

Cookbook for Crab Orchard

Created by HPS Menu Planner

Table of Contents

Pizza Choice - 4x6 Cheese

Pizza Choice - 4x6 Pepperoni

Pizza Choice - BBQ Chicken

Pizza Choice - Buffalo Chicken

Pizza Choice - Stuffed Crust Cheese - Tony's

Pizza Choice - Stuffed Crust Cheese - Gilardi

Pizza Choice - Stuffed Crust Pepperoni- Gilardi

Pizza Choice - Taco

Pizza Choices - Stuffed Crust Pepperoni - Tony's

Cheesy Bread

Marinara Dip Cup

Corn

Baked Fries

Cucumber & Tomato

Mixed Fruit - Frozen

Blackberry - Fresh

Blueberry - Fresh

Pineapple Chunks - Fresh

Pineapple Spears - Fresh

Pears - #10

Pears - Fresh

Apple Juice

Ranch Dip Cup

2 Ketchup Pkg.

Pizza Choice - 4x6 Cheese

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 50/50 96- 4.6Z	100 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pan. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. Note: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585921

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

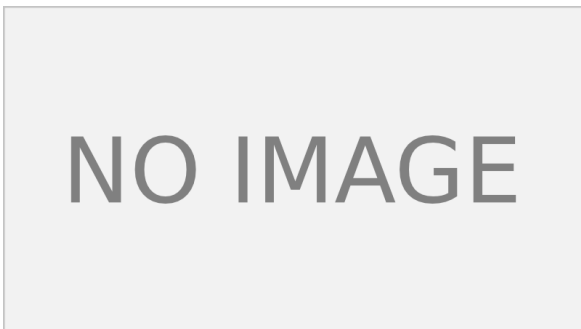
Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	310.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	480.00mg
Carbohydrates	35.00g

Fiber		4.00g	
Sugar		8.00g	
Protein		16.00g	
Vitamin A	109.00IU	Vitamin C	0.00mg
Calcium	307.00mg	Iron	2.60mg

Pizza Choice - 4x6 Pepperoni



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96-4.5Z	100 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in a 18" x 26" x 1 2" sheets pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustment.	152111

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	310.00
Fat	12.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	530.00mg
Carbohydrates	34.00g
Fiber	4.00g

Sugar		8.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	222.00mg	Iron	2.50mg

Pizza Choice - BBQ Chicken

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNAX CHIX BBQ WGRAIN 288-1.36Z MAX	100 Piece		231781

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.67
Grain	0.67
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories		90.00	
Fat		2.67g	
SaturatedFat		0.67g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		133.33mg	
Carbohydrates		11.67g	
Fiber		1.33g	
Sugar		2.33g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.33mg	Iron	0.73mg

Pizza Choice - Buffalo Chicken

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	100 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	627101

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	390.00
Fat	19.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	750.00mg
Carbohydrates	35.00g

Fiber		3.00g	
Sugar		8.00g	
Protein		20.00g	
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	320.00mg	Iron	2.20mg

Pizza Choice - Stuffed Crust Cheese - Tony's

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WDG WGRAIN STFD 96- 5.34Z	100 Each	BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place frozen pizzas on prepared pans. Preheat oven. Rotate pan one half turn to prevent cheese from burning. CONVECTION OVEN: Bake at 350°F for 16-18 minutes. CONVENTIONAL OVEN: 425°F for 20-23 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	523691

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

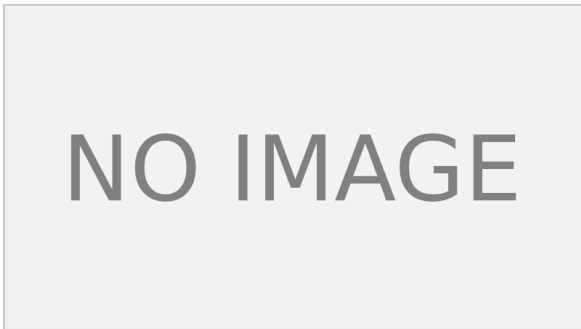
Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	370.00
Fat	16.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	580.00mg
Carbohydrates	40.00g
Fiber	4.00g

Sugar			10.00g
Protein			17.00g
Vitamin A	82.00IU	Vitamin C	0.00mg
Calcium	346.00mg	Iron	2.30mg

Pizza Choice - Stuffed Crust Cheese - Gilardi



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN STFD CRST 96-4.5Z	100 Each		572902

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

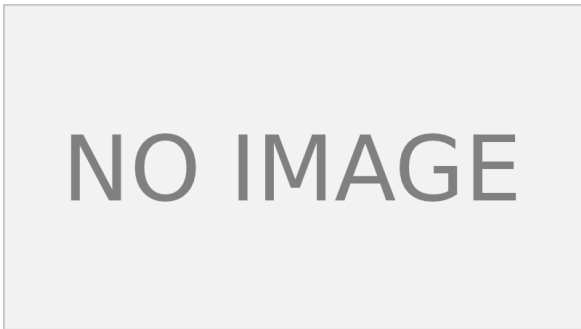
Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	290.00		
Fat	11.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	690.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	380.00mg	Iron	2.50mg

Pizza Choice - Stuffed Crust Pepperoni- Gilardi



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP WGRAIN STFD 96-4.5Z	100 Each		572910

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories		320.00	
Fat		12.00g	
SaturatedFat		6.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		740.00mg	
Carbohydrates		33.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	340.00mg	Iron	2.80mg

Pizza Choice - Taco

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO SNAX WGRAIN 288-1.36Z MAX	100 Piece		107201

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.67
Grain	0.67
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories		86.67	
Fat		3.00g	
SaturatedFat		0.83g	
Trans Fat		0.00g	
Cholesterol		3.33mg	
Sodium		170.00mg	
Carbohydrates		10.00g	
Fiber		1.33g	
Sugar		0.33g	
Protein		4.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.67mg	Iron	0.80mg

Pizza Choices - Stuffed Crust Pepperoni - Tony's

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP WDG WGRAIN STFD 96- 5.32Z	100 Each	BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place frozen pizzas on prepared pan. Preheat oven. Rotate pan one half turn to prevent cheese from burning. CONVECTION OVEN: Bake at 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 425°F for 15 to 20 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	523700

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories		370.00	
Fat		16.00g	
SaturatedFat		8.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		630.00mg	
Carbohydrates		40.00g	
Fiber		4.00g	
Sugar		10.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	306.00mg	Iron	2.40mg

Cheesy Bread



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS WGRAIN 105-4Z	100 Each	Basic Preparation PRODUCT SHOULD BE THOROUGHLY THAWED PRIOR TO COOKING. PLEASE LEAVE A SPACE BETWEEN EACH UNIT TO ENSURE PROPER BROWNING AND EVEN CHEESE MELT. PRE-HEAT OVEN TO 325-350 DEGREES AND COOK FOR 9-12 MINUTES OR UNTIL THE CHEESE IS PROPERLY AND EVENLY MELTED. THE PRODUCT HAS A 5 DAY SHELF LIFE AFTER THAWING.	723880

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

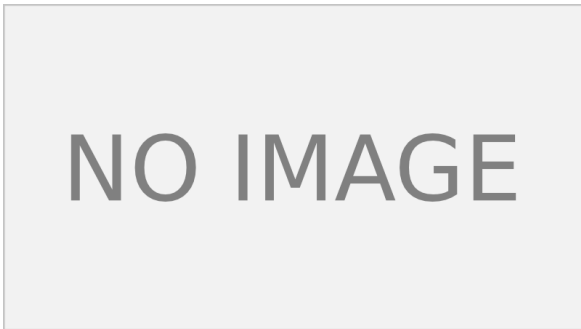
Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	260.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	380.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	2.00g

Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 313.00mg	Iron 2.00mg

Marinara Dip Cup



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	100 Each	READY_TO_EAT None	677721

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	8.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	2.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	14.00mg	Iron	0.00mg

Corn



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL R/SOD 6-10 P/L	5 #10 CAN	DIRECTIONS 1. COOKING METHODS To steam corn: Place canned corn in solid steamtable pans. Steam for 2 minutes and drain.2. Melt margarine and pour over cooked corn. Stir gently to combine. 3. Serve immediately or cover with plastic wrap and place in warmer until ready for service. Portion with a perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of starchy vegetable. CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.	222011
MARGARINE UNSLTD SLD 30-1#	1 Cup	READY_TO_EAT Ready to use.	880941

Preparation Instructions

DIRECTIONS

1.

COOKING METHODS

To steam corn:

Place canned corn in solid steamtable pans.

Steam for 2 minutes and drain.

To boil corn:

Place canned corn in pot.

Cook for 6 to 8 minutes. Add water if needed.

Transfer corn to solid steamtable pan.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2.

Melt margarine and pour over cooked corn. Stir gently to combine.

3.

Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with a perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of starchy vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 0.50 cup

Amount Per Serving			
Calories	103.47		
Fat	1.29g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	181.07mg		
Carbohydrates	21.99g		
Fiber	2.59g		
Sugar	5.17g		
Protein	2.59g		
Vitamin A	0.00IU	Vitamin C	4.66mg
Calcium	0.00mg	Iron	0.00mg

Baked Fries



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 S/C CLR COAT 6-5# CAVFM	1/2 Cup		622812
FRIES 1/2 C/C CONCR TN 6-4.5 GEN7	1/2 Cup	CONVECTION: BAKE 1 LB AT 400 DEGREES F. FOR 7 MINUTES.	444539

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		0.59	
Fat		0.02g	
SaturatedFat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.61mg	
Carbohydrates		0.08g	
Fiber		0.01g	
Sugar		0.00g	
Protein		0.01g	
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.06mg	Iron	0.00mg
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Cucumber & Tomato



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	1/4 Cup	Wash and slice cucumbers. Fill a 5.5 oz. cup half way.	418439
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	Rinse well and place 4 tomatoes in cup with cucumber.	129631

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		0.10	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.03mg	
Carbohydrates		0.02g	
Fiber		0.01g	
Sugar		0.02g	
Protein		0.00g	
Vitamin A	3.89IU	Vitamin C	0.07mg

Calcium 0.07mg **Iron** 0.00mg

Mixed Fruit - Frozen

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT MIXED IQF 6-5 GFS	1/2 Cup		578614

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		0.35	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		0.08g	
Fiber		0.01g	
Sugar		0.06g	
Protein		0.00g	
Vitamin A	1.50IU	Vitamin C	0.54mg
Calcium	0.00mg	Iron	0.00mg

Blackberry - Fresh

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLACKBERRY 12-1/2PT P/L	1/2 Cup		430351

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		0.31	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.01mg	
Carbohydrates		0.07g	
Fiber		0.04g	
Sugar		0.04g	
Protein		0.01g	
Vitamin A	1.54IU	Vitamin C	0.15mg
Calcium	0.21mg	Iron	0.00mg

Blueberry - Fresh



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY 12-1PT P/L	1/2 Cup		451690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		0.42	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.01mg	
Carbohydrates		0.11g	
Fiber		0.02g	
Sugar		0.08g	
Protein		0.01g	
Vitamin A	0.40IU	Vitamin C	0.07mg
Calcium	0.04mg	Iron	0.00mg

Pineapple Chunks - Fresh



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHNK PRSRV FR 2-8 RSS	1/2 Cup		581471

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

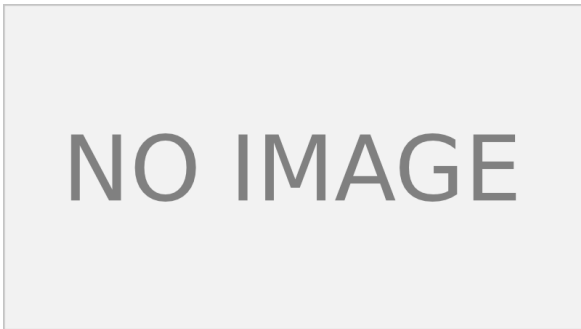
Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		0.55	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.08mg	
Carbohydrates		0.15g	
Fiber		0.01g	
Sugar		0.12g	
Protein		0.01g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.00mg

Pineapple Spears - Fresh



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE SPEARS FRSH 24 RSS	1/2 Cup		447641

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		0.75	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.11mg	
Carbohydrates		0.18g	
Fiber		0.01g	
Sugar		0.17g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Pears - #10



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD XL/S 6-10 GFS	1/2 Cup		290203

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

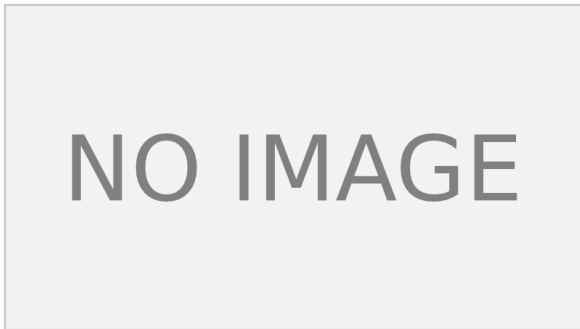
Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		0.70	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.10mg	
Carbohydrates		0.17g	
Fiber		0.01g	
Sugar		0.15g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Pears - Fresh



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR 95-110CT MRKN	1 Each		198056

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		1.03	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.02mg	
Carbohydrates		0.28g	
Fiber		0.06g	
Sugar		0.17g	
Protein		0.01g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.00mg

Apple Juice



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		0.60	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.05mg	
Carbohydrates		0.14g	
Fiber		0.00g	
Sugar		0.12g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.60mg
Calcium	0.00mg	Iron	0.00mg

Ranch Dip Cup



Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE RNCH DIPN CUP 100-1Z PPI	100 Each		182265

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

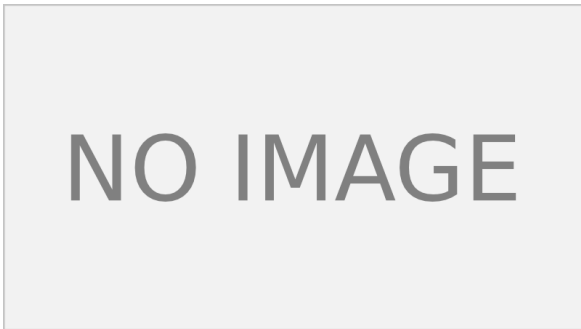
Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories		121.50	
Fat		12.20g	
SaturatedFat		1.50g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		253.10mg	
Carbohydrates		2.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

2 Ketchup Pkg.



Servings:	100.00	Category:	Condiments or Other
Serving Size:	2.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Package

Amount Per Serving			
Calories		0.20	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.50mg	
Carbohydrates		0.04g	
Fiber		0.00g	
Sugar		0.04g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg