

Cookbook for East Noble School Corporation

Created by HPS Menu Planner

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Black Bean Corn Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	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

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

Creamy Cole Slaw

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	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

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

Broccoli Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	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

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

Broccoli, Fresh

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	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

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

Baby Carrots, Fresh, Petite

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

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

Calories 0.38

Fat 0.00g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.64mg

Carbohydrates 0.09g

Fiber 0.03g

Sugar 0.04g

Protein 0.01g

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

Calcium 0.29mg **Iron** 0.00mg

Cucumbers, Sliced, Unpeeled

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	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			
Calories		3.74	
Fat		0.05g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.48mg	
Carbohydrates		0.96g	
Fiber		0.14g	
Sugar		0.48g	
Protein		0.14g	
Vitamin A	26.21IU	Vitamin C	0.70mg
Calcium	3.99mg	Iron	0.07mg

Romaine Salad, Chopped

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	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

Calories	9.60		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	1.92g		
Fiber	0.96g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	4800.00IU	Vitamin C	28.80mg
Calcium	19.20mg	Iron	0.69mg

Bell Peppers

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

Protein		0.30g	
Vitamin A	999.94IU	Vitamin C	58.14mg
Calcium	3.06mg	Iron	0.16mg

Celery Sticks

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	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

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

Cherry Tomatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	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

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

Chilled Fruit, Assorted

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	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

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	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

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

Melon

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	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

Vitamin A	0.00IU	Vitamin C	75.60mg
Calcium	1.75mg	Iron	0.00mg

Watermelon

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	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

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	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

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

BBQ Ribette Sandwich on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	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

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

Hamburger on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/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

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

Cheeseburger on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/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

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

Breaded Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION 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

Calories 400.00

Fat 15.00g

Saturated Fat 2.50g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 650.00mg

Carbohydrates 15.00g

Fiber		5.00g	
Sugar		5.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Spicy Breaded Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION 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
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	590.00mg
Carbohydrates	17.00g

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

Pizza, Cheese

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	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

Amount Per Serving

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

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	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

Amount Per Serving

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

Pizza, Sausage

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	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

Amount Per Serving

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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Vitamin A	198.64IU	Vitamin C	3.07mg
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Calcium	336.62mg	Iron	2.62mg
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Beef Nachos

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

Amount Per Serving

Calories 703.92

Fat 45.64g

SaturatedFat 26.23g

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

Chicken Nachos

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	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

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

Tacos

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	2 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING 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. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING 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

Amount Per Serving

Calories	305.28
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Fat	12.59g
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SaturatedFat	4.64g
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Trans Fat	0.18g
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Cholesterol	37.08mg
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Sodium	524.16mg
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Carbohydrates	31.65g
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Fiber	3.26g
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Sugar	3.26g
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Protein	17.58g
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Vitamin A	556.94IU	Vitamin C	3.15mg
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Calcium	245.87mg	Iron	2.70mg
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Cheese Quesadilla

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS MOZZ WGRAIN 96- 4.4Z	96 Each	BAKE 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

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

Bean Burrito

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	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

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	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

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	100 Each	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 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. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
WG Dinner Roll Aunt Millie's	100 1 roll	CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 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. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	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

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

Chicken Nuggets

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION 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

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

General Tso Chicken

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

Ingredients

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

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

Sweet Sour Chicken

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION 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

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

Fish Sticks

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	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

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

Chicken Tenders

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION 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

SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	515.00mg		
Carbohydrates	35.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Hot Dog on WG Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	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

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

Corn Dog

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	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

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 390.00mg

Carbohydrates 30.00g

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

Toasted Cheese Sandwich

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

Sugar		6.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	390.00mg	Iron	8.00mg

Chicken Alfredo

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	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

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

Baked Pasta with Meat Sauce

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	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

Protein		8.63g	
Vitamin A	369.71IU	Vitamin C	10.86mg
Calcium	25.14mg	Iron	1.14mg

Mexican Chicken with Rice

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	48 Serving	BAKE PREPARATION: 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. CONVECTION PREPARATION: 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	BAKE	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

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

Fresh Fruit and Vegetable Bar

Servings:	20.00	Category:	Fruit
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	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

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
Calcium	0.00mg	Iron	0.00mg

Fresh Fruit and Vegetable Bar

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	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

Calories	65.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	13.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Vegetable Pizza

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	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

Amount Per Serving

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

Macaroni and Cheese with Ham

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	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

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	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

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
Calcium	0.00mg	Iron	0.00mg

Bread Stick, Herbed

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	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

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

Chicken Flavored Rice - Whole Grain

Servings:	24.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	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

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

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

Sugar	2.11g		
Protein	1.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.45mg	Iron	0.53mg

Peas

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

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

Corn, Buttered

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	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

Sugar			1.20g
Protein			0.60g
Vitamin A	0.00IU	Vitamin C	1.08mg
Calcium	0.00mg	Iron	0.00mg

Cob Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	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

Sugar	0.05g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.04mg
Calcium	0.00mg	Iron	0.00mg

Beans Baked

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	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

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

Carrots, Steamed

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	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

Calcium	9.53mg	Iron	0.00mg
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Orange Glazed Carrots

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 cu	HACCP Process:	Same Day Service
Meal Type:	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

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

Cauliflower Parslied

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	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

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

Seasoned Broccoli

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	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

Calcium 0.00mg **Iron** 0.00mg

Mashed Potatoes and Chicken Gravy

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z 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

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.14mg	Iron	0.27mg

Roasted Redskin Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RDSKN ROSMRY GARL RSTD 4-4	4 Ounce	BAKE 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. CONVECTION 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

Amount Per Serving

Calories 89.74

Fat 0.64g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 115.38mg

Carbohydrates 17.95g

Fiber 1.28g

Sugar 0.00g

Protein 2.56g

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

Calcium 0.00mg **Iron** 0.92mg

Egg Roll, Vegetable

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL VEG WGRAIN 130-3.1Z MINH	100 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. 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

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

Peach Cobbler

Servings:	60.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	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

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

Wedges Ranch Cut

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 cup	HACCP Process:	Same Day Service
Meal Type:	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

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

Brown Rice Pilaf

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 cup	HACCP Process:	Same Day Service
Meal Type:	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

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

Chicken Bowl

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

Ingredients

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

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

Tomato Soup

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

Ingredients

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

Preparation Instructions

Directions:

Quantity Invoiced, Last 7-Weeks:

Week of Can Case

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

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

Salisbury Steak

Servings:	59.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB 59-2.7Z ADV	59 Each	GRILL 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	Basic Preparation 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

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

Muffin Lunch

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	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

Calories 320.00

Fat 9.50g

SaturatedFat 3.50g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 365.00mg

Carbohydrates 43.00g

Fiber 2.00g

Sugar 24.00g

Protein 14.00g

Vitamin A 14.41IU **Vitamin C** 0.05mg

Calcium 310.76mg **Iron** 1.33mg

Refried Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	26 3/4 Pound	RECONSTITUTE 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

Sugar		0.00g	
Protein		26.42g	
Vitamin A	0.00IU	Vitamin C	2.32mg
Calcium	134.42mg	Iron	6.05mg

Turkey Sub

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	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

Calcium 6.00mg **Iron** 10.36mg

Ham & Cheese Wrap

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING 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. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING 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

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

Cereal Bar Lunch

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

Calories 390.00

Fat 16.50g

SaturatedFat 5.50g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 480.00mg

Carbohydrates 53.00g

Fiber 6.00g

Sugar 19.00g

Protein 11.00g

Vitamin A 500.00IU **Vitamin C** 0.00mg

Calcium 498.00mg **Iron** 1.08mg

Turkey Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	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

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

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

Sugar	22.33g		
Protein	15.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.64mg

Bosco sticks and marinara sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	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"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. <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"> 1. Preheat oil to 350° F. 2. THAWED: 1-2 minutes. 3. Let stand 2 minutes before serving. <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"> 1. Thaw before cooking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <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

Amount Per Serving			
Calories		260.00	
Fat		6.00g	
SaturatedFat		3.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		480.00mg	
Carbohydrates		36.00g	
Fiber		4.00g	
Sugar		6.00g	
Protein		14.00g	
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	174.00mg	Iron	1.44mg

Sloppy Joe on Bun

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

Servings:	50.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	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

SaturatedFat 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

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

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

Yogurt Cup

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

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

Uncrustable, PBJ, Grape

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

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

Uncrustable, PBJ, Strawberry

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

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

Hash Brown

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	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 ,

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	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

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

Buttered Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	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

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
Calcium	0.00mg	Iron	0.00mg

Roasted Fresh Vegetables

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	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

Amount Per Serving

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

Steamed Fresh Vegetables

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	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

Amount Per Serving

Calories 21.29

Fat 2.24g

SaturatedFat 0.40g

Trans Fat 0.32g

Cholesterol 0.00mg

Sodium 21.18mg

Carbohydrates 0.42g

Fiber 0.12g

Sugar 0.30g

Protein 0.00g

Vitamin A 179.10IU **Vitamin C** 0.07mg

Calcium 1.19mg **Iron** 0.00mg

Fries Sweet Potato Crinkle

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

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

Gravy, Beef

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	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

Calories 600.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10800.00mg

Carbohydrates 120.00g

Fiber 0.00g

Sugar 0.00g

Protein 0.00g

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

Calcium 0.00mg **Iron** 0.00mg

Gravy, Chicken

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	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

Calories 160.00

Fat 8.00g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 1320.00mg

Carbohydrates 16.00g

Fiber 0.00g

Sugar 4.00g

Protein 4.00g

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

Calcium 0.00mg **Iron** 0.00mg

Breakfast Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	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

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
Calcium	0.00mg	Iron	0.00mg

Chef Salad, Turkey

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

Vitamin A	5719.71IU	Vitamin C	41.84mg
Calcium	147.07mg	Iron	1.23mg

Lemon Broccoli with Tomatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	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

Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	1.15mg
Calcium	0.00mg	Iron	0.00mg

Salsa , Red Gold

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	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

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

Sour Cream

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	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

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

Shredded Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	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

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

Nacho Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	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

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

Mozzarella String Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	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

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

Cherry Crisp

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	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

Amount Per Serving

Calories 80.39

Fat 0.42g

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

Calcium 2.80mg **Iron** 0.40mg

Blueberry Crisp

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	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

Amount Per Serving

Calories 61.25

Fat 0.42g

SaturatedFat 0.07g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 2.05mg

Carbohydrates 14.01g

Fiber 3.56g

Sugar 5.35g

Protein 0.71g

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

Calcium 2.80mg **Iron** 0.20mg

Eggplant, Roasted

Servings:	4.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	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

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

Chef Salad, Ham

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

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

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

Chicken Caesar Chef Salad

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

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

Chicken Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	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	
Calories	136.76
Fat	14.32g
SaturatedFat	2.88g
Trans Fat	1.33g
Cholesterol	47.73mg
Sodium	414.33mg
Carbohydrates	3.94g
Fiber	1.13g
Sugar	0.67g
Protein	15.55g
Vitamin A 5000.00IU	Vitamin C 30.00mg

Calcium 120.69mg **Iron** 3.48mg

Chicken Chef Salad, Popcorn

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

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

Calories 91.00

Fat 5.61g

SaturatedFat 3.17g

Trans Fat 0.00g

Cholesterol 19.26mg

Sodium 154.33mg

Carbohydrates 4.46g

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

Buffalo Chicken Chef Salad

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

Calories	91.00
Fat	5.61g

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

Biscuit & Sausage Gravy

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE 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	THAW 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

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

Chicken Nuggets

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION 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

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

Beef Nachos

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

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

Chicken Tenders

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	4 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION 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

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

Tacos Beef

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

Amount Per Serving

Calories 495.28

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

Baked Fish

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	<p>BAKE COOKING INSTRUCTIONS:* 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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork Bar-B-Q with vinegar sauce	3 Ounce	STEAM 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

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	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

Amount Per Serving

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

Roasted Turkey

Servings:	107.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	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

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	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

Calories	1.09		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	0.33g		
Fiber	0.02g		
Sugar	0.21g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Pork Tenderloin Sandwich

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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SCALLOPED CLSC R/SOD 6-2.25	4 Ounce	BAKE 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

Amount Per Serving

Calories 460.66

Fat 5.28g

SaturatedFat 1.64g

Trans Fat 0.00g

Cholesterol 29.51mg

Sodium 1180.33mg

Carbohydrates 90.55g

Fiber 3.64g

Sugar 16.18g

Protein 15.47g

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

Calcium 145.45mg **Iron** 1.09mg

Philly Steak & Cheese

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

Servings:	1.00	Category:	Grain
Serving Size:	2.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	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

Calories 210.00

Fat 10.00g

SaturatedFat 2.00g

Trans Fat 0.24g

Cholesterol 40.00mg

Sodium 260.00mg

Carbohydrates 25.00g

Fiber 0.40g

Sugar 11.00g

Protein 3.00g

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

Calcium 20.00mg **Iron** 0.72mg

Mexican Potato Bowl

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RDSKN UNSEAS 6-2.5 RSTWRK	1/2 Cup	BAKE 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. CONVECTION OVEN: 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. STANDARD OVEN: 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

Saturated Fat 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

Servings:	48.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	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

Calories	31.95
Fat	0.03g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	49.09mg
Carbohydrates	8.50g

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

Buffalo Pizza

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	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

Amount Per Serving

Calories 405.99

Fat 19.00g

SaturatedFat 8.30g

Trans Fat 0.00g

Cholesterol 84.00mg

Sodium 1061.92mg

Carbohydrates 31.40g

Fiber 1.00g

Sugar 2.40g

Protein 28.00g

Vitamin A	439.96IU	Vitamin C	0.00mg
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Calcium	380.00mg	Iron	1.80mg
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Taco Pizza

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	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

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	
Vitamin A	795.60IU	Vitamin C	8.00mg
Calcium	381.20mg	Iron	2.54mg

Ham Sub

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	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

Saturated Fat 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