

Cookbook for Stow-Munroe Falls City Schools

Created by HPS Menu Planner

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CONDIMENTS

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ASSORTED FRUIT JUICES

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TERIYAKI CHICKEN

BREAKFAST BOWL

WARM CINNAMON APPLES

POPTARTS

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ROASTED ROOT VEG

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CARROTS & DIP

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BBQ RIBBER

BREAKFAST CROISSANT

BEEF POT PIE

CHILI CHEESE FRIES

RANCH CHICKEN WRAP

Black Bean and Corn Relish

BREAKFAST SANDWICH WITH HAM STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT BUTTER 1.5Z 6-18CT SIENNA	1 Each		504860
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080
HAM SMKD BAVRN SLCD 5-2 BRICK	1 Ounce		820081

Preparation Instructions

COOK OMELETTE TO 165 AND MAKE SANDWICH

SLE Components

Amount Per Serving

Meat	0.04
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	6.70		
Fat	0.42g		
SaturatedFat	0.20g		
Trans Fat	0.00g		
Cholesterol	4.05mg		
Sodium	13.20mg		
Carbohydrates	0.45g		
Fiber	0.00g		
Sugar	0.09g		
Protein	0.30g		
Vitamin A	8.00IU	Vitamin C	0.00mg
Calcium	2.46mg	Iron	0.05mg

Tangerine stir fry

Servings:	100.00	Category:	Entree
Serving Size:	0.00 4 ounces	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	1 Ounce		791710
6-25.6Z RICE BROWN ASIAN LO SOD 45533	1		238491

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00 4 ounces

Amount Per Serving

Calories	0.49		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.12mg		
Sodium	0.97mg		
Carbohydrates	0.06g		
Fiber	0.01g		
Sugar	0.03g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Small Salad

Servings:	1.00	Category:	Entree
Serving Size:	2.00 1 salad	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
HAM SLCD .5Z 4-2.5 GFS	1 Slice		294187
TURKEY BRST SLCD HNY RSTD 6-2 GFS	1 Tablespoon		457140
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon		150250
CUCUMBER SELECT 6CT MRKN	1 Tablespoon		592323
PEPPERS GREEN LRG 5 MRKN	1 Tablespoon		592315
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
RADISH CLEANED 2-3 RSS	1 Tablespoon		233986

Preparation Instructions

Prepare salad per each persons order. Using 4 cups of romaine lettuce.

SLE Components

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.03
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 1 salad

Amount Per Serving	
Calories	115.91
Fat	3.56g
SaturatedFat	1.73g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	359.67mg
Carbohydrates	12.31g
Fiber	3.49g
Sugar	7.19g
Protein	10.25g
Vitamin A 6608.03IU	Vitamin C 63.31mg

Calcium 91.76mg **Iron** 1.59mg

CHICKEN PATTY SANDWICH STOW

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" WG WHITE HAMBURGER BUN	100 bun		1711
CHIX PTY BRD WGRAIN 3.05Z 6-5 GLDKST	100 Each		802220

Preparation Instructions

Directions:

HACCP STEP: WASH HANDS.

1. Cook chicken patty as directed on package.
2. Place cooked chicken patty on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 3.0 oz eq grain and 2 oz meat.

Notes:

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	337.00		
Fat	10.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	706.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	22.00g		
Vitamin A	161.00IU	Vitamin C	102.00mg
Calcium	35.00mg	Iron	10.00mg

Assorted Fresh Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	3/50 Each		200999
APPLE DELICIOUS GOLDEN 125-138CT MRKN	3/50 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	3/50 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	3/50 Each		198021
STRAWBERRY CLAMSHELL 8 MRKN	3/50 Cup		212768
KIWI 33-39CT P/L	3/50 Each		287008
PEAR 95-110CT MRKN	3/50 Ounce		198056
MELON MUSK CANTALOUPE 12CT MFC	3/50 Cup		200565

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.04
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	26.73
Fat	0.09g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.57mg
Carbohydrates	6.76g
Fiber	0.83g
Sugar	3.96g
Protein	0.40g

Vitamin A	33.49IU	Vitamin C	41.49mg
Calcium	8.54mg	Iron	0.12mg

Fries Sweet Potato Crinkle MTG

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	19 3/4 Pound	DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	628100

Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3.17 oz svg = 1/2 c. red/orange vegetable

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		119.62	
Fat		4.49g	
SaturatedFat		0.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		179.43mg	
Carbohydrates		16.95g	
Fiber		2.99g	
Sugar		4.98g	
Protein		1.99g	
Vitamin A	3488.96IU	Vitamin C	2.39mg
Calcium	19.94mg	Iron	0.36mg

Beef & Cheese Nachos

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 Ounce		722330
TORTILLA YELLOW RND 40-2Z BRRLOFUN	1 Package		682210
CHEESE CHED MLD SHRD 4-5# COMM	1/4 Cup		150250

Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz (1/3 cup or #12 scoop) and 1/4 cup shredded cheese.

SLE Components

Amount Per Serving

Meat	2.89
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	485.43
Fat	24.64g
SaturatedFat	9.20g
Trans Fat	0.27g
Cholesterol	63.12mg
Sodium	686.25mg
Carbohydrates	45.73g
Fiber	5.89g
Sugar	1.89g
Protein	22.11g
Vitamin A 610.41IU	Vitamin C 4.73mg

Calcium 241.80mg **Iron** 2.89mg

Baby Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROTS BABY PLD 72-3Z P/L	1 Cup	serve chilled	241541

Preparation Instructions

serve chilled

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	4.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 cup

Amount Per Serving	
Calories	276.80
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	468.00mg
Carbohydrates	64.00g
Fiber	21.60g
Sugar	32.00g
Protein	5.60g
Vitamin A 93021.76IU	Vitamin C 558.16mg
Calcium 212.64mg	Iron 1.92mg

BBQ Chicken

Servings:	54.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
SAUCE BBQ 5GAL SWTBRAY	1 Tablespoon		262595

Preparation Instructions

Cook Chicken as directed. Coat chicken in bbq sauce and hold in warmer until ready to serve.

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 3.00

Amount Per Serving

Calories	120.65		
Fat	2.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	322.69mg		
Carbohydrates	1.17g		
Fiber	0.00g		
Sugar	0.15g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 20.00mg **Iron** 0.72mg

BBQ on Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARNITA PORK CHPD 4-5 BROOKWOOD	4 Ounce		549412
4" Whole Grain Rich Hamburger Bun-CORRECT	1 bun		3474

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	380.00		
Fat	15.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	85.00mg		
Sodium	320.00mg		
Carbohydrates	26.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	31.00g		
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	26.00mg	Iron	9.08mg

French toast sticks

Servings:	200.00	Category:	Grain
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	4 Each	Preheat oven to 400 degrees F. Place on flat or shallow pan and bake 10-12 minutes, turning after 5 minutes for more even browning. Convection oven: Bake at 375 degrees for 10 minutes. To fry: Deep fry at 350 degrees for 1-1/2 to 2 minutes or until golden brown.	652370

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00

Amount Per Serving

Calories	2.10		
Fat	0.08g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.60mg		
Carbohydrates	0.30g		
Fiber	0.02g		
Sugar	0.06g		
Protein	0.05g		
Vitamin A	0.04IU	Vitamin C	0.00mg
Calcium	0.19mg	Iron	0.01mg

Whole Grain French Toast Sticks & Sausage Patty

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 COMM	50 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
French Toast Sticks, Whole Grain	100 Piece	BAKE Convectional Oven; Frozen: in a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes.	13450
8 Ounce Paper Food Tray, Aspire Pattern	1 Each		122900

Preparation Instructions

Prepare French Toast Sticks as stated on the box.

Prepare Sausage Patty as stated on the box.

Once items are prepared, place 4 french toast sticks and 1 sausage patty into an 8 ounce paper tray.

Keep in warmer until ready to serve.

SLE Components

Amount Per Serving

Meat	1.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 set

Amount Per Serving	
Calories	301.00
Fat	15.33g
SaturatedFat	4.37g
Trans Fat	0.00g
Cholesterol	32.67mg
Sodium	365.33mg
Carbohydrates	29.67g
Fiber	1.33g

Sugar			7.33g
Protein			10.67g
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	0.00mg

CHICKEN PARM SANDWICH STOW

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty-Breaded CN-Fully Cooked	1 Ounce	CONVECTION Convection Oven: from frozen state: Preheat oven to 375 degrees F for 9-11 minutes or until internal temperature reaches 165 degree F.	827841
96-2Z SAUCE MARINARA REDNA2Z96	1	WARM SAUCE TO A TEMP OF 135	861690
Cheese, Mozzarella light, Shred FRZ	1 Ounce		100034
4" Whole Grain Hamburger Buns	1 Each		

Preparation Instructions

MAKE CHICKEN ACCORDING TO INSTRUCTIONS, HEAT UP THE SAUCE, CREATE SANDWICH INCLUDING THE CHEESE

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	2.85		
Fat	0.09g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.18mg		
Sodium	4.60mg		
Carbohydrates	0.34g		
Fiber	0.02g		
Sugar	0.04g		
Protein	0.11g		
Vitamin A	0.01IU	Vitamin C	0.08mg

Calcium 0.01mg **Iron** 0.03mg

K-6 Hot Dog Bar-chili cheese dog

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	Thaw under refrigeration at 40 degrees F or less, Fully Cooked, can be steamed. Heat to internal temperature of 165 dgrees F. for 15 seconds Hold above 140 degree F.	265039
BUN HOT DOG WHEAT WHL 12-12CT GFS	80 Each	Thaw at room temperature for 1-2 hours.	517830
CHILI BEEF W/BEAN 6-5 COMM	40 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature of 165 degrees F for 15 seconds. CAUTION: Open bag carefully to avoid being burned.	344012
SAUCE CHS CHED POUCH 6-106Z LOL	40 Ounce	Unopened pouch placed in boiling water for 15-18 minutes. or Steamer for 12-15 minutes. until internal temperature reaches 165 degrees F for 15 seconds.	135261

Preparation Instructions

Serve:

1 hotdog in 1 bun

Add 1/2 oz of chili then Top with 1/2 oz Cheese Sauce

SLE Components

Amount Per Serving

Meat	2.34
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	483.04
Fat	31.93g
SaturatedFat	15.15g
Trans Fat	0.50g
Cholesterol	77.66mg
Sodium	1414.73mg
Carbohydrates	27.29g
Fiber	4.34g

Sugar			2.43g
Protein			21.11g
Vitamin A	107.45IU	Vitamin C	1.63mg
Calcium	471.26mg	Iron	1.75mg

celery sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00 1 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY CHL STICKS 5 LB CS	1 Cup	serve chilled	02493

Preparation Instructions

serve chilled

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1 cup

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	12.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Fruit & Yogurt Parfait

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 1 cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z YOPL	1 Cup	READY_TO_EAT Ready to eat	704310
CEREAL GRANOLA HNY OATS 4-44Z	7/100 Tablespoon	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	818961
Blueberries, Frozen	1/100 Cup	THAW Thaw and use	110624
Strawberries, Whole	1/100 Cup	THAW For parfaits - slice 2 or 3 strawberries and place on top of yogurt	100253

Preparation Instructions

Place 1 cup of yogurt in parfait cup. Top with 1/4 cup of strawberries and blueberries.

Top off with 2 Tablespoons of granola.

Cover with lid and refrigerate.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.01
Fruit	0.02
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 cup

Amount Per Serving

Calories	27.82		
Fat	0.25g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	1.25mg		
Sodium	12.87mg		
Carbohydrates	5.46g		
Fiber	0.08g		
Sugar	3.90g		
Protein	0.91g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 25.13mg **Iron** 0.01mg

Chicken Soft Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5# COMM	3/10 Ounce	1/5# bags use scoop #30	150250
LETTUCE BLND ROMAINE MXD 4-5 RSS	1/2 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Ounce		786543
TORTILLA FLOUR 8 PRSD 20-12CT	1 Each		505722
CHICKEN, DICED, COOKED, FROZEN	1 19/20 Ounce	BAKE	

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	0.00
Fruit	0.00
GreenVeg	16.67
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	731.95		
Fat	9.15g		
SaturatedFat	2.80g		
Trans Fat	0.00g		
Cholesterol	49.95mg		
Sodium	736.18mg		
Carbohydrates	120.05g		
Fiber	35.58g		
Sugar	68.67g		
Protein	50.08g		
Vitamin A	83333.33IU	Vitamin C	160.00mg
Calcium	747.37mg	Iron	14.09mg

Assorted Frozen Fruits

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010
BLUEBERRIES FZ CULTIVATE IQF 30 COMM	1/2 Cup		765270

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	65.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.50mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	12.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Garden Salad

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1 Cup	1 cup dished=1/2 cup served wash all vegetables, combine include salad dressing packet	15D44
Carrots, baby	1/4 Cup	Wash all vegetables, combine include salad dressing packet	18D69
Grape Tomatoes	1/4 Cup	Wash all vegetables, combine include salad dressing packet	749041
EGG HARD CKD PLD BIB 4-2.5 GFS	1 Each		229431

Preparation Instructions

Wash all vegetables, combine and include salad dressing packet

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.00
Fruit	0.00
GreenVeg	0.01
RedVeg	0.06
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	1.03		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	1.85mg		
Sodium	1.07mg		
Carbohydrates	0.06g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.25mg	Iron	0.01mg

Cheeseburger / Hamburger Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Put cheese on hamburger as they are served	722360
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	Bake in 350 degree oven 15 to 20 minutes until 165 degrees. Or cook in the steamer until 165 degrees	658622
3.5 WG Hamburger Bun	1 Each	Place in lined steam table pans until time to serve.	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.03
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.75		
Fat	0.12g		
SaturatedFat	0.05g		
Trans Fat	0.01g		
Cholesterol	0.48mg		
Sodium	4.50mg		
Carbohydrates	0.22g		
Fiber	0.02g		
Sugar	0.04g		
Protein	0.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.98mg	Iron	0.09mg

Turkey Sausage Egg & Cheese Biscuit

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	20 Each		184970
DOUGH BISC HNY CORN WGRAIN 168- 2.75Z	20 Each		576272
EGG OMELET CHS COLBY 225-2.1Z SNYFR	20 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	554470

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00		
Fat	22.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	225.00mg		
Sodium	790.00mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	18.00g		
Vitamin A	400.00IU	Vitamin C	0.00mg

Calcium 100.00mg **Iron** 2.88mg

RO - Breakfast Burrito

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 SFST 24-12CT GRSZ	1 Each		713330
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	BAKE CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.	138941
EGG SCRMBD PTY RND 3.5 165-1.25Z GFS	1 Each		592625
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

1. Cook egg & sausage according to directions. CCP: Hold hot at 135F or higher
2. Add egg, sausage & one slice off cheese to 8" tortilla.
3. Wrap in foil paper.
4. Serve hot.

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.46
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	335.00
Fat	17.50g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	147.50mg
Sodium	835.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	1.50g

Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 119.50mg	Iron 2.16mg

scrambled egg

Servings:	75.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNYFR	2 Ounce		391902
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice		204822
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	1 Gram		827021

Preparation Instructions

Thaw product fully prior to heating. Thaw within case 3-5 days under refrigeration or remove product from case and place on sheet trays for 24 hours, thaw under refrigeration.

Convection or Combination oven: Preheat oven to 350 degrees. Spray half size pans and remove eggs from package, place in pan and cover with aluminum foil. Cook thawed for approximately 40 minutes. From frozen state cook approximately 55 minutes. Stir eggs as needed during cooking. Cook eggs to internal temp of 160 degrees. Place in warmer till ready to serve.

Toast: Place slices of WG honey bread on sheet pans and spray with butter pan spray. Place in 300 degree convection oven and cook to personal state of browning.

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 2.00

Amount Per Serving

Calories	2.92		
Fat	0.14g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	2.27mg		
Sodium	5.39mg		
Carbohydrates	0.25g		
Fiber	0.03g		
Sugar	0.04g		
Protein	0.15g		
Vitamin A	4.18IU	Vitamin C	0.00mg

Calcium 1.40mg **Iron** 0.03mg

RO - Sweet n' Sour Chicken High School

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	Convection Oven 6-8 minutes at 375°F from frozen.	327120
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
SAUCE SWT & SOUR 4- 1GAL LACHY	1 Fluid Ounce		242292
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/4 Cup		189979
WATER SPRNG 4-1GAL GFS	1 Fluid Ounce		686860

Preparation Instructions

1. Cook rice & chicken according to directions. CCP: Hold hot at 135 F or higher
2. Mix sweet n' sour, pineapple & water together
3. Coat chicken with sauce mixture
4. Serve chicken over top 1 cup cooked brown rice

SLE Components

Amount Per Serving

Meat	2.18
Grain	1.09
Fruit	0.25
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	1025.91
Fat	18.18g
SaturatedFat	2.73g
Trans Fat	0.00g
Cholesterol	21.82mg
Sodium	491.82mg
Carbohydrates	186.27g
Fiber	11.77g
Sugar	19.59g

Protein		31.27g	
Vitamin A	109.09IU	Vitamin C	4.50mg
Calcium	43.64mg	Iron	5.02mg

Chicken Nuggets K-8

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	500 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 8-10 minutes at 350°F on breaded, fried, light coloring setting for rational from frozen. Cook till temp reaches 135 for 15 seconds. Batch cook item and put in 4 inch full pan for serving. 5 pc = 2mt 1 grain	558040

Preparation Instructions

HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.

- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	240.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	470.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

BEEF SANTA FE BOWL STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef Taco Meat	1		682160
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1 Ounce	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
BEAN SEAS BLK DEHY 6-26.9Z	1 Ounce	RECONSTITUTE 1: Pour 1 2 gallon 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 40 minutes on steamtable. 4: Season if desired, stir, serve.	183900
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce		722110
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489
SOUR CREAM PKT 100- 1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	860490
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526

Preparation Instructions

PREPARE MEAT TO INSTRUCTIONS

SLE Components

Amount Per Serving

Meat	0.01
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Grain	0.04
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.01
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00

Amount Per Serving

Calories	26.04
Fat	0.63g
SaturatedFat	0.21g
Trans Fat	0.00g
Cholesterol	0.70mg
Sodium	16.56mg
Carbohydrates	4.39g
Fiber	0.45g
Sugar	0.09g
Protein	0.74g

Vitamin A	8.09IU	Vitamin C	0.01mg
Calcium	4.60mg	Iron	0.16mg

CHICKEN SANTA FE BOWL STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	1 Ounce		154900
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
SAUCE CHS CHED POUCH 6-106Z LOL	1 Cup		135261
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce		722110
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1 Ounce	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
BEAN SEAS BLK DEHY 6-26.9Z	1 Ounce	RECONSTITUTE 1: Pour 1 2 gallon 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 40 minutes on steamtable. 4: Season if desired, stir, serve.	183900
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.10
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Grain	0.04
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.01
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00

Amount Per Serving

Calories	33.66
Fat	1.11g
SaturatedFat	0.51g
Trans Fat	0.00g
Cholesterol	2.34mg
Sodium	51.23mg
Carbohydrates	4.62g
Fiber	0.45g
Sugar	0.10g
Protein	1.25g

Vitamin A	4.09IU	Vitamin C	0.01mg
Calcium	20.36mg	Iron	0.20mg

HAMBURGER

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.06
Grain	0.04
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories		7.20	
Fat		0.32g	
SaturatedFat		0.12g	
Trans Fat		0.00g	
Cholesterol		1.20mg	
Sodium		6.40mg	
Carbohydrates		0.00g	
Fiber		0.04g	
Sugar		0.08g	
Protein		0.48g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.04mg

CHEESEBURGER STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.07
Grain	0.04
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	8.30		
Fat	0.41g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	1.45mg		
Sodium	9.10mg		
Carbohydrates	0.02g		
Fiber	0.04g		
Sugar	0.09g		
Protein	0.53g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.04mg

VEG. PIZZA STOW

Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA 4CHS 16 WGRAIN PARBK 3- 3CT	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 12-15 minutes. IMPINGEMENT OVEN: Pre-heat at 400°F and bake for 7.5 - 8.5 minutes. NOTE: Rotate product half-way through bake time in convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	814291
PEPPERS GREEN LRG 5 MRKN	1 Cup		592315
ONION GREEN 2 RSS	1 Cup		596981

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.25
Grain	0.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

Amount Per Serving	
Calories	53.73
Fat	2.04g
SaturatedFat	1.01g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	61.81mg
Carbohydrates	6.25g
Fiber	1.31g
Sugar	1.75g
Protein	2.41g

Vitamin A	68.91IU	Vitamin C	14.98mg
Calcium	59.74mg	Iron	0.49mg

HAWAIIAN PIZZA STOW

Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA 4CHS 16 WGRAIN PARBK 3- 3CT	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 12-15 minutes. IMPINGEMENT OVEN: Pre-heat at 400°F and bake for 7.5 - 8.5 minutes. NOTE: Rotate product half-way through bake time in convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	814291
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
PINEAPPLE CHUNKS IN JCE 6- 10 GFS	1 Cup		189952

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.33
Grain	0.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

Amount Per Serving	
Calories	69.15
Fat	2.19g
SaturatedFat	1.06g
Trans Fat	0.00g
Cholesterol	7.49mg
Sodium	85.76mg
Carbohydrates	8.92g
Fiber	1.00g
Sugar	5.25g
Protein	2.83g

Vitamin A	0.00IU	Vitamin C	3.05mg
Calcium	48.71mg	Iron	0.29mg

BUFFALO CHICKEN PIZZA STOW

Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	627101

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

Amount Per Serving

Calories	48.75		
Fat	2.38g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	5.63mg		
Sodium	93.75mg		
Carbohydrates	4.38g		
Fiber	0.38g		
Sugar	1.00g		
Protein	2.50g		
Vitamin A	9.38IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.28mg

PEPPERONI PIZZA STOW

Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16 WGRAIN R/E BOLD 9CT	1 Slice	BAKE COOKING INSTRUCTIONS: COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVECTION OVEN: 350°F high fan for 13-17 minutes. CONVENTIONAL OVEN: 450°F for 15-17 minutes. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	503962

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.25
Grain	0.38
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

Amount Per Serving			
Calories	51.25		
Fat	2.25g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	72.50mg		
Carbohydrates	5.38g		
Fiber	0.50g		
Sugar	0.88g		
Protein	2.50g		
Vitamin A	12.38IU	Vitamin C	0.00mg
Calcium	34.50mg	Iron	0.35mg

CHICKEN NUGGETS STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	1.05		
Fat	0.06g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.10mg		
Sodium	1.60mg		
Carbohydrates	0.07g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.07g		
Vitamin A	0.50IU	Vitamin C	0.00mg
Calcium	0.10mg	Iron	0.01mg

CHICKEN NUGGETS STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	1.05		
Fat	0.06g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.10mg		
Sodium	1.60mg		
Carbohydrates	0.07g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.07g		
Vitamin A	0.50IU	Vitamin C	0.00mg
Calcium	0.10mg	Iron	0.01mg

4 MEAT PIZZA STOW

Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA 4CHS 16 WGRAIN PARBK 3- 3CT	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 12-15 minutes. IMPINGEMENT OVEN: Pre-heat at 400°F and bake for 7.5 - 8.5 minutes. NOTE: Rotate product half-way through bake time in convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	814291
BEEF CRMBL CKD 6-5 COMM	1 Ounce		785840
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
BACON TOPPING 3/8 DCD 2-5 HRML	1 Ounce		104396

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.46
Grain	0.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

Amount Per Serving	
Calories	68.47
Fat	3.44g
SaturatedFat	1.61g
Trans Fat	0.00g
Cholesterol	15.43mg
Sodium	171.38mg
Carbohydrates	4.54g
Fiber	0.56g

Sugar	0.75g		
Protein	4.83g		
Vitamin A	0.00IU	Vitamin C	0.05mg
Calcium	50.64mg	Iron	0.42mg

GARDEN SALAD STOW

Servings:	20.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 Cup		165761
CHEESE CHED SHRD 6-5 COMM	1 Ounce		199720
TOMATO GRAPE SWT 10 MRKN	1 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1 Cup		198587
PEPPERS GREEN LRG 5 MRKN	1 Cup		592315
CABBAGE SHRED RED 1/8 2-3 RSS	1 Cup		212679
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
RADISH CLEANED 2-3 RSS	1 Cup		233986
ONION GREEN 2 RSS	1 Cup		596981
SEED SUNFLWR RSTD SLTD 4-4 GFS	1 Cup		337910
EGG HARD CKD PLD BIB 4-2.5 GFS	1 Each		229431

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.14
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving			
Calories		55.21	
Fat		3.76g	
SaturatedFat		0.79g	
Trans Fat		0.00g	
Cholesterol		10.75mg	
Sodium		62.31mg	
Carbohydrates		3.56g	
Fiber		1.48g	
Sugar		1.34g	
Protein		2.20g	
Vitamin A	108.15IU	Vitamin C	10.73mg
Calcium	16.86mg	Iron	0.56mg

SPICY CHICKEN SAND. STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.04
Grain	0.06
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	7.20		
Fat	0.24g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.90mg		
Sodium	10.40mg		
Carbohydrates	0.18g		
Fiber	0.06g		
Sugar	0.10g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.03mg

ITALIAN SUB STOW

Servings:	10.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	1 Ounce		236012
5" Whole Grain Rich Hoagie Bun	1 bun		3737
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.05
Grain	0.20
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00

Amount Per Serving			
Calories		26.98	
Fat		0.89g	
SaturatedFat		0.33g	
Trans Fat		0.00g	
Cholesterol		3.38mg	
Sodium		68.65mg	
Carbohydrates		3.14g	
Fiber		0.10g	
Sugar		0.55g	
Protein		1.29g	
Vitamin A	1.24IU	Vitamin C	0.06mg
Calcium	10.84mg	Iron	0.04mg

ITALIAN SALAD STOW

Servings:	10.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	10 Cup		165761
TOMATO GRAPE SWT 10 MRKN	1 Cup		129631
ONION GREEN 2 RSS	1 Cup		596981
PEPPERS GREEN LRG 5 MRKN	1 Cup		592315
CUCUMBER SELECT 6CT MRKN	1 Cup		592323
CELERY STIX 4-3 RSS	1 Cup		781592
CABBAGE SHRED RED 1/8 2-3 RSS	1 Cup		212679
CARROT MATCHSTICK SHRED 2-3 RSS	10 Ounce		198161
PEPPERONI SLCD 16/Z 2-5 HRML	10 Each		100240
SEED SUNFLWR RSTD SLTD 4-4 GFS	1 Cup		337910
EGG HARD CKD PLD BIB 4-2.5 GFS	10 Each		229431

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00

Amount Per Serving			
Calories		196.70	
Fat		11.93g	
SaturatedFat		2.71g	
Trans Fat		0.00g	
Cholesterol		187.19mg	
Sodium		217.95mg	
Carbohydrates		11.77g	
Fiber		5.59g	
Sugar		5.23g	
Protein		10.06g	
Vitamin A	271.16IU	Vitamin C	20.14mg
Calcium	75.72mg	Iron	2.42mg

BLT SALAD STOW

Servings:	10.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	10 Cup		165761
TOMATO GRAPE SWT 10 MRKN	1 Cup		129631
PEPPERS GREEN LRG 5 MRKN	1 Cup		592315
CUCUMBER SELECT 6CT MRKN	1 Cup		592323
CELERY STIX 4-3 RSS	1 Cup		781592
CABBAGE SHRED RED 1/8 2-3 RSS	1 Cup		212679
CARROT MATCHSTICK SHRED 2-3 RSS	10 Ounce		198161
SEED SUNFLWR RSTD SLTD 4-4 GFS	1 Cup		337910
BACON TKY CKD 12-50CT JENNO	10 Slice		834770
EGG HARD CKD PLD BIB 4-2.5 GFS	10 Each		229431

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00

Amount Per Serving	
Calories	203.95
Fat	12.62g
SaturatedFat	2.33g
Trans Fat	0.00g
Cholesterol	190.00mg
Sodium	283.57mg
Carbohydrates	10.97g

Fiber	5.19g		
Sugar	4.83g		
Protein	11.75g		
Vitamin A	271.16IU	Vitamin C	20.14mg
Calcium	67.72mg	Iron	2.26mg

BULLDOG BURGER STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4 inch whole grain hamburger buns - 30 ct	1 bun		3480
MEATLOAF CKD W/CHS 100-2.9Z	1 Piece	BAKE Convection Oven: From Frozen State: Preheat oven to 350 F. Bake for 12-14 minutes. Conventional Oven: From Frozen State: Preheat oven to 350F. Bake for 22-24 minutes.	843882

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.04
Grain	0.04
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	6.60		
Fat	0.24g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.60mg		
Sodium	11.60mg		
Carbohydrates	0.16g		
Fiber	0.06g		
Sugar	0.18g		
Protein	0.36g		
Vitamin A	4.00IU	Vitamin C	0.18mg
Calcium	1.20mg	Iron	0.03mg

CHILI AND CHEESE HOT DOG STOW

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF ANGUS 4/ 2-5 GFS	1 Each		823981
BUN HOT DOG JMBO SLCD 4-6CT GFS	1 Each		195563
CHILI BEEF W/BEAN 6-5 COMM	1 Ounce		344012
SAUCE CHS CHED POUCH 6-106Z LOL	1 Cup		135261

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.04
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories		9.89	
Fat		0.63g	
SaturatedFat		0.31g	
Trans Fat		0.02g	
Cholesterol		1.60mg	
Sodium		29.68mg	
Carbohydrates		0.58g	
Fiber		0.02g	
Sugar		0.06g	
Protein		0.42g	
Vitamin A	2.15IU	Vitamin C	0.03mg
Calcium	9.32mg	Iron	0.05mg

WARM CINNAMON APPLES STOW

Servings:	50.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	1 Cup		120500
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Tablespoon		840860
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon		224723

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	4.00		
Fat	0.22g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.60mg		
Carbohydrates	0.48g		
Fiber	0.08g		
Sugar	0.36g		
Protein	0.00g		
Vitamin A	10.00IU	Vitamin C	0.00mg
Calcium	0.02mg	Iron	0.00mg

FRENCH TOAST STICKS STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN MAPL 255CT	1 3 ea = 82g	BAKE	555012

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	1.47		
Fat	0.06g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.73mg		
Sodium	1.87mg		
Carbohydrates	0.18g		
Fiber	0.01g		
Sugar	0.08g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.04mg	Iron	0.04mg

POTATO TRIANGLES STOW

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TRIANGLES 2Z 6-5 LAMB	1 Ounce		265659

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	0.98		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.31mg		
Carbohydrates	0.12g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.00mg

POTATO TRIANGLES STOW

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TRIANGLES 2Z 6-5 LAMB	1 Ounce		265659

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	0.98		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.31mg		
Carbohydrates	0.12g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.00mg

SAUSAGE PATTY STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	<p>BAKE</p> <p>Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.</p>	109000

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	1.40		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.50mg		
Sodium	5.20mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.40mg	Iron	0.01mg

TANGERINE CHICKEN BOWL STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	1 Ounce		791710
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
BROCCOLI FLORETS 6-4 GFS	1 Each		610902

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories		14.77	
Fat		0.10g	
SaturatedFat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.23mg	
Sodium		2.08mg	
Carbohydrates		3.11g	
Fiber		0.18g	
Sugar		0.08g	
Protein		0.40g	
Vitamin A	0.00IU	Vitamin C	0.20mg
Calcium	0.13mg	Iron	0.06mg

MEAT SAUCE SPAGHETTI STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ZITI RIGATI 2-10 GFS	1 Ounce		582549
SAUCE MARINARA 6-10 REDPK	1 Cup	READY_TO_EAT None	502181
BEEF CRMBL CKD 6-5 COMM	1 Ounce		785840

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	5.59		
Fat	0.09g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.27mg		
Sodium	6.70mg		
Carbohydrates	0.92g		
Fiber	0.11g		
Sugar	0.35g		
Protein	0.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.27mg	Iron	0.08mg

TWISTED CHICKEN PASTA STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ZITI RIGATI 2-10 GFS	1 Ounce		582549
SAUCE ALFREDO FZ 6-5 JTM	1 Cup		155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Ounce	UNSPECIFIED Not currently available	570533
BROCCOLI FLORETS 6-4 GFS	1 Each		610902

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.09
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	10.37		
Fat	0.44g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	1.89mg		
Sodium	30.05mg		
Carbohydrates	0.85g		
Fiber	0.03g		
Sugar	0.28g		
Protein	0.68g		
Vitamin A	17.68IU	Vitamin C	0.20mg
Calcium	15.41mg	Iron	0.04mg

BULLDOG BOWL STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
GRAVY MIX CHIX 8- 22.6Z TRIO	1	BAKE	290025
CORN CUT IQF 30 GFS	1 Cup	BAKE	285620
POTATO MASHED SEAS 6-4 OREI	1 Ounce	BOIL STOVE TOP: COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	249106

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.03

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	4.32		
Fat	0.07g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.14mg		
Sodium	5.94mg		
Carbohydrates	0.85g		
Fiber	0.09g		
Sugar	0.12g		
Protein	0.12g		
Vitamin A	1.94IU	Vitamin C	1.60mg

Calcium 0.11mg **Iron** 0.81mg

CHEESE PIZZA

Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.25
Grain	0.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

Amount Per Serving			
Calories	45.00		
Fat	2.00g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	4.38mg		
Sodium	61.25mg		
Carbohydrates	4.38g		
Fiber	0.38g		
Sugar	1.13g		
Protein	2.63g		
Vitamin A	11.63IU	Vitamin C	0.00mg
Calcium	55.13mg	Iron	0.26mg

BEEF NACHOS STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1 Ounce		722330
SAUCE CHS CHED POUCH 6-106Z LOL	1 Cup		135261
CHIP TORTL RND 8-1 TOSTIT	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first.	769901

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.09
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	11.50		
Fat	0.73g		
SaturatedFat	0.39g		
Trans Fat	0.00g		
Cholesterol	1.82mg		
Sodium	36.24mg		
Carbohydrates	0.63g		
Fiber	0.03g		
Sugar	0.01g		
Protein	0.52g		
Vitamin A	4.10IU	Vitamin C	0.03mg
Calcium	17.37mg	Iron	0.02mg

CHICKEN NACHO STOW

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	1 Ounce		154900
SAUCE CHS WHT QUESO 4-5 BIB JTM	1 Ounce		701201
CHIP TORTL RND 8-1 TOSTIT	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first.	769901

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.03
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	4.62		
Fat	0.25g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.65mg		
Sodium	10.31mg		
Carbohydrates	0.41g		
Fiber	0.02g		
Sugar	0.03g		
Protein	0.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	0.01mg

TURKEY WRAP

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST HNY SMKD SLCD 5-2 BRICK	1 Ounce		820161
TORTILLA WRP 12 CHS/JALAP 6-12 TYS	1 Each	GRILL After product has reached room temperature, fluff and individually separate each wrap. Grill Grill: Heat grill to 400°F. Heat wraps on each side for five seconds. MICROWAVE After product has reached room temperature, fluff and individually separate each wrap. Microwave Microwave: Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times). STEAM After product has reached room temperature, fluff and individually separate each wrap. Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.	768952
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	410.00		
Fat	14.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	1440.00mg		
Carbohydrates	57.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	125.50mg	Iron	5.18mg

HAM WRAP

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
TORTILLA WRP 12 CHS/JALAP 6-12 TYS	1 Each	GRILL After product has reached room temperature, fluff and individually separate each wrap. Grill Grill: Heat grill to 400°F. Heat wraps on each side for five seconds. MICROWAVE After product has reached room temperature, fluff and individually separate each wrap. Microwave Microwave: Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times). STEAM After product has reached room temperature, fluff and individually separate each wrap. Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.	768952
HAM SMKD BAVRN CARVNG 2PC BRICK	1 Ounce		130044

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	416.67		
Fat	14.50g		
SaturatedFat	5.33g		
Trans Fat	0.00g		
Cholesterol	27.50mg		
Sodium	1500.00mg		
Carbohydrates	56.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	15.50g		
Vitamin A	1.68IU	Vitamin C	0.00mg
Calcium	127.46mg	Iron	5.25mg

PB&J SANDWICH STRAWBERRY

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	300.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

PB&J SANDWICH & CHEESESTICK

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

Preparation Instructions

No Preparation Instructions available.

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	360.00		
Fat	20.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	480.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	15.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	224.00mg	Iron	1.00mg

SIDE SALAD

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 Cup		165761
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
CABBAGE SHRED RED 1/8 2-3 RSS	1 Ounce		212679

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		24.51	
Fat		0.03g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		29.81mg	
Carbohydrates		5.42g	
Fiber		2.39g	
Sugar		2.33g	
Protein		1.00g	
Vitamin A	6.19IU	Vitamin C	6.45mg
Calcium	26.76mg	Iron	0.57mg

CUCUMBER

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT SUPER 45 MRKN	1 Cup		198587

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		7.80	
Fat		0.10g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.00mg	
Carbohydrates		2.00g	
Fiber		0.30g	
Sugar		1.00g	
Protein		0.30g	
Vitamin A	54.60IU	Vitamin C	1.46mg
Calcium	8.32mg	Iron	0.15mg

CHICKEN CAESAR WRAP

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	1 Ounce	UNSPECIFIED Not Currently Available	467802
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489
TORTILLA WRP 12 WHT 6- 12 TYS	1 Each	GRILL After product has reached room temperature, fluff and individually separate each wrap. Grill Heat grill to 400°F. Heat wraps on each side for five seconds. MICROWAVE After product has reached room temperature, fluff and individually separate each wrap. Microwave Stack no more than six wraps and heat 30-45 seconds on high (microwaves vary for power settings and times). STEAM After product has reached room temperature, fluff and individually separate each wrap. Steam Cabinet Return wraps to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.	769045
DRESSING CAESAR 4-1 GAL GFS	1 Tablespoon		818201
CHEESE PARM SHRD FCY 10-2 PG	1 Tablespoon		460095

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories		8.83	
Fat		0.37g	
SaturatedFat		0.11g	
Trans Fat		0.00g	
Cholesterol		0.59mg	
Sodium		21.38mg	
Carbohydrates		1.09g	
Fiber		0.02g	
Sugar		0.05g	
Protein		0.32g	
Vitamin A	2.15IU	Vitamin C	0.00mg
Calcium	2.28mg	Iron	0.07mg

SOUTHWEST CHICKEN SALAD STOW

Servings:	10.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	10 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
EGG HARD CKD PLD BIB 4-2.5 GFS	10 Each		229431
TOMATO GRAPE SWT 10 MRKN	1 Cup		129631
ONION GREEN 2 RSS	1 Cup		596981
PEPPERS GREEN LRG 5 MRKN	1 Cup		592315
CUCUMBER SELECT 6CT MRKN	1 Cup		592323
CABBAGE SHRED RED 1/8 2-3 RSS	1 Cup		212679
CARROT MATCHSTICK SHRED 2-3 RSS	1 Ounce		198161
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	10 Tablespoon		403573

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00

Amount Per Serving			
Calories		234.52	
Fat		8.65g	
SaturatedFat		2.12g	
Trans Fat		0.00g	
Cholesterol		245.00mg	
Sodium		396.25mg	
Carbohydrates		7.67g	
Fiber		2.59g	
Sugar		2.93g	
Protein		28.76g	
Vitamin A	215.48IU	Vitamin C	19.75mg
Calcium	64.41mg	Iron	2.09mg

CHEF SALAD STOW

Servings:	10.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD BAVRN SLCD 5-2 BRICK	10 Ounce		820081
LETTUCE ROMAINE HERITAGE BLND 4-2	10 Cup		165761
TOMATO GRAPE SWT 10 MRKN	1 Cup		129631
EGG HARD CKD PLD BIB 4-2.5 GFS	1 Each		229431
ONION GREEN 2 RSS	1 Cup		596981
PEPPERS GREEN LRG 5 MRKN	1 Cup		592315
CUCUMBER SELECT 6CT MRKN	1 Cup		592323
CABBAGE SHRED RED 1/8 2-3 RSS	1 Cup		212679
CARROT MATCHSTICK SHRED 2-3 RSS	10 Ounce		198161
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	10 Tablespoon		403573

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.18
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00

Amount Per Serving	
Calories	95.02
Fat	2.40g
SaturatedFat	0.52g
Trans Fat	0.00g
Cholesterol	31.00mg
Sodium	245.25mg
Carbohydrates	11.17g

Fiber	3.49g		
Sugar	5.23g		
Protein	7.06g		
Vitamin A	215.48IU	Vitamin C	19.75mg
Calcium	40.31mg	Iron	1.08mg

CHICKEN SALAD STOW

Servings:	10.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD BIB 4-2.5 GFS	10 Each		229431
LETTUCE ROMAINE HERITAGE BLND 4-2	10 Cup		165761
TOMATO GRAPE SWT 10 MRKN	1 Cup		129631
ONION GREEN 2 RSS	1 Cup		596981
PEPPERS GREEN LRG 5 MRKN	1 Cup		592315
CUCUMBER SELECT 6CT MRKN	1 Cup		592323
CABBAGE SHRED RED 1/8 2-3 RSS	1 Cup		212679
CARROT MATCHSTICK SHRED 2-3 RSS	10 Ounce		198161
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.93
Grain	0.09
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00

Amount Per Serving			
Calories	134.88		
Fat	6.28g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	186.82mg		
Sodium	122.47mg		
Carbohydrates	9.84g		
Fiber	4.46g		
Sugar	4.72g		
Protein	8.53g		
Vitamin A	224.57IU	Vitamin C	19.75mg
Calcium	66.39mg	Iron	1.96mg

YOGURT PARFAIT

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	9 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA HNY OATS 4-44Z	1 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	818961
BLUEBERRIES FZ WILD IQF 30 COMM	1 Cup		764740
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1 Cup		621420

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.05
Grain	0.06
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	14.56		
Fat	0.24g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.11mg		
Sodium	3.94mg		
Carbohydrates	2.82g		
Fiber	0.27g		
Sugar	1.34g		
Protein	0.33g		
Vitamin A	22.50IU	Vitamin C	0.00mg
Calcium	5.50mg	Iron	0.06mg

CHEESY LASAGNA

Servings:	260.00	Category:	Entree
Serving Size:	9.08 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	30 Pound		645170
CHEESE CHED MLD SHRD 4-5# COMM	7 1/2 Pound		150250
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	90 Pound		573201
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	20 Pound		108197

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.29
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.49
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 260.00

Serving Size: 9.08 Ounce

Amount Per Serving			
Calories		511.32	
Fat		22.77g	
SaturatedFat		12.00g	
Trans Fat		0.00g	
Cholesterol		95.93mg	
Sodium		706.81mg	
Carbohydrates		37.05g	
Fiber		3.21g	
Sugar		10.62g	
Protein		34.84g	
Vitamin A	639.89IU	Vitamin C	18.79mg
Calcium	513.82mg	Iron	3.09mg

Mac & Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5 LOL	1 Ounce	BAKE	527582
Dinner roll whole grain	1		

Preparation Instructions

6 ounce serving.

White dipper - or - 1/2 cup dipper heaping

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

SLE Components

Amount Per Serving

Meat	3.00
Grain	3.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	570.00		
Fat	19.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	1139.99mg		
Carbohydrates	71.50g		
Fiber	3.00g		
Sugar	9.00g		
Protein	25.50g		
Vitamin A	1124.99IU	Vitamin C	0.00mg
Calcium	600.00mg	Iron	1.62mg

BAKED PEARS WITH OATMEAL

Servings:	50.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD 6-10 COMM	2 #10 CAN	Filling: Drain pears.et aside 2 cups pear juice for step 8.	110690
WHOLE WHEAT FLOUR STONE GROUND	1 3/5 Pound	Topping: Combine flour, oats, brown sugar, 2 ¼ tsp cinnamon, nutmeg, and salt in a large bowl. Stir well. Set remaining cinnamon aside for step 9. Recommended to cook in batches of 25.	330094
OATS QUICK HOT CEREAL 12-42Z GFS	9 Ounce		240869
SUGAR BROWN MED 25 GFS	15 Ounce	UNSPECIFIED	108626
SPICE CINNAMON GRND 5 TRDE	2 Tablespoon		224731
SPICE NUTMEG GRND 16Z TRDE	1 1/2 Tablespoon		224944
SALT SEA 36Z TRDE	1/2 Teaspoon		748590
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Pound	Add margarine. Using a fork or pastry blender, cut margarine into flour until mixture has a crumbly consistency. Set aside for step	840860

Preparation Instructions

Place 25 (about 4 lb 2 oz) pear halves core side up on a sheet pan (18 x 26 x 1) lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans. Using a No. 40 scoop, portion 2 Tbsp (about 1 oz) oatmeal topping on top of each pear.

Bake:

Conventional oven: 375 °F for 30 minutes. Convection oven: 350 °F for 20-25 minutes. Critical Control Point: Heat to 135 °F or higher. Critical Control Point: Hold for hot service at 135 °F or higher. Serve 1 medium pear or 2 small pears.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	100.78		
Fat	0.64g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	29.45mg		
Carbohydrates	24.02g		
Fiber	2.99g		
Sugar	13.62g		
Protein	1.20g		
Vitamin A	10.00IU	Vitamin C	0.00mg
Calcium	1.33mg	Iron	0.37mg

ASSORTED FRUIT CUPS

Servings:	50.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010
PEACH CUP 96-4.4Z COMM	1 Each		232470
APPLESAUCE CHERRY CUP 96-4.5Z COMM	1 Each		726570
PEAR DCD CUP 72-4.5Z ZEE ZEES	1 Each		136752
FRUIT MXD DCD CUP IN JCE 72-4.5Z NFG	1 Ounce		731041
APPLESAUCE MANG PCH CUP 96-4.5Z P/L	1		849531
APPLESAUCE STRAWB BAN CUP 96-4.5Z	1 Each		726560
APPLESAUCE UNSWT 96-4.5Z COMM	1 Each	READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature.	527682
APPLESAUCE WILD WTRMLN 96-4.5Z COMM	1 Each		136701

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories		10.98	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.74mg	
Carbohydrates		2.74g	
Fiber		0.12g	
Sugar		2.27g	
Protein		0.04g	
Vitamin A	0.00IU	Vitamin C	4.80mg
Calcium	0.00mg	Iron	0.00mg

1.5 OZ DRESSINGS

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 60-1.5FLZ LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	745371
DRESSING ITAL LT PKT 60-1.5Z LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	135871
DRESSING HNY MSTRD PKT 102-1Z LTHSE	1 Each	READY_TO_EAT Use as a dressing or dip	135581
DRESSING GRK PKT 60-1.5Z LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	135971
DRESSING SESM TSTD FF 60-1.5FLZ PMLL	1 Each		825030

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving	
Calories	11.40
Fat	0.92g
SaturatedFat	0.14g
Trans Fat	0.00g
Cholesterol	0.40mg
Sodium	34.20mg
Carbohydrates	0.76g
Fiber	0.00g
Sugar	0.58g
Protein	0.04g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium	0.20mg	Iron	0.00mg
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CONDIMENTS

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
MUSTARD PKT 500-5.5GM GFS	1 1ea=5.5gm	READY_TO_EAT None	700051
MAYONNAISE LT PKT 200-12GM GFS	1 12 gm	READY_TO_EAT None	188741
SAUCE BBQ PKT 200-12GM PPI	1 Each	READY_TO_EAT None	772080
SOUR CREAM IMIT PKT 100-1Z DSTAR	1 Each	READY_TO_EAT Ready to Eat or used as an ingredient	698731
SAUCE TACO MILD PKT 200-9GM GFS	1 Each	READY_TO_EAT None	192007
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each	READY_TO_EAT None	499521
CARAMEL DIP L/F CUP 200-1Z LTHSE	1 Ounce	READY_TO_EAT Open, pour and enjoy!	450430
SAUCE HNY MSTRD LT DIP CUP 100-1Z	1 Each	READY_TO_EAT None	499410
SAUCE BBQ CUP DUNK LO SOD 250-1Z REDG	1 Each	READY_TO_EAT None	141201

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 50.00			
Serving Size: 1.00			
Amount Per Serving			
Calories	8.22		
Fat	0.42g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.50mg		
Sodium	16.82mg		
Carbohydrates	1.04g		
Fiber	0.00g		
Sugar	0.68g		
Protein	0.02g		
Vitamin A	1.60IU	Vitamin C	0.05mg
Calcium	0.40mg	Iron	0.00mg

CEREAL BOWLS HS

Servings:	20.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 1 oz	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.15
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving	
Calories	17.00
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	22.00mg
Carbohydrates	3.65g
Fiber	0.30g
Sugar	1.35g
Protein	0.30g
Vitamin A 50.50IU	Vitamin C 1.10mg
Calcium 10.50mg	Iron 1.70mg

ASSORTED FRUIT JUICES

Servings:	50.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 96-4FLZ COMM	1		939854
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories		2.80	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.50mg	
Carbohydrates		0.66g	
Fiber		0.00g	
Sugar		0.60g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	20.02mg
Calcium	0.40mg	Iron	0.00mg

Chicken Club Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	50 Each	Cook chicken breast according to directions. CCP: Hold hot at 135F or higher.	786520
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260
BACON CKD 3-100CT FAST N EASY	50 Ounce	Cook bacon according to directions.	125141
Aunt Millie's 4" Whole Grain Hamburger Bun	50 bun	BAKE	3159
TOMATO 6X7 MED 25 MRKN	1 Ounce	1 slice of tomato per sandwich	315133
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791
DRESSING SALAD LT 4-1GAL GFS	1 Tablespoon		429422

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	446.40
Fat	20.56g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	92.70mg
Sodium	1037.01mg
Carbohydrates	2.21g
Fiber	0.05g
Sugar	0.65g

Protein	28.03g		
Vitamin A	29.99IU	Vitamin C	0.49mg
Calcium	81.91mg	Iron	1.09mg

TERIYAKI CHICKEN

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	1 Ounce		890911
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	14.62		
Fat	0.10g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.37mg		
Sodium	2.91mg		
Carbohydrates	3.06g		
Fiber	0.16g		
Sugar	0.10g		
Protein	0.43g		
Vitamin A	0.70IU	Vitamin C	0.00mg
Calcium	0.14mg	Iron	0.07mg

BREAKFAST BOWL

Servings:	20.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND 6-5 GFS	1 Cup		465771
BACON TOPPING CKD 1/2 DCD 2-5 GFS	1 Tablespoon		814781
CHEESE CHED SHRD 6-5 COMM	1 Ounce		199720
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	1 Ounce		504122

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.79
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.01

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving			
Calories	22.13		
Fat	1.33g		
SaturatedFat	0.55g		
Trans Fat	0.00g		
Cholesterol	20.75mg		
Sodium	64.14mg		
Carbohydrates	0.61g		
Fiber	0.03g		
Sugar	0.22g		
Protein	1.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.59mg	Iron	0.12mg

WARM CINNAMON APPLES

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	2 #10 CAN		120500
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	3 1/2 Teaspoon		840860
SPICE NUTMEG GRND 16Z TRDE	1 Teaspoon		224944
SUGAR BROWN MED 25 GFS	1 Cup	UNSPECIFIED	108626
SUGAR CANE GRANUL 25 GFS	1/2 Cup		108642
SPICE CINNAMON GRND 15Z TRDE	1 Cup		224723

Preparation Instructions

Prep
15 m
Cook
45 m
Ready In
1 h

Preheat oven to 350 degrees F (175 degrees C). Grease a large baking dish with the butter.

Mix brown sugar, vanilla sugar, cinnamon, and nutmeg in a small bowl. Layer about 1/3 of the apples in prepared baking dish; sprinkle with 1/3 of the sugar mixture. Repeat layers twice more.

Bake in preheated oven for 30 minutes

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories		75.67	
Fat		0.26g	
SaturatedFat		0.11g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		12.91mg	
Carbohydrates		18.18g	
Fiber		2.07g	
Sugar		15.07g	
Protein		0.00g	
Vitamin A	11.67IU	Vitamin C	0.00mg
Calcium	0.03mg	Iron	0.00mg

POPTARTS

Servings:	20.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.18
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving			
Calories	28.00		
Fat	0.43g		
SaturatedFat	0.15g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	29.00mg		
Carbohydrates	5.70g		
Fiber	0.45g		
Sugar	2.30g		
Protein	0.35g		
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.27mg

ASSORTED VEGGIE STICKS

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	1 Each		610902
CUCUMBER SELECT SUPER 45 MRKN	1 Cup		198587
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
CELERY STIX 4-3 RSS	1 Cup		781592
CAULIFLOWER BITE SIZE 2-3 RSS	1 Cup		732486

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.03
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving			
Calories		3.63	
Fat		0.03g	
SaturatedFat		0.02g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		7.95mg	
Carbohydrates		0.68g	
Fiber		0.29g	
Sugar		0.35g	
Protein		0.19g	
Vitamin A	226.04IU	Vitamin C	3.21mg
Calcium	4.78mg	Iron	0.05mg

TRIX YOGURT

Servings:	20.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

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

SLE Components

Amount Per Serving

Meat	0.15
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving			
Calories	12.00		
Fat	0.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.75mg		
Sodium	9.00mg		
Carbohydrates	2.25g		
Fiber	0.00g		
Sugar	1.35g		
Protein	0.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.00mg

CELERY AND DIP

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1 Cup		781592
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.03
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving

Calories	4.49		
Fat	0.31g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	11.21mg		
Carbohydrates	0.45g		
Fiber	0.10g		
Sugar	0.25g		
Protein	0.05g		
Vitamin A	27.84IU	Vitamin C	0.19mg
Calcium	2.48mg	Iron	0.01mg

BROCCOLI & DIP

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 Cup		732451
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving

Calories	5.00		
Fat	0.32g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	7.70mg		
Carbohydrates	0.55g		
Fiber	0.11g		
Sugar	0.25g		
Protein	0.12g		
Vitamin A	27.41IU	Vitamin C	3.93mg
Calcium	2.07mg	Iron	0.03mg

CUCUMBERS & DIP

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SDLSS 12-1CT P/L	1 Cup		532312
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving

Calories	3.89		
Fat	0.31g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	6.30mg		
Carbohydrates	0.35g		
Fiber	0.02g		
Sugar	0.20g		
Protein	0.02g		
Vitamin A	2.73IU	Vitamin C	0.07mg
Calcium	0.42mg	Iron	0.01mg

APPLE CRISP

Servings:	50.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 1/2 Pound	Topping: Combine 1 1/3 cups 1 Tbsp 2 tsp (about 6.4 oz) flour, oats, sugar, 2 1/4 tsp cinnamon, nutmeg, and salt in a large bowl. Stir well.	330094
OATS QUICK HOT CEREAL 12-42Z GFS	9 Ounce		240869
SUGAR BROWN MED 25# GFS	1 1/5 Pound		108626
SPICE CINNAMON GRND 15Z TRDE	1 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	1 1/2 Tablespoon	2. Set remaining flour aside for step 4. Set remaining cinnamon aside for step 4. Recommended to cook in batches of 25.	224944
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Pound	3. Add margarine. Using a fork or pastry blender, cut margarine into flour until mixture has a crumbly consistency. Set aside for step 7.	840860
SUGAR CANE GRANUL 25 GFS	1 Teaspoon	4. Filling: Combine remaining flour, remaining cinnamon, 1.5 CUPS water, and sugar in a large bowl. Stir well.	108642
APPLE SLCD 6-10 COMM	1 #10 CAN		120500

Preparation Instructions

6. Pour 3 qt (about 6 lb) filling into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

7. Sprinkle 3 3/4 cups (about 1 lb 7 oz) topping over each pan.

8. Bake:

Conventional oven: 375 °F for 55-60 minutes. Convection oven: 350 °F for 45-50 minutes.

9. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	59.92		
Fat	0.64g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.45mg		
Carbohydrates	12.48g		
Fiber	1.93g		
Sugar	4.83g		
Protein	1.17g		
Vitamin A	10.00IU	Vitamin C	0.00mg
Calcium	1.25mg	Iron	0.36mg

CHICKEN POT PIE

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	6 3/5 Pound	UNSPECIFIED Not currently available	570533
PEAS & CARROT 12-2.5 GFS	3 4/5 Ounce		119458
BROTH CHIX 12-5 COLLEGE INN	1 3/10 Quart		264865
SEASONING POULTRY 10Z TRDE	1 1/2 Teaspoon		273996
SALT SEA 36Z TRDE	2 Teaspoon		748590
WHOLE WHEAT FLOUR STONE GROUND	2 1/2 Cup		330094
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 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
CELERY CROSS CUT 1/4 2-5 RSS	1 2/5 Pound		261394
ONION DCD 1/2 2-5 RSS	1 2/5 Pound		426059

Preparation Instructions

1. Filling: Place 3 lb 3 oz (2 qt 3 cups) chicken in a steam table pan (12" x 20" x 2 1/2").
For 50 servings, use 2 pans. For 100 servings, use 4 pans.
2. Add peas and carrots to each steam table pan. Spread evenly. For frozen vegetables, add 1 lb 12 oz (1 qt 1 2/3 cups) per steam table pan.
3. If using canned peas and carrots, add 1 lb 12 oz (1 qt 1 2/3 cups) per steam table pan.
4. Melt margarine in a large stock pot over medium heat. Add celery, onion, and flour. Cook for 3 minutes. Flour will begin to turn light brown in color. Stir often.
5. Slowly stir in broth, half and half, pepper, and poultry seasoning. Stir often until mixture becomes slightly thickened for 10 minutes.
6. Pour approximately 2 qt 1 cup gravy mixture over chicken and vegetables in each steam table pan. Gravy mixture will thicken in step 10. Stir gently. Set aside for step
10. Bake:
Conventional oven: 450 °F for 30 minutes. Convection oven: 400 °F for 20 minutes.
11. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
12. Critical Control Point: Hold for hot service at 135 °F or higher.
13. Portion with No. 6 scoop (2/3 cup).

SLE Components

Amount Per Serving

Meat	1.41
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.06
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	128.20		
Fat	3.95g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	38.72mg		
Sodium	277.90mg		
Carbohydrates	7.82g		
Fiber	1.10g		
Sugar	1.00g		
Protein	13.99g		
Vitamin A	185.74IU	Vitamin C	0.65mg
Calcium	7.36mg	Iron	0.83mg

ROASTED ROOT VEG

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CUBED 1/2 LRG 2-3 RSS	4 Pound		313378
ONION DCD 1/2 2-5 RSS	2 Pound		426059
GARLIC PLD FRESH 5 RSS	1 Cup		428353
POTATO RDSKN DCD FRSH 2-10 GFS	17 Cup		541117
BEAN GARBANZO 6-10 GFS	2 3/10 Cup		118753
OIL OLIVE XVRGN ITAL 6-2LTR PG	1 Cup		432050
SPICE THYME LEAF 6Z TRDE	1/2 Cup		513814
SALT SEA 36Z TRDE	1 Teaspoon		748590
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037

Preparation Instructions

Preheat an oven to 400 degrees F (200 degrees C).

Place the beet, carrot, onion, potatoes, garlic, and garbanzo beans into a 9x13 inch baking dish. Drizzle with the olive oil, then season with thyme, salt, and pepper. Mix well.

Bake, uncovered, in the preheated oven for 30 minutes, stirring once midway through baking. Remove the baking dish from the oven, and stir in the wine. Return to the oven, and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season to taste with salt and pepper before serving.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories		96.41	
Fat		4.68g	
SaturatedFat		0.69g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		111.82mg	
Carbohydrates		12.98g	
Fiber		1.84g	
Sugar		1.40g	
Protein		1.66g	
Vitamin A	2125.72IU	Vitamin C	0.45mg
Calcium	16.28mg	Iron	0.31mg

ROASTED ROOT VEG

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CUBED 1/2 LRG 2-3 RSS	4 Pound		313378
ONION DCD 1/2 2-5 RSS	2 Pound		426059
GARLIC PLD FRESH 5 RSS	1 Cup		428353
POTATO RDSKN DCD FRSH 2-10 GFS	17 Cup		541117
BEAN GARBANZO 6-10 GFS	2 3/10 Cup		118753
OIL OLIVE XVRGN ITAL 6-2LTR PG	1 Cup		432050
SPICE THYME LEAF 6Z TRDE	1/2 Cup		513814
SALT SEA 36Z TRDE	1 Teaspoon		748590
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037

Preparation Instructions

Preheat an oven to 400 degrees F (200 degrees C).

Place the beet, carrot, onion, potatoes, garlic, and garbanzo beans into a 9x13 inch baking dish. Drizzle with the olive oil, then season with thyme, salt, and pepper. Mix well.

Bake, uncovered, in the preheated oven for 30 minutes, stirring once midway through baking. Remove the baking dish from the oven, and stir in the wine. Return to the oven, and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season to taste with salt and pepper before serving.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories		96.41	
Fat		4.68g	
SaturatedFat		0.69g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		111.82mg	
Carbohydrates		12.98g	
Fiber		1.84g	
Sugar		1.40g	
Protein		1.66g	
Vitamin A	2125.72IU	Vitamin C	0.45mg
Calcium	16.28mg	Iron	0.31mg

ROASTED GARBANZO BEANS

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GFS	1 #10 CAN		118753
OIL OLIVE XVRGN ITAL 6-2LTR PG	1 Cup		432050
DRESSING MIX RNCH 18-3.2Z HVALL	3 1/5 Ounce		192716

Preparation Instructions

PREHEAT OVEN TO 400 F

RINSE AND PAT DRY BEANS

MIX RANCH IN OIL AND TOSS IN BEANS

BAKE FOR 30 MINUTES OR UNTIL GOLDEN BROWN AND CRUNCHY

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	95.31		
Fat	5.51g		
SaturatedFat	0.90g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	226.88mg		
Carbohydrates	9.31g		
Fiber	2.59g		
Sugar	1.55g		
Protein	3.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.04mg	Iron	0.37mg

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2 7-32Z GFS	2 Slice		231053
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice		722360
MARGARINE SLD 30-1 GCHC	1 Tablespoon		733061

Preparation Instructions

Assemble sandwich with 2 pieces of wheat bread and 2 slices of American cheese

Lightly butter each piece of bread

Bake in oven (or cook on flat top) at 350 for approx. 10 minutes or until bread is toasted and cheese is melted

Serve

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 sandwich

Amount Per Serving

Calories	390.00		
Fat	18.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	870.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	13.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	272.00mg	Iron	2.16mg

Taco Walking

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
CHIP TORTL YEL RND WGRAIN 80-1.5Z	2 Ounce		510876
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Ounce		242489
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

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

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 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=

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

OR

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

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	1.76
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 each

Amount Per Serving

Calories	136.58
Fat	7.59g
SaturatedFat	4.14g
Trans Fat	0.18g
Cholesterol	37.08mg
Sodium	349.15mg
Carbohydrates	5.91g
Fiber	1.39g
Sugar	2.06g
Protein	11.58g
Vitamin A 669.26IU	Vitamin C 4.74mg
Calcium 138.87mg	Iron 1.34mg

Steamed Carrots

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	1/2 Cup		150390

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		0.54	
Fat		0.02g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.48mg	
Sodium		0.86mg	
Carbohydrates		0.12g	
Fiber		0.04g	
Sugar		0.06g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

PEACH OATMEAL

Servings:	4.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches	4 Cup		
OATS OLD FASHIONED 12-42Z MOM	4 Cup	RECONSTITUTE	144391

Preparation Instructions

PREHEAT OVEN TO 400 F

RINSE AND PAT DRY BEANS

MIX RANCH IN OIL AND TOSS IN BEANS

BAKE FOR 30 MINUTES OR UNTIL GOLDEN BROWN AND CRUNCHY

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00

Amount Per Serving			
Calories		300.00	
Fat		6.00g	
SaturatedFat		1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		54.00g	
Fiber		8.00g	
Sugar		2.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.60mg

CARROTS & DIP

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521
CARROT BABY WHL PETITE 4-5 RSS	1 Ounce		768146

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving

Calories	4.08		
Fat	0.30g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	7.23mg		
Carbohydrates	0.38g		
Fiber	0.04g		
Sugar	0.22g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.44mg	Iron	0.00mg

TURKEY SUB

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST HNY SMKD SLCD 5-2 BRICK	1 Ounce		820161
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		100.00	
Fat		5.00g	
SaturatedFat		2.50g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		430.00mg	
Carbohydrates		6.00g	
Fiber		1.00g	
Sugar		4.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.50mg	Iron	2.18mg

BBQ RIBBER

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB-Q CN 160-2.4Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake ribs on a pan in a preheated conventional oven at 350 degree f for 15 minutes. Convection oven: from a frozen state, bake ribs on a pan in a preheated convection oven at 350 for 12 minutes. Microwave: microwave on high for approximately 2 minutes. Microwaveovens vary.	108980
SAUCE BBQ SWEET 6-80FLZ SWTBRAY	1 Tablespoon		212071
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	295.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	710.00mg		
Carbohydrates	36.50g		
Fiber	6.00g		
Sugar	13.00g		
Protein	18.00g		
Vitamin A	300.00IU	Vitamin C	1.20mg
Calcium	60.00mg	Iron	2.34mg

BREAKFAST CROISSANT

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.5 165-1.25Z GFS	1 Each		592625
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	335.00
Fat	17.50g
SaturatedFat	7.00g
Trans Fat	0.15g
Cholesterol	112.50mg
Sodium	545.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	5.50g
Protein	11.50g
Vitamin A	0.00IU
Vitamin C	0.14mg

Calcium 40.14mg **Iron** 1.80mg

BEEF POT PIE

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS & CARROT 12-2.5 GFS	3 4/5 Ounce		119458
SALT SEA 36Z TRDE	2 Teaspoon		748590
WHOLE WHEAT FLOUR STONE GROUND	2 1/2 Cup		330094
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	<p>BAKE</p> <p>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.</p> <p>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</p> <p>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.</p>	237390
CELERY CROSS CUT 1/4 2-5 RSS	1 2/5 Pound		261394
ONION DCD 1/2 2-5 RSS	1 2/5 Pound		426059
BEEF POT RST CKD DCD 2-5 GFS	1 Ounce		489111
BROTH BF NO MSG 12-49Z HRTHTSTN	1 Cup		504599

Preparation Instructions

1. Filling: Place 3 lb 3 oz (2 qt 3 cups) chicken in a steam table pan (12" x 20" x 2 1/2").
For 50 servings, use 2 pans. For 100 servings, use 4 pans.

2. Add peas and carrots to each steam table pan. Spread evenly. For frozen vegetables, add 1 lb 12 oz (1 qt 1 2/3 cups) per steam table pan.
3. If using canned peas and carrots, add 1 lb 12 oz (1 qt 1 2/3 cups) per steam table pan.
4. Melt margarine in a large stock pot over medium heat. Add celery, onion, and flour. Cook for 3 minutes. Flour will begin to turn light brown in color. Stir often.
5. Slowly stir in broth, half and half, pepper, and poultry seasoning. Stir often until mixture becomes slightly thickened for 10 minutes.
6. Pour approximately 2 qt 1 cup gravy mixture over chicken and vegetables in each steam table pan. Gravy mixture will thicken in step 10. Stir gently. Set aside for step
10. Bake:
Conventional oven: 450 °F for 30 minutes. Convection oven: 400 °F for 20 minutes.
11. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
12. Critical Control Point: Hold for hot service at 135 °F or higher.
13. Portion with No. 6 scoop (2/3 cup).

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	37.14		
Fat	0.37g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.53mg		
Sodium	115.97mg		
Carbohydrates	7.13g		
Fiber	1.10g		
Sugar	1.00g		
Protein	1.45g		
Vitamin A	185.74IU	Vitamin C	0.65mg
Calcium	7.50mg	Iron	0.34mg

CHILI CHEESE FRIES

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 LAMB	1 Ounce		865881
SAUCE CHS CHED POUCH 6-106Z LOL	1 Cup		135261
CHILI BEEF W/BEAN 6-5 COMM	1 Ounce		344012

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.34
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.00
Legumes	0.00
Starch	0.20

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	465.44		
Fat	30.24g		
SaturatedFat	18.69g		
Trans Fat	0.00g		
Cholesterol	85.32mg		
Sodium	1733.94mg		
Carbohydrates	21.27g		
Fiber	1.47g		
Sugar	0.86g		
Protein	23.02g		
Vitamin A	214.75IU	Vitamin C	3.26mg
Calcium	848.29mg	Iron	0.91mg

RANCH CHICKEN WRAP

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	1 Ounce	Fully cooked. Simpy use or heat and use. UNSPECIFIED Not Currently Available	467802
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489
TORTILLA FLOUR 10" 12-12CT LA BANDERI	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	782190
CHEESE CHED SHRD 6-5 COMM	1 Ounce		199720
DRESSING RNCH LT 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	861850

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.67
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	426.33
Fat	19.67g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	600.04mg
Carbohydrates	40.33g
Fiber	3.00g
Sugar	3.50g
Protein	19.67g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 12.00mg **Iron** 4.95mg

Black Bean and Corn Relish

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA PICO DE GALLO 6-32Z ITALR	1 Gallon		434526
SPICE CILANTRO 4Z TRDE	3/4 Cup		565903
CORN WHL KERNEL STD GRADE 6-10 KE	1 Gallon	rinsed	244805
BEANS BLACK LO SOD 6-10 BUSH	1 Gallon	Rinse	231981

Preparation Instructions

Mix all ingredients together and refridgerate overnight. Cup in individual 2 oz cups for salads

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories		70.39	
Fat		0.48g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		297.45mg	
Carbohydrates		14.08g	
Fiber		2.56g	
Sugar		2.88g	
Protein		2.88g	
Vitamin A	383.63IU	Vitamin C	7.29mg
Calcium	19.20mg	Iron	0.58mg