

# Cookbook for Kankakee School District 111

Created by HPS Menu Planner

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# Chicken Mini Corn Dog Bites



<b>Servings:</b>	39.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.02 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mini Corn Dog Bites-WG	156 7/9 Ounce	Keep Frozen until ready to cook BAKE REHEATING FROM THAWED STATE IS RECOMMENDED METHOD. CONVECTION OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.	9055

## Preparation Instructions

6 MINI CORN DOGS 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

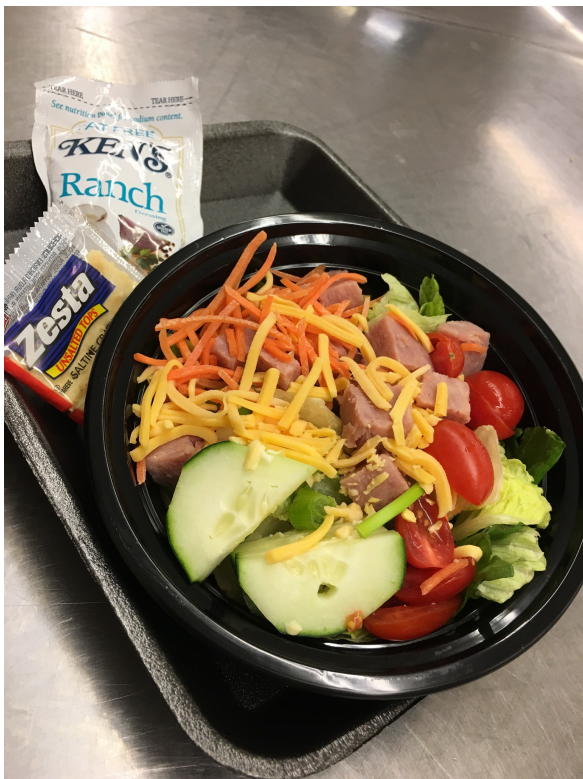
Servings Per Recipe: 39.00

Serving Size: 4.02 Ounce

<b>Amount Per Serving</b>	
<b>Calories</b>	270.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	410.00mg
<b>Carbohydrates</b>	0.00g
<b>Fiber</b>	0.00g

<b>Sugar</b>	0.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# 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>Thawing Instructions</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>Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p>CAUTION: FILLING MAY BE HOT!</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 FTNR 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

# Roasted Turkey served w/Cornbread & gravy

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 #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	1 Case = 394.88 Ounces (4 x 98.72 Ounces per Bag) of Turkey Breasts, Steaks, Sliced, Frozen THAW UNDER REFRIGERATION FOR AT LEAST 48 HOURS FOR SINGLE BAGS OR UP TO 72 HOURS FOR MULTIPLE BAG UNITS IN BOX. DO NOT THAW AT ROOM TEMPERATURE. STEAMER: (PREFERRED METHOD) PLACE BAG OF PRODUCT IN PACKAGING INTO A STEAM PAN AND PLACE IN PREHEATED STEAMER. HEAT ACCORDING TO CHART AND UNTIL INTERNAL TEMPERATURE IS 140 DEGREES F. REMOVE FROM STEAMER AND SERVE HOT. SHELF LIFE-FROZEN = 365 DAYS FROM DATE OF PRODUCTION	563652
CORNBREAD PRE-CUT 4-30CT CP	100 Piece	1 Case = 120 (4 x 30 per Tray) Cornbread, Sliced, Frozen THAW-LEAVE CORNBREAD IN TRAY WITH PLASTIC WRAP. THAW WHOLE SHEET AT ROOM TEMPERATURE: 1-1/2 TO 2 HOURS.	579785
Brown Gravy	100 Ounce	Reconstitute- IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL 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; YIELDS APPROXIMATELY 1088 OUNCES. Portion size is 2 Tbl	15612

## Preparation Instructions

Prepare portion size-

1. Place 2 slices of cooked turkey on tray add 1 Tbl of gravy-Use #30 scoop
2. Add 1 slice of corn bread to tray

## 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>	300.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.24g		
<b>Cholesterol</b>	75.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

# Mesquite Glazed Drumstick

NO IMAGE

<b>Servings:</b>	105.00	<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 DRMSTX GLZD 105CTAVG 30 TYS	105 Piece	PREPARATION: Appliances vary, adjust accordingly. BAKE: Convection Oven 28 - 30 minutes at 375°F from Frozen. 22 - 27 minutes at 375°F from Thawed. or until internal temperature reaches 165 degrees F for 15 seconds or longer. Place pan of water in bottom of oven during cooking.	591160
CORN COB EARS LITTLE 2.75 96CT GFS	105 Each	Do not thaw prior to cooking. Place frozen cobbet in steam table pan. add small amount of boiling water to pan w/corn cobbett. palce in steam table and cook/steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1 case = 96 count	119385

## Preparation Instructions

1 drumstick per portion

1 corn cobbett

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<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
<b>Starch</b>	0.25

## Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		250.00	
<b>Fat</b>		11.00g	
<b>SaturatedFat</b>		2.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		90.00mg	
<b>Sodium</b>		320.00mg	
<b>Carbohydrates</b>		21.00g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		5.00g	
<b>Protein</b>		19.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.72mg

# Sweet Potato Mashed



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### 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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Zesty Beef, Bean & Cheese Burrito

NO IMAGE

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	60 Each	1 Case = 60 Burritos, Beef/Bean/Cheese, Whole Grain, Raw, Frozen, 5 Ounce THAW UNDER REFRIGERATION, DO NOT THAW AT ROOM TEMPERATURE. REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED. CONVENTIONAL OVEN - 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN 280 DEGREES F FOR 16-22 MINUTES or until internal temperature reaches 165 degrees F for 15 seconds or longer.	497221

## Preparation Instructions

1- 5.0 oz Burrito per students

### 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: 60.00

Serving Size: 5.00 Ounce

<b>Amount Per Serving</b>	
<b>Calories</b>	360.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	460.00mg
<b>Carbohydrates</b>	40.00g

<b>Fiber</b>		5.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		16.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.44mg



# Pizza Cheese Crunchers

NO IMAGE

<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

<b>Amount Per Serving</b>			
<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

# BAKED MOSTACCIOLI w/Lentil pasta



<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 #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO 6" FULL STEAM TABLE PANS AND HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F.	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
BEEF CRMBL CKD 6- 5 SMRTPCKS	150 Ounce	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN-PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNEED. 1-2 MINUTES	Wilkens Food Service
Lentil Penne	800 Ounce	BOIL Add 1 bag pasta to boiling water. Reduce heat to medium high, stir occasionally. cook 9 minutes. Drain, rinse and serve Hold hot at 145 degrees F until service	Wilkens Food Service

Description	Measurement	Prep Instructions	DistPart #
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Tablespoon	Mix 3 TBL in with beef crumbles and sauteed onions prior to heating.	413453
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon		513881
BREADSTICK CHS STFD WGRAIN 6 144CT	100 Each	<p><b>CONVECTION</b> Convection Oven1. Preheat oven to 400° F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks may be thawed in packaging.4. Bosco Stick have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411

## Preparation Instructions

### COOKING INSTRUCTIONS:

- MIX IN A 6' FULL STEAM TABLE PAN: WARM CARMELIZED ONIONS AND COOKED GROUND BEEF CRUMBLES .
- ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING, THROUGHLY MIX WITH ONIONS AND BEEF CRUMBLES
- PLACE BEEF CRUMBLES AND WARM MARINARIA SAUCE TOGETHER.
- PLACE DRAINED AND RINSE PASTA WITH COLD WATER, IN LARGE MIXING BOWL MIX IN A 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
- MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE THEN ADD TO THE COOKED & RINSED PASTA.
- DIVIDE MIXTURE INTO 4 PORTIONS ADD TO 4" STEAM TABLE PANS, ADD 3 1/4 CUPS OF MOZZARELLA CHEESE AND STIR, PLACE THE REMAINING 3 1/4 CUPS OF CHEESE TO TOP OF PAN.
- PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

### SERVING SIZE

PLACE 1 1/2 CUP PORTION OF BAKED MOSTACCIOLI

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	0.50

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.64
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
 Serving Size: 1.00 Serving

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**Amount Per Serving**

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<b>Calories</b>	783.56
<b>Fat</b>	19.83g
<b>SaturatedFat</b>	8.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	48.75mg
<b>Sodium</b>	921.44mg
<b>Carbohydrates</b>	101.94g
<b>Fiber</b>	10.51g
<b>Sugar</b>	7.13g
<b>Protein</b>	51.01g

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<b>Vitamin A</b>	516.74IU	<b>Vitamin C</b>	7.49mg
<b>Calcium</b>	495.56mg	<b>Iron</b>	1.88mg

# Refried Beans

NO IMAGE

<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 5/11 #10 CAN	Rinse top of can free from debris. Place 2-#10 cans in 4" steam table pan cover with lid and place in preheated oven at 350 degrees F for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. SHELF LIFE: DRY STORAGE= 730 DAYS.	293962

## Preparation Instructions

1/2 cup serving size per portion.

### 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>	0.47
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	131.57
<b>Fat</b>	1.88g
<b>SaturatedFat</b>	0.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	498.10mg
<b>Carbohydrates</b>	21.62g
<b>Fiber</b>	5.64g
<b>Sugar</b>	0.94g
<b>Protein</b>	7.52g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.29mg	<b>Iron</b>	1.88mg

# 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

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**Amount Per Serving**

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**Calories** 208.83

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**Fat** 3.43g

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**SaturatedFat** 0.67g

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**Trans Fat** 0.00g

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**Cholesterol** 0.00mg

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**Sodium** 227.33mg

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**Carbohydrates** 42.67g

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**Fiber** 2.85g

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**Sugar** 14.50g

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**Protein** 3.02g

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<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	56.60mg
<b>Calcium</b>	116.67mg	<b>Iron</b>	4.02mg

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# Mini Chocolate 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 Chocolate Donuts	158 2/5 Ounce	READY_TO_EAT Keep Frozen until ready to serve 48 per case=458.4 oz	Wilkens Food Service
BlueRaspberry-Lemon	211 1/5 fl. oz	READY_TO_EAT Remove from freezer and let sit out a short time before eating 4.4 fl oz per serving/211.2 fl oz= 48 servings	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

<b>Amount Per Serving</b>	
<b>Calories</b>	410.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	300.00mg
<b>Carbohydrates</b>	63.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	37.00g

<b>Protein</b>		5.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Trix Strawberry Banana Bash 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 #
Strawberry Banana Bash Yogurt	192 fl. oz	READY_TO_EAT Keep Refrigerated	Wilkens Food Service
JUICE BOX PNCH 100 125ML 40CT	48 Each		733230
Rockin'ola Pro granola	48 Ounce	BAKE pre-packaged 1.5 oz- 1 per student K-6	8004216

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.67
<b>Grain</b>	0.67
<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>	260.00
<b>Fat</b>	4.83g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	108.33mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	2.67g
<b>Sugar</b>	27.33g

<b>Protein</b>	10.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	22.67mg	<b>Iron</b>	6.67mg