

# Cookbook for Pegram Elementary School

Created by HPS Menu Planner

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# Cereal

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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 REESEES 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
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
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.

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Bowl

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### Amount Per Serving

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**Calories** 108.00

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**Fat** 1.35g

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**SaturatedFat** 0.15g

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**Trans Fat** 0.00g

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**Cholesterol** 0.00mg

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**Sodium** 146.00mg

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**Carbohydrates** 23.30g

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**Fiber** 2.00g

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**Sugar** 7.80g

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**Protein** 1.80g

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**Vitamin A** 420.00IU      **Vitamin C** 6.84mg

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**Calcium** 76.00mg      **Iron** 4.68mg

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# Donuts

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>		295.00	
<b>Fat</b>		13.00g	
<b>SaturatedFat</b>		5.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		250.00mg	
<b>Carbohydrates</b>		41.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		20.00g	
<b>Protein</b>		4.50g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	1.26mg

# Muffin

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00

#### Amount Per Serving

**Calories** 190.00

**Fat** 7.00g

**SaturatedFat** 1.33g

**Trans Fat** 0.07g

**Cholesterol** 10.00mg

**Sodium** 116.67mg

**Carbohydrates** 29.33g

**Fiber** 1.33g

**Sugar** 15.00g

**Protein** 2.33g

**Vitamin A** 4.80IU **Vitamin C** 0.02mg

**Calcium** 11.10mg **Iron** 0.98mg

# Biscuit

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	<b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

## Preparation Instructions

PAN FROZEN PRODUCT ON PAPER-LINED SHEET PAN. BAKE UNTIL GOLDEN BROWN. BAKE AT 375°F FOR 10-14 MINUTES OR CONVECTION AT 325°F FOR 12-16 MINUTES. BAKE TIME WILL VARY. ADJUST TIMES ACCORDINGLY.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

**Calories** 170.00

**Fat** 8.00g

**SaturatedFat** 4.50g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 380.00mg

**Carbohydrates** 22.00g

**Fiber** 3.00g

**Sugar** 2.00g

**Protein** 4.00g

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



**Calcium** 40.00mg **Iron** 1.08mg

# Breakfast Pizza

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	<b>BAKE</b> 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.

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	185.00
<b>Fat</b>	7.50g
<b>SaturatedFat</b>	2.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g

<b>Protein</b>		9.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	142.50mg	<b>Iron</b>	1.22mg

# Yogurt

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	60.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	0.00mg

# Frudel

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each	<b>BAKE</b> Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838340
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each	<b>BAKE</b> Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838350

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	36.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	11.00g		
<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>	1.08mg

# Pop-Tart

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each		865131
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	185.00		
<b>Fat</b>	2.75g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	190.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.25g		
<b>Protein</b>	2.25g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.80mg

# Ketchup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD 1000-9GM HNZ	1 Tablespoon		603842

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	10.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	25.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<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

# Mustard

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT 1000-1/5Z HNZ	1 Teaspoon		302112

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### 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>	70.00mg		
<b>Carbohydrates</b>	1.00g		
<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



# Tso's Smackers

<b>Servings:</b>	108.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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.

### Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 10.00 Piece

#### Amount Per Serving

<b>Calories</b>	350.70		
<b>Fat</b>	12.94g		
<b>SaturatedFat</b>	2.99g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	59.74mg		
<b>Sodium</b>	989.99mg		
<b>Carbohydrates</b>	38.86g		
<b>Fiber</b>	2.99g		
<b>Sugar</b>	16.58g		
<b>Protein</b>	17.92g		
<b>Vitamin A</b>	167.26IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	16.93mg	<b>Iron</b>	1.99mg

# Teriyaki Chicken

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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.

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	119.95		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.00mg		
<b>Sodium</b>	1079.02mg		
<b>Carbohydrates</b>	9.59g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	9.59g		
<b>Protein</b>	15.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# 4-Roasted Cauliflower

<b>Servings:</b>	128.00	<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 #
CAULIFLOWER 6-4 GFS	4 Pound	Break large florets into bite sized pieces.	610882
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 cauliflower florets in a large bowl and drizzle vegetable oil over the top. Toss to coat evenly.

Sprinkle seasoning mix over cauliflower and toss to combine.

Lay cauliflower in a single layer on the sheet pan and cook for approximately 15 minutes until edges are golden. (CCP: Heat to 135 degrees or higher).

Put in a 4" hotel pan for service.

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

### Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 44.47

**Fat** 0.49g

**SaturatedFat** 0.13g

**Trans Fat** 0.00g

**Cholesterol** 0.42mg

**Sodium** 45.85mg

**Carbohydrates** 8.00g

**Fiber** 4.00g

**Sugar** 4.00g

<b>Protein</b>		4.17g	
<b>Vitamin A</b>	8.38IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.02mg	<b>Iron</b>	0.00mg

# 4-Roasted Green Beans

<b>Servings:</b>	128.00	<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 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.

## Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.50 Cup

### Amount Per Serving

**Calories** 71.13

**Fat** 0.49g

**SaturatedFat** 0.13g

**Trans Fat** 0.00g

**Cholesterol** 0.42mg

**Sodium** 5.86mg

**Carbohydrates** 13.33g

**Fiber** 8.00g

**Sugar** 2.67g

<b>Protein</b>		2.83g	
<b>Vitamin A</b>	8.38IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.99mg	<b>Iron</b>	1.60mg

# Chicken Alfredo Sauce

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	10 Pound	Heat to 165 degrees.	
SAUCE ALFREDO PARMIGIANA 4-5 STOUF	80 Ounce	Product may be thawed under refrigeration. Heat sauce. Check doneness using a thermometer. Product must be cooked to 160 degrees. <b>**Do not refreeze.**</b>	228011

## Preparation Instructions

Combine cooked chicken with heated sauce in a hotel pan.

CCP: Hold at 140 degrees or higher for service.

Serve with a #10 scoop.

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	124.50		
<b>Fat</b>	6.25g		
<b>SaturatedFat</b>	0.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.50mg		
<b>Sodium</b>	193.50mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	13.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.50mg	<b>Iron</b>	0.00mg

# Spaghetti Sauce with Meatballs

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DEHY CHPD 15 P/L	1 Cup		263036
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
Black Pepper	1 1/2 Teaspoon		24108
Diced Tomatoes cnd	1 #10 CAN		100329
Tomato Sauce cnd	1 #10 CAN		100334
Tap Water for Recipes	2 Quart		000001WTR
SPICE GARLIC SALT NO MSG 37Z TRDE	1 Tablespoon		224847
SPICE PARSLEY FLAKES 11Z TRDE	1/4 Cup		513989
SPICE BASIL GRND 12Z TRDE	2 Tablespoon		513636
SPICE OREGANO GRND 12Z TRDE	2 Tablespoon		513725
SPICE MARJORAM LEAF 3.5Z TRDE	1 Tablespoon		513709
SPICE THYME LEAF 6Z TRDE	1 1/2 Teaspoon		513814
Pork Meatballs	2 Package	add frozen meatballs to sauce cover pan and heat.	

## Preparation Instructions

Spray the bottom of the skillet well with pan spray.

Add all ingredients and simmer for about 45 minutes.

CCP: Heat to 145 degrees or higher for 15 seconds

CCP: Hold for hot service at 140 degrees or higher.

Portion sauce with a #8(4 oz) scoop plus add 5 meatballs with tongs for 2 oz of meat and 1/2 cup vegetable.



## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

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### Amount Per Serving

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**Calories** 69.35

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**Fat** 2.25g

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**SaturatedFat** 0.81g

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**Trans Fat** 0.00g

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**Cholesterol** 8.06mg

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**Sodium** 267.45mg

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**Carbohydrates** 8.29g

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**Fiber** 1.90g

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**Sugar** 3.93g

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**Protein** 3.83g

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**Vitamin A** 6.27IU      **Vitamin C** 0.22mg

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**Calcium** 9.35mg      **Iron** 0.25mg

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# 1-Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

**Calories** 108.10

**Fat** 6.10g

**SaturatedFat** 3.52g

**Trans Fat** 0.00g

**Cholesterol** 20.00mg

**Sodium** 206.25mg

**Carbohydrates** 4.25g

**Fiber** 0.55g

**Sugar** 1.25g

**Protein** 8.40g

**Vitamin A** 374.70IU **Vitamin C** 6.16mg

**Calcium** 19.50mg **Iron** 0.12mg

# Walking Taco

<b>Servings:</b>	50.00	<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 #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	50 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first.	696871
Pork Taco Filling	6 1/4 Pound	STEAM Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches 155 degrees.	
Shredded Cheddar	3 1/8 Pound		
Salsa, Low-Sodium, Canned	3 1/2 Pound	READY_TO_EAT	100330
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	3 Quart		242489

## Preparation Instructions

Directions:

WASH HANDS.

1. Follow above instructions for preparing taco filling

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Crush individual bags of chips and open.

3. Add 3.17 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

2.25 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2.25 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

**Amount Per Serving**

<b>Calories</b>	304.61		
<b>Fat</b>	11.66g		
<b>SaturatedFat</b>	4.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.85mg		
<b>Sodium</b>	514.67mg		
<b>Carbohydrates</b>	25.63g		
<b>Fiber</b>	3.06g		
<b>Sugar</b>	2.30g		
<b>Protein</b>	19.09g		
<b>Vitamin A</b>	421.45IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	73.90mg	<b>Iron</b>	1.41mg

# 1-Broccoli & Cheese

<b>Servings:</b>	164.00	<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 #
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.

## Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

### Amount Per Serving

**Calories** 69.12

**Fat** 2.44g

**SaturatedFat** 1.46g

**Trans Fat** 0.00g

**Cholesterol** 7.32mg

**Sodium** 57.26mg

**Carbohydrates** 7.15g

**Fiber** 3.00g

**Sugar** 1.98g

<b>Protein</b>		5.93g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chicken Fajita

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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.

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Ounce

### Amount Per Serving

<b>Calories</b>	81.45		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.00mg		
<b>Sodium</b>	314.32mg		
<b>Carbohydrates</b>	1.89g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.63g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.00mg



# 2-Refried Beans

<b>Servings:</b>	17.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	5.30 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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).

## Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 5.30 Ounce

### Amount Per Serving

**Calories** 240.50

**Fat** 5.99g

**SaturatedFat** 3.60g

**Trans Fat** 0.20g

**Cholesterol** 15.32mg

**Sodium** 469.11mg

**Carbohydrates** 31.10g

**Fiber** 10.16g

**Sugar** 1.33g

**Protein** 13.82g

**Vitamin A** 0.00IU **Vitamin C** 0.89mg

**Calcium** 164.54mg **Iron** 2.46mg

# 3-Corn, Commodity

<b>Servings:</b>	165.00	<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 #
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.

## Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

### Amount Per Serving

**Calories** 69.04

**Fat** 1.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 18.45mg

**Carbohydrates** 16.58g

**Fiber** 2.00g

**Sugar** 3.00g

**Protein** 2.00g

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

**Calcium** 0.00mg **Iron** 0.00mg

# Juice Variety

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 55.00

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 10.00mg

**Carbohydrates** 13.50g

**Fiber** 0.00g

**Sugar** 12.00g

**Protein** 0.50g

**Vitamin A** 0.00IU **Vitamin C** 30.00mg

**Calcium** 5.00mg **Iron** 1.00mg

# Stuffed Crust Pizza

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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

## Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Slice

### Amount Per Serving

**Calories** 340.00

**Fat** 14.33g

**SaturatedFat** 4.50g

**Trans Fat** 0.00g

**Cholesterol** 18.33mg

**Sodium** 810.00mg

**Carbohydrates** 36.00g

**Fiber** 3.00g

**Sugar** 3.67g

**Protein** 15.33g

**Vitamin A** 0.00IU

**Vitamin C** 0.00mg

<b>Calcium</b>	260.00mg	<b>Iron</b>	2.03mg
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# Hamburger

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
Hamburger Buns	1 bun		

## Preparation Instructions

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag.

Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes.

Remove from oven and let stand 3 minutes before opening bag.

CCP: Heat to 155 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 330.00

**Fat** 15.00g

**SaturatedFat** 5.00g

**Trans Fat** 1.00g

**Cholesterol** 35.00mg

**Sodium** 420.00mg

**Carbohydrates** 33.00g

**Fiber** 4.00g

**Sugar** 4.00g

**Protein** 19.00g

**Vitamin A** 100.00IU **Vitamin C** 0.00mg

**Calcium** 60.00mg **Iron** 11.80mg



# Cheese Burger

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
Hamburger Buns	1 bun		
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Ounce		100018

## Preparation Instructions

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag.

Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes.

Remove from oven and let stand 3 minutes before opening bag.

CCP: Heat to 155 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 440.00

**Fat** 24.00g

**SaturatedFat** 10.00g

**Trans Fat** 1.00g

**Cholesterol** 60.00mg

**Sodium** 690.00mg

**Carbohydrates** 35.00g

**Fiber** 4.00g

**Sugar** 5.00g

<b>Protein</b>		24.00g	
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	11.80mg

# F- Fruit Variety

<b>Servings:</b>	13.22	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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.

## Nutrition Facts

Servings Per Recipe: 13.22

Serving Size: 0.50 Cup

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### Amount Per Serving

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**Calories** 118.60

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**Fat** 0.07g

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**SaturatedFat** 0.02g

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**Trans Fat** 0.00g

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**Cholesterol** 0.00mg

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**Sodium** 7.22mg

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**Carbohydrates** 28.89g

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**Fiber** 2.70g

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**Sugar** 21.41g

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**Protein** 0.94g

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**Vitamin A** 144.24IU      **Vitamin C** 12.50mg

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**Calcium** 12.00mg      **Iron** 0.77mg

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