

# Cookbook for Kankakee School District 111

Created by HPS Menu Planner

# Table of Contents

Garden Vegetable & Green Tossed Salad w/Bosco Cheesey BreadStick

Mashed Potatoes

Baby Carrots

Classic Chicken Popper Mashed Potato Bowl

Breakfast Anytime K-12

Individual Pan Pepperoni Pizza

Rockin'ola Strawberry & Blueberry Yogurt Parfait-K-6

Smoky Honey Rib Sandwich

Personal Deep Dish Cheese Pizza

Pizza Cheese Crunchers

Roasted Brussel Sprouts

Breakfast English Muffin Sandwich

Assorted Cereal

Mini Powdered Donut Kit

# Garden Vegetable & Green Tossed Salad w/Bosco Cheesey BreadStick



<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	2 cups of romaine lettuce = 1 cup eq. of vegetable	735787
TOMATO CHERRY 11 MRKN	120 Each	Wash and air dry 5 medium size cherry tomatoes =1oz approx. 120 cherry tomatoes will be used for 24 salads.	569551
Cucumber	96 Slice	4 slices = 1 1/2 oz (wt.) cucumber	16P98
Carrots, baby	72 Each	3 baby carrots = 1/8 cup/1oz	18D69

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	24 Each	<p><b>Thawing Instructions</b></p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p><b>Convection Oven</b></p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b></p> <p>Oven temperatures may vary. Adjust baking time and/or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
TURKEY HAM DCD 2-5 JENNO	72 Ounce		202150
CHEESE AMER SHRD FTTH 4-5 BONGARDS - Bongards - W	24 Ounce		359572

## Preparation Instructions

Place 2 cups of romaine lettuce in 12 oz round black bowl  
 Add to top 3 oz of turkey ham- (Use a level 4 oz ladle)  
 Add 1/4 cup -5 cherry tomatoes  
 Add 1/4 cup-4 slices of cucumbers  
 Add 1/4 cup 3 baby carrots  
 and top with 1 Tablespoon-Use # 30 Scoop of shredded cheese.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.99
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	3.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	549.11
<b>Fat</b>	18.73g
<b>SaturatedFat</b>	10.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	99.80mg
<b>Sodium</b>	1373.64mg
<b>Carbohydrates</b>	63.20g
<b>Fiber</b>	5.32g
<b>Sugar</b>	4.00g
<b>Protein</b>	30.91g
<b>Vitamin A</b>	11299.64IU
<b>Vitamin C</b>	75.99mg

**Calcium** 442.73mg **Iron** 3.81mg

# Mashed Potatoes

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD 8-16Z TRIO	2 Fluid Ounce	In a steam table pan add 1 gallon of boiling water to dry gravy mix. 1 bag yeilds 71 servings (2oz servings)	552050
POTATO MASH INST 6-26Z BRILLIANT	3 48/49 Ounce	<b>RECONSTITUTE</b> 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 4: Use these potatoes in your recipe. [Alternate] Add ingredients to create signature mashed potatoes or other dishes that use riced potatoes.	675031

## Preparation Instructions

Serving size per student

4oz of Mashed Potatoes-(use #8 SCOOP)

OPTIONAL-2oz of Gravy-(USE #16 SCOOP)

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

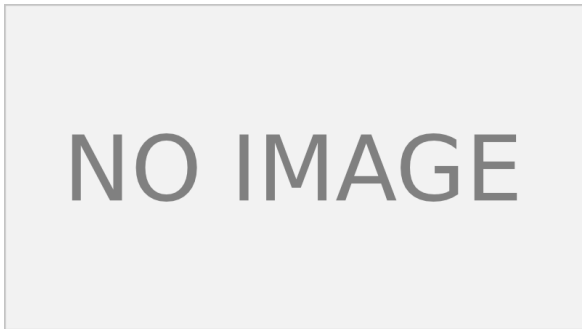
**Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		535.31	
<b>Fat</b>		2.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		1275.16mg	
<b>Carbohydrates</b>		107.06g	
<b>Fiber</b>		6.22g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		12.44g	
<b>Vitamin A</b>	11.82IU	<b>Vitamin C</b>	39.55mg
<b>Calcium</b>	52.80mg	<b>Iron</b>	3.42mg

# Baby Carrots



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	5 Ounce		510637

## Preparation Instructions

- 1/2 Cup (6 pieces) Baby Carrots in a plastic bag and seal
- 3/4 Cup (8 pieces) Baby Carrots in a plastic bag and seal

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.83
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	49.67		
<b>Fat</b>	0.17g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	110.50mg		
<b>Carbohydrates</b>	11.67g		
<b>Fiber</b>	4.17g		
<b>Sugar</b>	6.67g		
<b>Protein</b>	0.83g		
<b>Vitamin A</b>	19546.98IU	<b>Vitamin C</b>	3.68mg
<b>Calcium</b>	45.37mg	<b>Iron</b>	1.27mg



# Classic Chicken Popper Mashed Potato Bowl



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	<b>BAKE: CONVECTION</b> Appliances vary, adjust accordingly. 6-8 minutes at 375°F from frozen. 1 Case = 1908 Average Count (4 x 477 Average Count per Bag) Chicken, Golden Crispy, Fritter, Whole Grain, Breaded, Popcorn, Cooked, Frozen FROZEN = 270 DAYS FROM DATE OF PRODUCTION	327120
POTATO MASH INST 6-26Z BRILLIANT	40 Cup	<b>RECONSTITUTE</b> 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 1 Case = 729.6 Ounces (6 x 121.6 Ounces per Bag) of Potatoes, Mashed, Dried, Shelf-Stable. Grocery (Dry) = 180 days from date of production	675031
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	50 Ounce	Keep in cooler Ready to use 4/5lb bags-1 bag=80oz	359572
Chicken Gravy	17 Cup	<b>MIX</b> Place contents of pouch in a 4" half steam table pan. Gradually add 1 gallon of boiling water. Stir briskly until smooth and thickened. 1 Case = 1136 Ounces (8 x 142 Ounces per Bag) of Gravy Mix, Poultry, Low-Sodium DRY= 450 DAYS	Wilkens Food Service

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	2 #10 CAN	Wash cans free of debris. Open can and place in 1/2 steam table pan. Cover and cook in steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. Place covered pan in hot holding until serving. portion size of 1/4 cup	100313

## Preparation Instructions

PLACE IN 16oz Black Square Bowl

Mashed potatoes 1/2 Cup (3.02oz) USE #8 per bowl

Chicken Poppers- 12 ea

Corn- 1/4 Cup (2oz) USE #16 Scoop/ladle

Chicken gravy-1/4 Cup (2oz)-USE # 16 scoop/ladle

Shredded Cheddar cheese 1/8 Cup (1oz)-USE #30 scoop/ladle

### SLE Components

Amount Per Serving

<b>Meat</b>	2.68
<b>Grain</b>	1.09
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.57

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	388.40		
<b>Fat</b>	19.33g		
<b>SaturatedFat</b>	5.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	34.32mg		
<b>Sodium</b>	653.07mg		
<b>Carbohydrates</b>	33.05g		
<b>Fiber</b>	4.93g		
<b>Sugar</b>	2.64g		
<b>Protein</b>	20.69g		
<b>Vitamin A</b>	310.28IU	<b>Vitamin C</b>	3.98mg
<b>Calcium</b>	123.94mg	<b>Iron</b>	2.31mg

# Breakfast Anytime K-12

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN 176-.77Z	400 Piece	Keep Frozen: Convection Oven: arrange frozen french toast sticks on a sheet pan in a single layer. Bake uncovered at 325 degrees for 6-8 minutes. Shelf Life:Frozen = 365 days from date of production	611201
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	Keep Frozen: Place in a single layer on a parchment lined sheet tray. Place in a preheated oven at 350 degrees. Bake for 10-15 minutes. heat until internal temperature reaches 165 degrees F for 15 seconds or longer. Shelf life: Frozen = 180 days	184970

## Preparation Instructions

4 Stick and 1 patty per serving portion

### SLE Components

Amount Per Serving

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

Starch

0.00

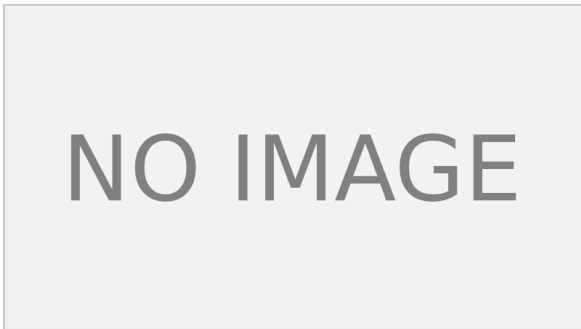
## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		270.00	
<b>Fat</b>		8.50g	
<b>SaturatedFat</b>		1.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		45.00mg	
<b>Sodium</b>		770.00mg	
<b>Carbohydrates</b>		53.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		12.00g	
<b>Protein</b>		14.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	3.42mg

# Individual Pan Pepperoni Pizza



<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Personal 5" Deep Dish Pepperoni Pizza	450 2/5 Ounce	<b>BAKE</b> Keep frozen: Preheat oven to 325 degrees F. Place pizza on parchment lined sheet tray. Frozen: Bake 13-15 minutes Thawed: Bake 11-13 minutes or until internal temperature reaches 165 degrees F for 15 seconds. 5.63 oz individual 450.4 oz = 80 ind per case	Wilkens Food Service

## Preparation Instructions

1 individual pizza per serving

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

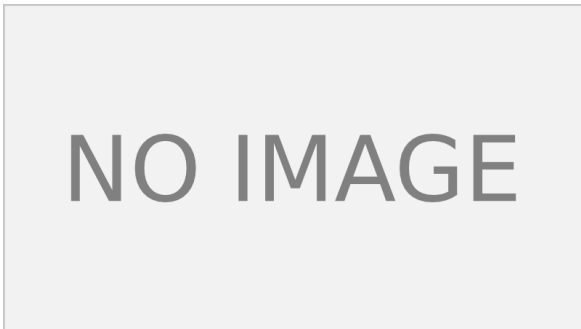
Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.00g

<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Rockin'ola Strawberry & Blueberry Yogurt Parfait-K-6



<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	244630
BLUEBERRY IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	166720
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	READY_TO_EAT 96oz per bag-16 (6oz) Servings 6 oz per portion	811500
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	portion size-1/4 Cup -use #16 scoop	109568
Rockin'ola Pro granola	36 Ounce	pre-packaged bag 1.5 oz- or bule 1/4 cup use scoop #16 1 per student	8004216

## Preparation Instructions

1 serving per student

Layer in 12oz parfait cup

- 1.) Add 1/4 Cup of graham cracker crumb to bottom of parfait cup-Use #16 scoop
- 2.) Add 3oz of Vanilla yogurt in bottom of cup USE #10 scoop
- 3.) Add 1/4 Cup berries on top of yogurt
- 4.) Add 3oz of Vanilla yogurt on top of berries USE #10 scoop

5.) Add another 1/4 Cup of berries

6.) Place insert in cup and add 1 bag of Rockin'ola Pro granola or 1/4 Cup(use#16 scoop) of bulk Rockin'ola Pro granola

7.) place domed lid on cup

Must serve chilled- keep in refrigerator until serving time- when on the line keep in pan with cooling pads.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	492.50
<b>Fat</b>	11.38g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.75mg
<b>Sodium</b>	263.75mg
<b>Carbohydrates</b>	83.75g
<b>Fiber</b>	7.75g
<b>Sugar</b>	40.25g
<b>Protein</b>	16.25g
<b>Vitamin A</b> 750.00IU	<b>Vitamin C</b> 14.40mg
<b>Calcium</b> 259.00mg	<b>Iron</b> 11.26mg



# Smoky Honey Rib Sandwich



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	100 Each	BAKE: Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
Hawaiian Hoagie Roll	100 Each	READY_TO_EAT Keep frozen until serving-Thaw at room temperature 3-4 hours or under refrigeration overnight	Wilkens Food Service

## Preparation Instructions

To Prepare:  
Place bottom of sub bun on tray, place 1 rib patty on sub bun and place top of bun to complete sandwich  
1 per student

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	350.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	910.00mg
<b>Carbohydrates</b>	45.00g

<b>Fiber</b>		5.00g	
<b>Sugar</b>		16.00g	
<b>Protein</b>		19.00g	
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Personal Deep Dish Cheese Pizza

NO IMAGE

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.49 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
5"Deep Dish Cheese Pizza	439 1/5 Ounce	<b>BAKE</b> Pre-heat oven to 325 degrees F. Place on a perforated baking sheet lined with parchment paper. Frozen: Bake 13-15 minutes Thawed: Bake 11-13 minutes Or until internal temperature reaches 165 degrees F. 1 case 80 count = 439.20oz	841180

## Preparation Instructions

Portion size: 1 individual deep dish pizza

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 5.49 Ounce

<b>Amount Per Serving</b>	
<b>Calories</b>	360.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	510.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.00g

<b>Vitamin A</b>	0.10IU	<b>Vitamin C</b>	0.10mg
<b>Calcium</b>	0.45mg	<b>Iron</b>	0.15mg

# Pizza Cheese Crunchers



<b>Servings:</b>	71.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.48 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	395 1/2 Ounce	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required. 1 case (395.5oz) = 285 pieces/4= 71 servings	143271
SAUCE MARINARA A/P 6-10 REDPK	142 Ounce	READY_TO_EAT None	592714

## Preparation Instructions

Keep Frozen until ready to prepare:

Convection oven: preheat to 350 degrees F.

Place in a single layer on parchment lined perforated sheet tray.

Bake for 15-16 minutes, if cooking more than one tray may take longer to cook.

or Until internal temperature reaches 165 degrees f for 15 seconds or longer.

4 pieces per portion Serve with 1/2 cup of marinara sauce

## SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.25

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.36
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 71.00  
 Serving Size: 5.48 Ounce

---

**Amount Per Serving**

<b>Calories</b>	448.60	
<b>Fat</b>	21.43g	
<b>SaturatedFat</b>	9.00g	
<b>Trans Fat</b>	0.00g	
<b>Cholesterol</b>	30.00mg	
<b>Sodium</b>	898.62mg	
<b>Carbohydrates</b>	45.29g	
<b>Fiber</b>	7.43g	
<b>Sugar</b>	5.86g	
<b>Protein</b>	21.43g	
<b>Vitamin A</b>	277.24IU	<b>Vitamin C</b> 4.33mg
<b>Calcium</b>	11.88mg	<b>Iron</b> 0.10mg

# Roasted Brussel Sprouts



<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL 3-2 RSS	128 Each	3/2#bags per case 4 each per serving	241502
SPICE BLND ORIG 3-21Z MDASH	2 Tablespoon		265103
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup		732900

## Preparation Instructions

Pre heat oven to 400 degrees F.  
Place brussel sprouts in a large mixing bowl add 3/4 cup oil blend and 3 tablespoons of mrs. dash original blend and toss until brussel sprouts are coated.  
Pour mixture onto parchment lined perforated sheet tray and roast in oven for 30- 45 minutes. shaking pan every 5-7 minutes for even browning. Brussel sproats should be brown not black. Serve immediately.  
4 brussel sprouts per servings=1/2 cup

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50

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

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 3.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>		85.00	
<b>Fat</b>		5.25g	
<b>SaturatedFat</b>		0.38g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		20.00mg	
<b>Carbohydrates</b>		8.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		2.00g	
<b>Protein</b>		2.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg



# Breakfast English Muffin Sandwich

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
English Muffin	100 Each	Keep Frozen Until ready to serve Thaw at room temperature 2-4 hours or under refrigeration for 24 hours.	2206
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	Keep Frozen until ready to heat. Place sausage patties in a single layer on a parchment lined sheet tray. Bake in 350 degree F oven for 3-5 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. Shelf life: frozen for 180 days	184970
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	100 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036

## Preparation Instructions

To assemble

Place thawed english muffin sheet tray, add cooked sausage patty then cooked egg patty then 1 slice of cheese and top with english muffin top. Cover sheet tray with cooking bag.

Place in hot holding for no longer than 30 minutes.  
1 complete breakfast sandwich per serving portion

## SLE Components

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	240.80		
<b>Fat</b>	8.05g		
<b>SaturatedFat</b>	2.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	130.15mg		
<b>Sodium</b>	450.00mg		
<b>Carbohydrates</b>	26.02g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.02g		
<b>Protein</b>	14.06g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.08mg

# Assorted Cereal

NO IMAGE

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	10 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL FRSTD FLKS RS BKFST KIT 44CT	10 Package		872040
CEREAL APPL JK R/S BKFST KIT 36CT	10 Package		676160

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		208.83	
<b>Fat</b>		3.43g	
<b>SaturatedFat</b>		0.67g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		227.33mg	
<b>Carbohydrates</b>		42.67g	
<b>Fiber</b>		2.85g	
<b>Sugar</b>		14.50g	
<b>Protein</b>		3.02g	
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	56.60mg
<b>Calcium</b>	116.67mg	<b>Iron</b>	4.02mg

# Mini Powdered Donut Kit

NO IMAGE

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mini Powdered Donuts	144 Ounce	Keep Frozen Until serving 270 oz = 48 packages	Wilkens Food Service
SourCherry-Lemon	211 1/5 fl. oz	READY_TO_EAT Remove from freezer and let sit out a short time before eating	Wilkens Food Service

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	345.00mg
<b>Carbohydrates</b>	63.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	40.00g
<b>Protein</b>	4.00g

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