

Cookbook for Pegram Elementary School

Created by HPS Menu Planner

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Cereal

Servings:	10.00	Category:	Grain
Serving Size:	1.00 Bowl	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL REESES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
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CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Donuts

Servings:	2.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Muffin

Servings:	3.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each		262362

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Breakfast Pizza

Servings:	2.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	503660
PIZZA BFAST SAUS 2X6 WGRAIN 192CT MAX	1 Each	NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN: BAKE AT 375°F FOR 11 TO 13 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. CONVENTIONAL OVEN: BAKE AT 425°F FOR 12 TO 16 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F	340351

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Pancake Wrapped Sausage

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Tso's Smackers

Servings:	108.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Smackers	1 Package	Conventional Oven for 10-12 minutes at 350 degrees. Convection Oven for 6-8 minutes at 350 degrees.	
SAUCE GEN TSO 4-.5GAL ASIAN	1 Gallon	Heat Sauce	802850

Preparation Instructions

Place chicken on metal sheet pan with liner and cook on 350 until temp reaches 165 degrees. Heat sauce then mix (1) 5 pound bottle of sauce to 3 bags of chicken in pan.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Teriyaki Chicken

Servings:	80.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	10 Pound		
SAUCE TERYK MRND LO SOD 6-.5GAL KIKK	1 Gallon		176721

Preparation Instructions

Bake chicken in a 350 degree oven until the internal temperature reaches 165 degrees. Heat sauce separately. Mix (1) gallon bottle of teriyaki sauce to 10 pounds of chicken.

CCP: Hold at 140 degrees or higher for service.

SLE Components

Amount Per Serving

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

4-Roasted Green Beans

Servings:	128.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN WHL 6-4 GFS	4 Pound		610851
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon	mix seasonings in a bowl.	224839
Black Pepper	1 1/2 Teaspoon		24108
CHEESE PARM GRTD 12-1 PG	2/3 Cup		164259
Vegetable Oil	3 Tablespoon		100441comm

Preparation Instructions

Heat oven to 400 degrees. Prepare sheet pan by placing a pan liner on the pan and spraying it with pan release.

Place green beans in a large bowl and drizzle vegetable oil over the top. Toss to coat evenly.

Sprinkle seasoning mix over green beans and toss to combine.

Lay green beans in a single layer on the sheet pan and cook for approximately 15 minutes. (CCP: Heat to 135 degrees or higher).

Put in a 4" hotel pan for service.

Use a #8 scoop for 1/2 cup portions.

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

1-Side Salad

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1 Cup	BAKE	15D44
Shredded Cheddar	1 Tablespoon		
TOMATO CHERRY 11 MRKN	3 Each		569551

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

1-Broccoli & Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound		100036

Preparation Instructions

Divide frozen broccoli into 3-4 inch deep pans with holes. Use only enough broccoli to cover the bottom of the pan. DO NOT LAYER MORE.

Sprinkle in butter buds.

Sit the pans of broccoli into a 4 inch deep serving pan, put a lid on it.

Steam for 10-15 min or until broccoli is bright green. ****CAUTION: DO NOT OVER COOK.****

(If no steamer, place water in the bottom of the pan prior to baking at 350).

When done pour broccoli out of the pans with holes and pour into clean 4 inch deep serving pans and layer the cheese on top.

CCP: Heat to 135 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher for service.

SLE Components

Amount Per Serving

Meat	0.49
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Chicken Fajita

Servings:	40.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	1 Package		100101
SEASONING FAJITA MIX 6-8.9Z LAWR	1/2 Package		518298
Tap Water for Recipes	1 Cup		000001WTR

Preparation Instructions

Put a 5# bag of diced chicken into a 6 inch deep half pan (with holes if not using a steamer). Place in steamer (or pan with a little water) and cook uncovered for 15 min.

Take out and stir in 1/2 pack of the fajita mix. Return to steam for 10 min. (If not using a steamer, you may need additional water in the bottom pan at this point).

Note: If the meat is too dry, add some additional water.

CCP: Heat to 165 degrees or higher.

CCP: Hold at 140 or higher for service.

Serve in 2 oz portions.

SLE Components

Amount Per Serving

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

2-Refried Beans

Servings:	17.00	Category:	Vegetable
Serving Size:	5.30 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT QUESO 4-5 BIB JTM	3 Cup		701201
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1 Package	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.	668341

Preparation Instructions

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: Heat cheese from frozen or thawed state in steamer or boiling water to 160 degrees and pour on top of beans. (Serve the rest of the bag of cheese as an additional option for that day).

SLE Components

Amount Per Serving

Meat	1.33
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.51
Starch	0.00

3-Corn, Commodity

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	30 Pound		100348
BUTTER SUB 24-4Z BTRBUDS	1/2 Package		209810

Preparation Instructions

Spray pan with food release spray.

Mix butter buds according to package.

Pour butter buds over the pans of corn.

Cook until corn reaches a temperature of 140 or higher. (It shouldn't take more than 8-10 minutes).

Place one pan on the serving line. Cover any additional pans and place in the warmer.

CCP: Hold at 140 degrees or higher.

SLE Components

Amount Per Serving

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

Juice Variety

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

5-carrot stick cups

Servings:	1.00	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	4 Ounce		768146

Preparation Instructions

Portion out 1/2 cup of carrot sticks and place in a cup for service.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.44
OtherVeg	0.00
Legumes	0.00
Starch	0.00

4-Celery Stick cups

Servings:	1.00	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	1/2 Cup		781592

Preparation Instructions

If sticks are too big, cut them in two.

Place 1/2 cup of celery sticks in cups for service (approximately 7 sticks)

CCP: Hold for cold service at 40 degrees or lower.

SLE Components

Amount Per Serving

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

Stuffed Crust Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each		134686
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Each		261680
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each		259910

Preparation Instructions

THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16" PIZZA PIE AND FIT 12 TO A PAN.

CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CONVENTIONAL OVEN: BAKE AT 400 DEGREES F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CCP: Heat to 165 degrees or higher

CCP: Hold for service at 140 degrees or higher

SLE Components

Amount Per Serving

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

Hot Dog

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each		564053

Preparation Instructions

Thawing Instructions:

Thaw frozen franks to an internal temperature of 35° - 40°. Do NOT thaw at room temperature.

Steamer: Place franks on steam table pan in a single layer. Place pan in steam, close door and steam until internal temperature reaches 140° F (approximately 10 min).

Oven: Lay franks on a sheet pan with a little space between each one.

Convection Oven: Cook time 8-10 minutes or until internal temp reaches 140°F

Conventional Oven: Cook time 15-18 minutes or until internal temp reaches 140°F

CCP: Heat to 140 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Place hot dog in bun for service.

SLE Components

Amount Per Serving

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

F- Fruit Variety

Servings:	13.22	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	1 Each		540005
PEACH DCD IN JCE 6-10 GFS	1 Cup		610372
Sliced Peaches 6-10	1 Cup		100219
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	1 Cup		117897
BANANA TURNING 40 P/L	1 Each		200999
Sliced Pears 6-10	1 Cup		100224
Wild Blueberries fzn	1 Cup		100243
Strawberries, diced, Cups, frozen	1 Cup		100256
Peaches, diced, cups, Frozen	1 Cup		100241
APPLESAUCE UNSWT 6-10 GFS	1 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each		544426
Apples, Gala	1 Each		14J93
Grapes	1		14P36
Pear, fresh	1		14P12
Oranges, whole	1 Each		16W62

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.58
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Quesadillas

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN 96-5Z MAX	1 Each		231750
QUESADILLA CHS WGRAIN 96-5Z MAX	1 Each		231771

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

Chicken Parm w/ filet

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ 2 SHRD FTHR 4-5 P/L	1 Ounce		731366
SAUCE SPAGHETTI 6-10 GCHC	2 Ounce		144207
Chicken Breast Fillet	1 Each		

Preparation Instructions

Cook Chicken patty according to directions.

When patty temps at 165 degrees or higher, place 2oz laddle of spaghetti sauce on top.

CCP: Heat to 165 degrees or higher.

Return to oven for an additional 5 min to heat sauce.

Top with 1 oz of mozzarella cheese and place into warmer to let melt.

Serve with spatula onto lunch tray.

CCP: Hold at 135 degrees or higher for service.

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

4-Stir Fry Veggies

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GFS	4 Pound		440884
SAUCE SOY LITE 6-.5GAL KIKK	2 Tablespoon		466425
SPICE GARLIC POWDER 21Z TRDE	1 1/2 Teaspoon		224839
Tap Water for Recipes	1/4 Cup		000001WTR
Vegetable Oil	4 Tablespoon		100441comm
Black Pepper	1/2 Teaspoon		24108

Preparation Instructions

Combine water, soy sauce, and garlic. Set aside.

Heat oil in steam kettle.

Add pepper to oil and stir.

Add vegetables. Cook for 5 minutes stirring constantly.

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

Cover, lower heat, and steam for 3 minutes. (Note: Vegetables should not be overcooked as they will continue to cook on the steam table.)

CCP: Heat to 140 degrees or higher.

CCP: Hold for hot service at 135 degrees or higher.

Portion with a #8 (1/2 cup) scoop.

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

Grilled Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG White Bread	2 Slice		71673-01212
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice		100036
PAN COAT SPRAY 6-21Z VEGLN	1 Gram		187542

Preparation Instructions

Place a pan liner on a sheet pay.

Spray a heavy amount of pan spray on the liner.

Lay a slices of bread on the pan liner.

Put 4 slices of cheese on each slice of bread. Put another slice of bread on top of the cheese.

Spray the top of the bread with buttery spray.

Cook in preheated oven at 350 degrees for about 7 minutes.

CCP: Heat to 135 degrees or higher for 15 seconds.

CCP: hold at 135 degrees or higher for service.

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

3-peas

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS R/SOD 6-10 P/L	1 #10 CAN		222000
BUTTER SUB 24-4Z BTRBUDS	2 Tablespoon		209810
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon		265103

Preparation Instructions

Drain most of the liquid off the peas.

Pour peas into a half size serving pans. Stir in the ingredients.

Cook in the steamer uncovered for about 15 min.

CCP: Heat to 135 degrees or higher.

CCP: HOld at 135 degrees or higher for service.

Serve in #8 (1/2 cup) scoop.

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	0.54

Chicken Sandwich

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Breast Fillet	4 1/4 Ounce	Bake at 350 degrees uncovered for 20 minutes.	
Chicken Spicy Breast Fillet	4 Ounce	BAKE bake at 350 degrees uncovered for 20 minutes.	
Hamburger Buns	2 bun		

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.13
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00