

Cookbook for Fairfield Community Schools

Created by HPS Menu Planner

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Assorted Whole Grain Cereals

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL 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 TRIX WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264742

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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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: 9.00
 Serving Size: 1.00 Each

Amount Per Serving

Calories	107.78
Fat	1.39g
SaturatedFat	0.22g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	153.33mg
Carbohydrates	23.11g
Fiber	2.11g
Sugar	7.44g
Protein	1.89g

Vitamin A	423.33IU	Vitamin C	9.18mg
Calcium	52.22mg	Iron	7.42mg

100% Fruit Juice

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

Ingredients

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

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		70.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		12.50mg	
Carbohydrates		16.50g	
Fiber		0.00g	
Sugar		15.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	30.60mg
Calcium	10.00mg	Iron	0.00mg

Assorted Fruit

Servings:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GFS	1 Cup		268348
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 Cup		189979
Applesauce cnd	1 Cup	BAKE	110541comm
FRUIT MIXED 6-10	1 Cup	BAKE	100212
Pear Halves	1 Cup	BAKE	100226

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: 10.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	60.20		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.40mg		
Carbohydrates	15.20g		
Fiber	1.20g		
Sugar	12.60g		
Protein	0.20g		
Vitamin A	40.00IU	Vitamin C	2.04mg
Calcium	0.00mg	Iron	0.07mg

Cheeseburger

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.50
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 Each

Amount Per Serving	
Calories	265.00
Fat	8.50g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	620.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	4.00g
Protein	22.50g

Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	118.00mg	Iron	9.80mg

Baked Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN KETTLE BRN SUGAR 6-10 HRTHSTN	2 #10 CAN		822477
SUGAR BROWN LT 12-2 PION	1/2 Cup		860311
SAUCE BBQ 4-1GAL GFS	2 Cup		734136
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 Cup		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup		860221

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	1.08
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	159.23		
Fat	0.57g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	641.93mg		
Carbohydrates	33.77g		
Fiber	6.57g		
Sugar	14.91g		
Protein	5.49g		
Vitamin A	122.75IU	Vitamin C	1.06mg
Calcium	47.77mg	Iron	1.67mg

Peas

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GFS	45 Pound		285660
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.50

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	84.21		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.04mg		
Carbohydrates	7.80g		
Fiber	2.60g		
Sugar	2.60g		
Protein	3.25g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.71mg

Chicken Patty Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	558061
3.5 WG Hamburger Bun	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	
		READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
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 Each

Amount Per Serving			
Calories	360.00		
Fat	14.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	600.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	9.80mg

Green Beans

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GFS	10 #10 CAN		273856
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		59.57	
Fat		4.26g	
SaturatedFat		1.74g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		302.06mg	
Carbohydrates		4.17g	
Fiber		2.09g	
Sugar		2.09g	
Protein		1.04g	
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	20.95mg	Iron	0.52mg

Corn

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	45 Pound		283730
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.50

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		113.19	
Fat		5.00g	
SaturatedFat		1.74g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		159.76mg	
Carbohydrates		15.64g	
Fiber		1.49g	
Sugar		1.49g	
Protein		2.23g	
Vitamin A	364.80IU	Vitamin C	1.79mg
Calcium	0.09mg	Iron	0.27mg

Mexican Dip

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	18 Ounce		159204
BEAN REFRD 6-10 GRSZ	4 #10 CAN		293962
SOUP CRM OF MUSHRM 12-5 CAMP	2 #5 CAN	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN		695513
SAUCE CHS CHED POUCH 6-106Z LOL	3 Package		135261
SALSA 103Z 6-10 REDG	3 #10 CAN	READY_TO_EAT None	452841
CHEESE CHED MLD SHRD 4-5 LOL	10 Pound		150250

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
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: 300.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories		354.31	
Fat		22.13g	
SaturatedFat		9.94g	
Trans Fat		2.14g	
Cholesterol		82.37mg	
Sodium		758.93mg	
Carbohydrates		13.83g	
Fiber		2.42g	
Sugar		1.17g	
Protein		24.27g	
Vitamin A	298.25IU	Vitamin C	1.37mg
Calcium	243.17mg	Iron	1.00mg

Hamburger

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 Each

Amount Per Serving			
Calories	230.00		
Fat	6.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	410.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	19.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	9.80mg

Chili

Servings:	315.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255
BEAN CHILI HOT 6-10 BROOKS	9 #10 CAN		785024
TOMATO PASTE 6-10 HUNTS	2 33/50 #10 CAN		444707
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup		331473
SPICE GARLIC POWDER 21Z TRDE	2 1/4 Tablespoon		224839
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Tablespoon		225061
SUGAR BROWN LT 12-2 PION	4 Cup		860311
Tap Water for Recipes	4 3/4 Gallon	UNPREPARED	000001WTR

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	304.20
Fat	12.56g
SaturatedFat	4.06g
Trans Fat	2.03g
Cholesterol	52.83mg
Sodium	538.59mg
Carbohydrates	25.93g

Fiber		8.44g	
Sugar		8.22g	
Protein		19.57g	
Vitamin A	147.81IU	Vitamin C	0.00mg
Calcium	47.01mg	Iron	1.71mg

Refried Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 #10 CAN		293962
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	174.89
Fat	3.76g
SaturatedFat	1.47g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	619.22mg
Carbohydrates	25.06g
Fiber	6.47g
Sugar	1.34g
Protein	10.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 103.17mg	Iron 2.16mg

Hot Ham & Cheese Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
Grain	1.50
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 Each

Amount Per Serving			
Calories		221.67	
Fat		6.50g	
SaturatedFat		2.25g	
Trans Fat		0.00g	
Cholesterol		47.50mg	
Sodium		703.33mg	
Carbohydrates		22.67g	
Fiber		2.00g	
Sugar		4.00g	
Protein		18.50g	
Vitamin A	0.00IU	Vitamin C	0.80mg
Calcium	111.33mg	Iron	8.48mg

Mixed Vegetables

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 30 GFS	45 Pound		285690
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	84.21		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	172.29mg		
Carbohydrates	7.80g		
Fiber	1.95g		
Sugar	1.95g		
Protein	1.30g		
Vitamin A	777.80IU	Vitamin C	3.90mg
Calcium	13.09mg	Iron	0.47mg

Combo Cookie

Servings:	340.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 PION	6 Cup		860311
SUGAR CANE GRANUL 25 GFS	6 Cup		108642
MARGARINE SLD ZT 30-1 GFS	6 Cup		557482
OIL CORN 2-2.5GAL MAZOLA	6 Cup		433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	6 Tablespoon		110736
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308
BAKING SODA 36Z GFS	2 Tablespoon		513849
SPICE CREAM OF TARTAR 29Z TRDE	2 Tablespoon		513687
FLOUR ULTRAGRAIN 50 HLCHC	20 Cup		515002
OATS QUICK HOT CEREAL 12-42Z GFS	8 Cup		240869
CEREAL RICE KRISPIES 4-27Z KELL	8 Cup		732427
CHOC CHIPS SMISWT 1000/ 4-4 GFS	8 Cup		283610

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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: 340.00
 Serving Size: 1.00 Each

Amount Per Serving

Calories	151.03	
Fat	8.93g	
SaturatedFat	2.75g	
Trans Fat	0.01g	
Cholesterol	4.32mg	
Sodium	100.01mg	
Carbohydrates	17.75g	
Fiber	1.06g	
Sugar	9.92g	
Protein	1.70g	
Vitamin A	141.18IU	Vitamin C 0.00mg
Calcium	5.43mg	Iron 0.94mg

Chicken & Noodles

Servings:	350.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	45 Pound		100101
BROTH CHIX 12-5 COLLEGE INN	6 #5 CAN		264865
SOUP CRM OF CHIX 12-5 HLTHYREQ	5 #10 CAN		695513
BASE CHIX RSTD 25 GFS	2 Pound		160830
Tap Water for Recipes	7 Gallon	UNPREPARED	000001WTR
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/2 Tablespoon		225037
MARGARINE SLD 30-1 GCHC	1 Pound		733061
PASTA LINGUINE 100 WHLWHE 2-5 GFS	20 Pound		654580

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	179.71
Fat	4.01g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	45.98mg
Sodium	267.82mg
Carbohydrates	20.97g
Fiber	2.74g
Sugar	1.29g
Protein	16.04g
Vitamin A	160.95IU
Vitamin C	0.00mg

Calcium	0.00mg	Iron	0.82mg
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Orange Chicken

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	15 Cup	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	802860

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: 125.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	353.66		
Fat	16.73g		
SaturatedFat	3.22g		
Trans Fat	0.00g		
Cholesterol	25.74mg		
Sodium	575.32mg		
Carbohydrates	33.38g		
Fiber	3.86g		
Sugar	14.73g		
Protein	18.02g		
Vitamin A	128.72IU	Vitamin C	0.00mg
Calcium	51.49mg	Iron	2.32mg

Brown Rice

Servings:	96.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	12 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
BROTH CHIX 12-5 COLLEGE INN	4 #5 CAN		264865

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		87.96	
Fat		0.80g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		260.38mg	
Carbohydrates		18.50g	
Fiber		1.00g	
Sugar		0.00g	
Protein		2.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

California Blend

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF 30 KE	30 Pound		283780
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	54.84		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.39mg		
Carbohydrates	3.23g		
Fiber	1.29g		
Sugar	1.29g		
Protein	0.65g		
Vitamin A	935.48IU	Vitamin C	11.61mg
Calcium	12.99mg	Iron	0.00mg

Sloppy Joe

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 63/100 Ounce		564790
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	265.00		
Fat	7.50g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	557.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	18.00g		
Vitamin A	459.00IU	Vitamin C	6.00mg
Calcium	36.00mg	Iron	10.00mg

Turkey Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 Each

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	480.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.36mg

Chocolate Cake

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	3 Cup		515002
SUGAR CANE GRANUL 25 GFS	3 1/2 Cup		108642
COCOA PWD BAKING 6-5 GFS	2 2/25 Cup		269654
BAKING SODA 36Z GFS	2 1/2 Teaspoon		513849
BAKING POWDER 6-5 CLABBER GIRL	2 1/2 Teaspoon		361032
SALT IODIZED 24-26Z GFS	1 1/2 Teaspoon		108308
EGG SHL LRG A GRD 6-30CT GCHC	4 Each		206539
MILK WHT 1 4-1GAL RGNLBRND	2 1/4 Cup		817801
OIL CORN 2-2.5GAL MAZOLA	7/8 Cup		433518
FLAVORING VANILLA IMIT 1-QT KE	5 Teaspoon		110736
MARGARINE SLD ZT 30-1 GFS	9 Tablespoon		557482
SUGAR POWDERED 10X 12-2 PION	4 Cup		859740

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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: 50.00

Serving Size: 1.00 Piece

Amount Per Serving			
Calories		164.67	
Fat		7.18g	
SaturatedFat		1.74g	
Trans Fat		0.01g	
Cholesterol		18.60mg	
Sodium		199.34mg	
Carbohydrates		24.76g	
Fiber		1.84g	
Sugar		17.40g	
Protein		3.19g	
Vitamin A	160.56IU	Vitamin C	0.00mg
Calcium	54.28mg	Iron	1.72mg

Hot Dog on Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 Each

Amount Per Serving			
Calories	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	770.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	44.11mg	Iron	10.76mg

Pork BBQ Rib on Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB-B-Q CKD CN 160-2.4Z PIER	1 Each	BAKE Conventional oven: from frozen state, bake ribs in conventional oven at 350 for 15 minutes. Convection oven: from a frozen state, bake ribs in a convection oven at 350 for 12 minutes. Microwave: microwave on high for approximately 2 minutes. Microwave times vary.	849006
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 Each

Amount Per Serving	
Calories	250.00
Fat	7.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	680.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 300.00IU	Vitamin C 2.40mg
Calcium 44.00mg	Iron 11.44mg

Tenderloin on Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
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 Each

Amount Per Serving			
Calories		390.00	
Fat		17.50g	
SaturatedFat		4.50g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		530.00mg	
Carbohydrates		39.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	9.80mg

Sub Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce		236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
Grain	1.50
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 Each

Amount Per Serving			
Calories	289.33		
Fat	12.23g		
SaturatedFat	3.71g		
Trans Fat	0.00g		
Cholesterol	71.31mg		
Sodium	954.48mg		
Carbohydrates	23.12g		
Fiber	2.00g		
Sugar	4.00g		
Protein	21.60g		
Vitamin A	37.31IU	Vitamin C	1.79mg
Calcium	157.70mg	Iron	9.34mg

Chef Salad

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
CHEESE CHED MLD SHRD 4-5# COMM	1/4 Cup		150250
Ham, Cubed Frozen	2 1/2 Ounce		100188-H

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		195.82	
Fat		11.05g	
SaturatedFat		8.05g	
Trans Fat		0.00g	
Cholesterol		66.89mg	
Sodium		672.08mg	
Carbohydrates		7.10g	
Fiber		0.67g	
Sugar		2.72g	
Protein		16.91g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	212.33mg	Iron	0.48mg

Grilled Cheese Sandwich

Servings:	1.00	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	3 Slice		722360
MARGARINE SLD ZT 30-1 GFS	1 Tablespoon		557482
Aunt Millie's Wheat Sandwich Bread	2 Slice	READY_TO_EAT	466

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
Grain	1.50
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 Each

Amount Per Serving			
Calories		345.00	
Fat		19.00g	
SaturatedFat		8.75g	
Trans Fat		0.00g	
Cholesterol		22.50mg	
Sodium		930.00mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Sugar		5.00g	
Protein		15.50g	
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	294.00mg	Iron	8.00mg

Chocolate Chip Cookie

Servings:	350.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD ZT 30-1 GFS	5 Pound		557482
SUGAR BROWN LT 12-2 PION	1 Pound		860311
SUGAR CANE GRANUL 25 GFS	8 1/4 Cup		108642
EGG SHL LRG A GRD 6-30CT GCHC	17 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	3/4 Cup		110736
BAKING SODA 36Z GFS	2 39/47 Tablespoon		513849
SALT IODIZED 24-26Z GFS	1 21/50 Tablespoon		108308
FLOUR ULTRAGRAIN 50 HLCHC	24 Cup		515002
CHOC CHIPS SMISWT 1000/ 4-4 GFS	5 33/100 Cup		283610

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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: 350.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	116.63
Fat	6.42g
SaturatedFat	2.88g
Trans Fat	0.00g
Cholesterol	10.20mg
Sodium	112.57mg
Carbohydrates	14.28g
Fiber	0.82g
Sugar	7.74g

Protein	1.62g		
Vitamin A	228.57IU	Vitamin C	0.00mg
Calcium	4.44mg	Iron	0.62mg