

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	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	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	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 1 oz	265811
CEREAL TRIX WGRAIN BWL 96CT GENM	1 Package	264742

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: 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	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	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	110541comm
FRUIT MIXED 6-10	1 Cup	100212
Pear Halves	1 Cup	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	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
3.5 WG Hamburger Bun	1 Each	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	DistPart #
BEAN KETTLE BRN SUGAR 6-10 HRTSTN	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	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	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	558061
3.5 WG Hamburger Bun	1 Each	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	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	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	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	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	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	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
3.5 WG Hamburger Bun	1 Each	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	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	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	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	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	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	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	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	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	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	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	15 Cup	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	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	12 Cup	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	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	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 63/100 Ounce	564790
3.5 WG Hamburger Bun	1 Each	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	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice	244190
3.5 WG Hamburger Bun	1 Each	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	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	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	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	DistPart #
PORK RIB-B-Q CKD CN 160-2.4Z PIER	1 Each	849006
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	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	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	100750
3.5 WG Hamburger Bun	1 Each	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	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	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	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	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	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	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