	160.00	<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 #
CRUST PIZZA SHTD OVN RSNQ 20-16RICH	20 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
Chicken, diced, cooked, frozen	20 Pound		100101
SAUCE BUFF WNG REDHOT 4- 1GAL FRNKS	1 Quart		704229
DRESSING RANCH LT 4- 1GAL KENS	2 Quart		834941
CHEESE BLND MOZZ/PROV DCD 4-5 PG	4 Gallon		529249

## Preparation Instructions

Directions:

Combine Redhot and cooked chicken. Blend in a bowl. Reserve

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

Spread 6 oz. of ranch dressing onto each pizza crust.

Top with 1 ound of chicken mixture

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

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



CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

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

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Slice

<b>Amount Per Serving</b>			
<b>Calories</b>			405.99
<b>Fat</b>			19.00g
<b>SaturatedFat</b>			8.30g
<b>Trans Fat</b>			0.00g
<b>Cholesterol</b>			84.00mg
<b>Sodium</b>			1061.92mg
<b>Carbohydrates</b>			31.40g
<b>Fiber</b>			1.00g
<b>Sugar</b>			2.40g
<b>Protein</b>			28.00g
<b>Vitamin A</b>	439.96IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	380.00mg	<b>Iron</b>	1.80mg

# Taco Pizza

<b>Servings:</b>	160.00	<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 #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	20 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
Beef Taco Meat	20 Pound		682160
SALSA CUP 84-3Z REDG	160 Each	READY_TO_EAT None	677802
CHEESE CHED MLD SHRD 4-5 LOL	4 Gallon		150250
CHIP TORTILLA TRIANGL YLW 6-2 MISSFD - Mission Foods - M	12 Pound		853300
Lettuce 1/8 Shredded 5#	5 Pound		2793
Diced Tomatoes cnd	1 Gallon	BAKE	100329

## Preparation Instructions

Directions:

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

Spread 6 oz. of salsa onto each pizza crust.

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

Top with 1 pound of taco meat

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

CCP: Hold at 135° F or higher.

Top with Shredded Lettuce, Crushed Chips and diced tomatoes

Cut each pizza pan into (1/8 slices)

Notes:

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

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Slice

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### Amount Per Serving

**Calories** 539.00

**Fat** 24.60g

**SaturatedFat** 12.90g

**Trans Fat** 0.00g

**Cholesterol** 48.00mg

**Sodium** 987.00mg

**Carbohydrates** 58.40g

**Fiber** 3.60g

**Sugar** 6.60g

**Protein** 19.80g

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<b>Vitamin A</b>	795.60IU	<b>Vitamin C</b>	8.00mg
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<b>Calcium</b>	381.20mg	<b>Iron</b>	2.54mg
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# Ham Sub

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	20 Pound		100187
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	100 Ounce	READY_TO_EAT	100018
Aunt Millie's Whole Grain Mini Sub Buns	100 Each		5157

## Preparation Instructions

Directions:

Place 4 slices = Jennie-O Turkey slices and 2 slices of cheese on each hoagie bun

CCP: Hold for cold service at 41° F or lower.

Wrap each choice in a paper wrap assemble in 2" serving pans

For line service

CCP: Hold for cold service at 41° F or lower.

Notes:

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

### Amount Per Serving

**Calories** 377.05

**Fat** 16.75g

**SaturatedFat** 8.12g

**Trans Fat** 0.00g

**Cholesterol** 72.21mg

**Sodium** 1158.52mg

**Carbohydrates** 35.25g

**Fiber** 3.00g

**Sugar** 7.62g

**Protein** 24.11g

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

**Calcium**

6.00mg

**Iron**

10.00mg