

# Cookbook for Harpeth High School

Created by HPS Menu Planner

# Table of Contents

Cereal

Donuts

Muffin

Breakfast Pizza

Pancake Wrapped Sausage

Ketchup

Tso's Smackers

Teriyaki Chicken

4-Roasted Green Beans

1-Side Salad

1-Broccoli & Cheese

Chicken Fajita

2-Refried Beans

3-Corn, Commodity

Jamwich Box

Chicken Smacker Wrap Box

Turkey and Cheese Sub Box

Ham & Cheese Sub

Chef Salad Box - Ham

Chef Salad Box - Turkey

Chef Salad Box - Ceasar

Chef Salad Box - Smackers

Juice Variety

5-carrot stick cups

4-Celery Stick cups

Stuffed Crust Pizza

Hot Dog

F- Fruit Variety

Quesadillas

Chicken Parm w/ filet

4-Stir Fry Veggies

Grilled Cheese

3-peas

Chicken Sandwich

# Cereal

NO IMAGE

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL REESEES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL FROOT LOOPS R/S BWL 96- 1Z KELL	1 Each		283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

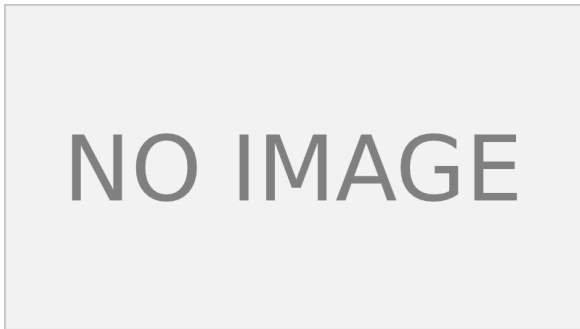
Servings Per Recipe: 10.00

Serving Size: 1.00 Bowl

#### Amount Per Serving

<b>Calories</b>	108.00		
<b>Fat</b>	1.35g		
<b>SaturatedFat</b>	0.15g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	146.00mg		
<b>Carbohydrates</b>	23.30g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	7.80g		
<b>Protein</b>	1.80g		
<b>Vitamin A</b>	420.00IU	<b>Vitamin C</b>	6.84mg
<b>Calcium</b>	76.00mg	<b>Iron</b>	4.68mg

# Donuts



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

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

**Calcium** 50.00mg **Iron** 1.26mg

# Muffin

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each		262362

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	190.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.33g		
<b>Trans Fat</b>	0.07g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	116.67mg		
<b>Carbohydrates</b>	29.33g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	2.33g		
<b>Vitamin A</b>	4.80IU	<b>Vitamin C</b>	0.02mg



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

# Breakfast Pizza

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	<b>BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x12" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.</b>	503660
PIZZA BFAST SAUS 2X6 WGRAIN 192CT MAX	1 Each	<b>NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN: BAKE AT 375°F FOR 11 TO 13 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. CONVENTIONAL OVEN: BAKE AT 425°F FOR 12 TO 16 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F</b>	340351

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

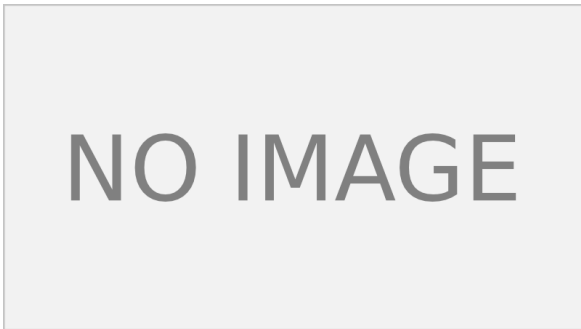
Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 2.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	185.00		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	2.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.50mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	142.50mg	<b>Iron</b>	1.22mg

# Pancake Wrapped Sausage



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

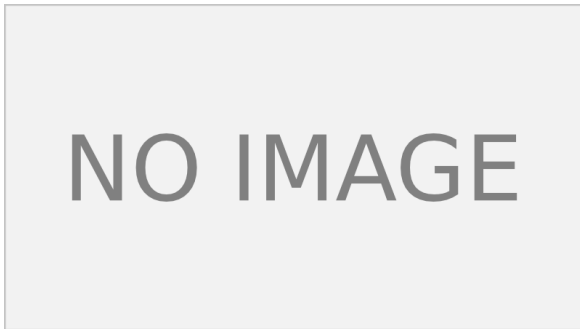
### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		240.00	
<b>Fat</b>		15.00g	
<b>SaturatedFat</b>		4.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		25.00mg	
<b>Sodium</b>		360.00mg	
<b>Carbohydrates</b>		18.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		7.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.44mg

# Ketchup



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	10.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	25.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Tso's Smackers

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Smackers	1 Package	Conventional Oven for 10-12 minutes at 350 degrees. Convection Oven for 6-8 minutes at 350 degrees.	
SAUCE GEN TSO 4-.5GAL ASIAN	1 Gallon	Heat Sauce	802850

## Preparation Instructions

Place chicken on metal sheet pan with liner and cook on 350 until temp reaches 165 degrees. Heat sauce then mix (1) 5 pound bottle of sauce to 3 bags of chicken in pan.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 10.00 Piece

<b>Amount Per Serving</b>	
<b>Calories</b>	350.70
<b>Fat</b>	12.94g
<b>SaturatedFat</b>	2.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.74mg
<b>Sodium</b>	989.99mg
<b>Carbohydrates</b>	38.86g
<b>Fiber</b>	2.99g
<b>Sugar</b>	16.58g
<b>Protein</b>	17.92g

<b>Vitamin A</b>	167.26IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	16.93mg	<b>Iron</b>	1.99mg

# Teriyaki Chicken

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	10 Pound		
SAUCE TERYK MRND LO SOD 6-.5GAL KIKK	1 Gallon		176721

## Preparation Instructions

Bake chicken in a 350 degree oven until the internal temperature reaches 165 degrees. Heat sauce separately. Mix (1) gallon bottle of teriyaki sauce to 10 pounds of chicken.

CCP: Hold at 140 degrees or higher for service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	119.95
<b>Fat</b>	2.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.00mg
<b>Sodium</b>	1079.02mg
<b>Carbohydrates</b>	9.59g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.59g
<b>Protein</b>	15.20g



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

# 4-Roasted Green Beans

NO IMAGE

<b>Servings:</b>	128.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN WHL 6-4 GFS	4 Pound		610851
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon	mix seasonings in a bowl.	224839
Black Pepper	1 1/2 Teaspoon		24108
CHEESE PARM GRTD 12-1 PG	2/3 Cup		164259
Vegetable Oil	3 Tablespoon		100441comm

## Preparation Instructions

Heat oven to 400 degrees. Prepare sheet pan by placing a pan liner on the pan and spraying it with pan release.

Place green beans in a large bowl and drizzle vegetable oil over the top. Toss to coat evenly.

Sprinkle seasoning mix over green beans and toss to combine.

Lay green beans in a single layer on the sheet pan and cook for approximately 15 minutes. (CCP: Heat to 135 degrees or higher).

Put in a 4" hotel pan for service.

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 128.00  
 Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	71.13	
<b>Fat</b>	0.49g	
<b>SaturatedFat</b>	0.13g	
<b>Trans Fat</b>	0.00g	
<b>Cholesterol</b>	0.42mg	
<b>Sodium</b>	5.86mg	
<b>Carbohydrates</b>	13.33g	
<b>Fiber</b>	8.00g	
<b>Sugar</b>	2.67g	
<b>Protein</b>	2.83g	

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

# 1-Side Salad

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1 Cup	BAKE	15D44
Shredded Cheddar	1 Tablespoon		
TOMATO CHERRY 11 MRKN	3 Each		569551

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	108.10		
<b>Fat</b>	6.10g		
<b>SaturatedFat</b>	3.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	206.25mg		
<b>Carbohydrates</b>	4.25g		
<b>Fiber</b>	0.55g		
<b>Sugar</b>	1.25g		
<b>Protein</b>	8.40g		
<b>Vitamin A</b>	374.70IU	<b>Vitamin C</b>	6.16mg

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

# 1-Broccoli & Cheese

NO IMAGE

<b>Servings:</b>	164.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound		100036

## Preparation Instructions

Divide frozen broccoli into 3-4 inch deep pans with holes. Use only enough broccoli to cover the bottom of the pan. DO NOT LAYER MORE.

Sprinkle in butter buds.

Sit the pans of broccoli into a 4 inch deep serving pan, put a lid on it.

Steam for 10-15 min or until broccoli is bright green. \*\*\*\*CAUTION: DO NOT OVER COOK.\*\*\*\*

(If no steamer, place water in the bottom of the pan prior to baking at 350).

When done pour broccoli out of the pans with holes and pour into clean 4 inch deep serving pans and layer the cheese on top.

CCP: Heat to 135 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher for service.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.49
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 164.00  
 Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	69.12
<b>Fat</b>	2.44g
<b>SaturatedFat</b>	1.46g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.32mg
<b>Sodium</b>	57.26mg
<b>Carbohydrates</b>	7.15g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.98g
<b>Protein</b>	5.93g

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

# Chicken Fajita



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	1 Package		100101
SEASONING FAJITA MIX 6-8.9Z LAWR	1/2 Package		518298
Tap Water for Recipes	1 Cup		000001WTR

## Preparation Instructions

Put a 5# bag of diced chicken into a 6 inch deep half pan (with holes if not using a steamer). Place in steamer (or pan with a little water) and cook uncovered for 15 min.

Take out and stir in 1/2 pack of the fajita mix. Return to steam for 10 min. (If not using a steamer, you may need additional water in the bottom pan at this point).

Note: If the meat is too dry, add some additional water.

CCP: Heat to 165 degrees or higher.

CCP: Hold at 140 or higher for service.

Serve in 2 oz portions.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00



<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Ounce

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

# 2-Refried Beans

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT QUESO 4-5 BIB JTM	3 Cup		701201
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341

## Preparation Instructions

### RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Heat cheese from frozen or thawed state in steamer or boiling water to 160 degrees and pour on top of beans. (Serve the rest of the bag of cheese as an additional option for that day).

## SLE Components

Amount Per Serving

<b>Meat</b>	1.33
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.51
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 5.30 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>		240.50	
<b>Fat</b>		5.99g	
<b>SaturatedFat</b>		3.60g	
<b>Trans Fat</b>		0.20g	
<b>Cholesterol</b>		15.32mg	
<b>Sodium</b>		469.11mg	
<b>Carbohydrates</b>		31.10g	
<b>Fiber</b>		10.16g	
<b>Sugar</b>		1.33g	
<b>Protein</b>		13.82g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.89mg
<b>Calcium</b>	164.54mg	<b>Iron</b>	2.46mg

# 3-Corn, Commodity



<b>Servings:</b>	165.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	30 Pound		100348
BUTTER SUB 24-4Z BTRBUDS	1/2 Package		209810

## Preparation Instructions

- Spray pan with food release spray.
- Mix butter buds according to package.
- Pour butter buds over the pans of corn.
- Cook until corn reaches a temperature of 140 or higher. (It shouldn't take more than 8-10 minutes).
- Place one pan on the serving line. Cover any additional pans and place in the warmer.
- CCP: Hold at 140 degrees or higher.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 165.00  
Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	69.04
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	18.45mg
<b>Carbohydrates</b>	16.58g

<b>Fiber</b>		2.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		2.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Jamwich Box

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peanut Butter and Grape Jelly Sandwich	1 Sandwich	THAW Best if thawed in refrigerator overnight.	
Mozzarella String Cheese	1 stick		
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 BOX

<b>Amount Per Serving</b>			
<b>Calories</b>		510.00	
<b>Fat</b>		27.00g	
<b>SaturatedFat</b>		6.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		15.00mg	
<b>Sodium</b>		650.00mg	
<b>Carbohydrates</b>		54.00g	
<b>Fiber</b>		6.00g	
<b>Sugar</b>		11.00g	
<b>Protein</b>		19.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	57.00mg	<b>Iron</b>	8.00mg

# Chicken Smacker Wrap Box



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Smackers	10 Piece	<b>BAKE</b> Conventional Oven for 10-12 minutes at 350degrees; Convection oven for 6-8 minutes at 350degrees. Appliances vary; adjust cook times accordingly.	
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	<b>STEAM</b> PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TOMATO 5X6 XL 25 MRKN	1/4 Cup	dice tomato and use 1/4 cup	206032
PICKLE SPEAR 160CT 2GAL BRICK	1 Ounce		522368
CARROTS BABY PLD 72-3Z P/L	3 Ounce		241541



# Preparation Instructions

Prepare Chicken Smackers according to directions above. CCP: Heat to 165 degrees or higher.

Once cooked, place chicken into cooler and let cool to 40 degrees.

While chicken is cooking/cooling, label and date salad trays.

Place 10 smackers into tortilla shell with lettuce and tomato. Wrap shell around chicken. Place wrap into a sandwich bag.

Add 1 pack of carrots neatly to the tray.

Place into cooler for til serving time.

CCP: Hold for cold service at 40 degrees or lower.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	539.65
<b>Fat</b>	17.10g
<b>SaturatedFat</b>	4.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	1240.25mg
<b>Carbohydrates</b>	71.50g
<b>Fiber</b>	13.90g
<b>Sugar</b>	15.75g
<b>Protein</b>	24.75g
<b>Vitamin A</b> 35426.01IU	<b>Vitamin C</b> 216.48mg
<b>Calcium</b> 201.74mg	<b>Iron</b> 4.78mg

# Turkey and Cheese Sub Box



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oven Roasted Sliced Turkey	3 Slice	Defrost product slowly and thoroughly in a refrigerator for 24 hours.	
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036
Wheat Deli Buns	1 bun		78700-80020
PICKLE SPEAR 160CT 2GAL BRICK	1 Ounce		522368
LETTUCE LEAF BTTR BRGR 2-5 RSS	1/2 Cup		416593
TOMATO 5X6 XL 25 MRKN	1/8 Cup		206032
CARROT SNACK CLEANED 200-1Z RSS	1 Package		613967
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

## Preparation Instructions

Cut Sliced Turkey and cheese in half

Put 3 slices of turkey and 2 slices of cheese on a deli bun.

Put sub in a sandwich bag.

Put 1 pickle pear, 1 (1/4" thick) slice of tomato cut in half and 4 oz of leaf lettuce in a small fry tray.

put 1 pack of baby carrots and 1/4 cup broccoli florets in a 4oz squat.

Put all of this neatly into a clear plastic salad tray.

CCP: Hold at 40 degrees or less for service.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	456.71		
<b>Fat</b>	15.40g		
<b>SaturatedFat</b>	4.26g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.50mg		
<b>Sodium</b>	982.05mg		
<b>Carbohydrates</b>	51.08g		
<b>Fiber</b>	8.50g		
<b>Sugar</b>	12.48g		
<b>Protein</b>	27.64g		
<b>Vitamin A</b>	331.98IU	<b>Vitamin C</b>	22.83mg
<b>Calcium</b>	60.01mg	<b>Iron</b>	11.92mg

# Ham & Cheese Sub

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	1 oz = 2 slice	100036
Wheat Deli Buns	1 bun		78700-80020
HAM SLCD NAT CHC 6-2 HRML	4 Slice		645340

## Preparation Instructions

Take all bottoms of buns and put on pan. Add 2 slices of cheese (cut in half) to all of the bottom buns.

When done with each pan, put in cooler. Only keep one pan out at a time.

Place 4 slices of ham on each sub and place the top bun on the sub.

Wrap with plastic wrap or put in appropriate container.

CCP: Hold for cold service at 40 degrees or lower.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

<b>Amount Per Serving</b>			
<b>Calories</b>		360.00	
<b>Fat</b>		8.50g	
<b>SaturatedFat</b>		4.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		45.00mg	
<b>Sodium</b>		720.30mg	
<b>Carbohydrates</b>		41.00g	
<b>Fiber</b>		6.00g	
<b>Sugar</b>		8.00g	
<b>Protein</b>		28.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	10.36mg

# Chef Salad Box - Ham



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
HAM DCD W/A 1/4 3-4 GFS	1 1/2 Ounce		199834
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

## Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner). Put the diced ham on top in the center.

Serve with 2 packs of croutons.

\*\*\*NOTE: HS need an additional grain, milk, or 1/2 cup fruit for a reimbursable meal.\*\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.13
<b>Grain</b>	0.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		348.15	
<b>Fat</b>		12.20g	
<b>SaturatedFat</b>		4.30g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		989.50mg	
<b>Carbohydrates</b>		36.50g	
<b>Fiber</b>		11.73g	
<b>Sugar</b>		5.25g	
<b>Protein</b>		21.73g	
<b>Vitamin A</b>	900.41IU	<b>Vitamin C</b>	33.22mg
<b>Calcium</b>	196.42mg	<b>Iron</b>	4.31mg

# Chef Salad Box - Turkey



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
Oven Roasted Sliced Turkey	3 Slice	Defrost product slowly and thoroughly in a refrigerator for 24 hours.	

## Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner).

Dice turkey. Put the diced turkey on top in the center.

Serve with 2 packs of croutons.

\*\*\*\*NOTE: HS need an additional grain, milk, or 1/2 cup fruit for a reimbursable meal.\*\*\*



## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	350.65		
<b>Fat</b>	12.58g		
<b>SaturatedFat</b>	4.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.50mg		
<b>Sodium</b>	672.00mg		
<b>Carbohydrates</b>	36.50g		
<b>Fiber</b>	11.73g		
<b>Sugar</b>	5.25g		
<b>Protein</b>	21.98g		
<b>Vitamin A</b>	900.41IU	<b>Vitamin C</b>	32.32mg
<b>Calcium</b>	196.42mg	<b>Iron</b>	5.04mg

# Chef Salad Box - Ceasar



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
Chicken, diced, cooked, frozen	2 Ounce		100101
CHEESE PARM PKT 200-3.5GM GFS	1 Each		254959
SPICE BLND ORIG 3-21Z MDASH	1/2 Teaspoon		265103

## Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Thaw diced chicken and toss 1 oz. diced chicken with 0.5 tsp. Mrs. Dash to coat.

Add seasoned chicken to the top of the lettuce.

Serve with 2 pkgs croutons and 1 pkg parm. cheese.

CCP: Hold for cold service at 40 degrees or lower.

\*\*\*NOTE: HS this is not for a reimbursable meal.\*\*\*

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	4.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	4.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	267.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.00mg		
<b>Sodium</b>	421.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	10.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	3.60mg

# Chef Salad Box - Smackers

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
Chicken Smackers	10 Piece	BAKE Conventional Oven for 10-12 minutes at 350degrees; Convection oven for 6-8 minutes at 350degrees. Appliances vary; adjust cook times accordingly.	
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

## Preparation Instructions

Wash all produce.

Cook Chicken according to the directions above.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner). Put the smackers on top in the center.

Serve with 2 packs of croutons.

CCP: Hold at 40 degrees or lower for service.

\*\*\*NOTE: This is a reimbursable meal at all grade levels.\*\*\*

## SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	514.65		
<b>Fat</b>	21.33g		
<b>SaturatedFat</b>	6.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.00mg		
<b>Sodium</b>	957.00mg		
<b>Carbohydrates</b>	49.50g		
<b>Fiber</b>	13.73g		
<b>Sugar</b>	4.25g		
<b>Protein</b>	29.48g		
<b>Vitamin A</b>	1068.41IU	<b>Vitamin C</b>	33.32mg
<b>Calcium</b>	213.42mg	<b>Iron</b>	5.68mg

# Juice Variety



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00  
Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		55.00	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		10.00mg	
<b>Carbohydrates</b>		13.50g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		12.00g	
<b>Protein</b>		0.50g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	30.00mg

**Calcium**

5.00mg

**Iron**

1.00mg

# 5-carrot stick cups



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	4 Ounce		768146

## Preparation Instructions

Portion out 1/2 cup of carrot sticks and place in a cup for service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.44
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

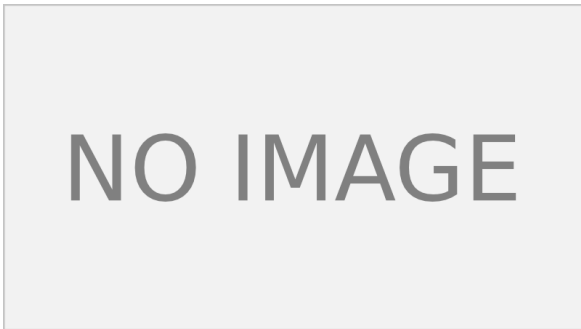
Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		46.22	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		78.22mg	
<b>Carbohydrates</b>		10.67g	
<b>Fiber</b>		3.56g	
<b>Sugar</b>		5.33g	
<b>Protein</b>		0.89g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.56mg	<b>Iron</b>	0.32mg



# 4-Celery Stick cups



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1/2 Cup		781592

## Preparation Instructions

If sticks are too big, cut them in two.

Place 1/2 cup of celery sticks in cups for service (approximately 7 sticks)

CCP: Hold for cold service at 40 degrees or lower.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	9.90		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	49.60mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.45g		
<b>Vitamin A</b>	278.38IU	<b>Vitamin C</b>	1.92mg

**Calcium** 24.80mg **Iron** 0.13mg

# Stuffed Crust Pizza



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each		134686
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Each		261680
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each		259910

## Preparation Instructions

THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16" PIZZA PIE AND FIT 12 TO A PAN.

CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CONVENTIONAL OVEN: BAKE AT 400 DEGREES F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CCP: Heat to 165 degrees or higher

CCP: Hold for service at 140 degrees or higher

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Slice

<b>Amount Per Serving</b>			
<b>Calories</b>		340.00	
<b>Fat</b>		14.33g	
<b>SaturatedFat</b>		4.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		18.33mg	
<b>Sodium</b>		810.00mg	
<b>Carbohydrates</b>		36.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		3.67g	
<b>Protein</b>		15.33g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	260.00mg	<b>Iron</b>	2.03mg

# Hot Dog

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each		564053

## Preparation Instructions

Thawing Instructions:

Thaw frozen franks to an internal temperature of 35° - 40°. Do NOT thaw at room temperature.

Steamer: Place franks on steam table pan in a single layer. Place pan in steam, close door and steam until internal temperature reaches 140° F (approximately 10 min).

Oven: Lay franks on a sheet pan with a little space between each one.

Convection Oven: Cook time 8-10 minutes or until internal temp reaches 140°F

Conventional Oven: Cook time 15-18 minutes or until internal temp reaches 140°F

CCP: Heat to 140 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Place hot dog in bun for service.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		240.00	
<b>Fat</b>		11.00g	
<b>SaturatedFat</b>		2.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		50.00mg	
<b>Sodium</b>		365.00mg	
<b>Carbohydrates</b>		25.00g	
<b>Fiber</b>		5.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		13.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	2.16mg

# F- Fruit Variety

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	1 Each		540005
PEACH DCD IN JCE 6-10 GFS	1 Cup		610372
Sliced Peaches 6-10	1 Cup		100219
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	1 Cup		117897
BANANA TURNING 40 P/L	1 Each		200999
Sliced Pears 6-10	1 Cup		100224
Wild Blueberries fzn	1 Cup		100243
Strawberries, diced, Cups, frozen	1 Cup		100256
Peaches, diced, cups, Frozen	1 Cup		100241
APPLESAUCE UNSWT 6-10 GFS	1 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each		544426
Apples, Gala	1 Each		14J93

Description	Measurement	Prep Instructions	DistPart #
Grapes	1		14P36
Pear, fresh	1		14P12
Oranges, whole	1 Each		16W62

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.69
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 13.22

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	118.60		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.22mg		
<b>Carbohydrates</b>	28.74g		
<b>Fiber</b>	2.55g		
<b>Sugar</b>	21.71g		
<b>Protein</b>	0.94g		
<b>Vitamin A</b>	144.24IU	<b>Vitamin C</b>	12.50mg
<b>Calcium</b>	12.75mg	<b>Iron</b>	0.77mg



# Quesadillas

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN 96-5Z MAX	1 Each		231750
QUESADILLA CHS WGRAIN 96-5Z MAX	1 Each		231771

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		310.00	
<b>Fat</b>		11.00g	
<b>SaturatedFat</b>		2.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		12.50mg	
<b>Sodium</b>		705.00mg	
<b>Carbohydrates</b>		38.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		2.50g	
<b>Protein</b>		16.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 210.00mg **Iron** 2.70mg

# Chicken Parm w/ filet

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ 2 SHRD FTNR 4-5 P/L	1 Ounce		731366
SAUCE SPAGHETTI 6-10 GCHC	2 Ounce		144207
Chicken Breast Fillet	1 Each		

## Preparation Instructions

Cook Chicken patty according to directions.

When patty temps at 165 degrees or higher, place 2oz laddle of spaghetti sauce on top.

CCP: Heat to 165 degrees or higher.

Return to oven for an additional 5 min to heat sauce.

Top with 1 oz of mozzarella cheese and place into warmer to let melt.

Serve with spatula onto lunch tray.

CCP: Hold at 135 degrees or higher for service.

## SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>	343.20		
<b>Fat</b>	16.90g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.27g		
<b>Cholesterol</b>	77.00mg		
<b>Sodium</b>	818.11mg		
<b>Carbohydrates</b>	21.30g		
<b>Fiber</b>	3.50g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	25.40g		
<b>Vitamin A</b>	766.52IU	<b>Vitamin C</b>	4.50mg
<b>Calcium</b>	236.24mg	<b>Iron</b>	1.61mg

# 4-Stir Fry Veggies



<b>Servings:</b>	16.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GFS	4 Pound		440884
SAUCE SOY LITE 6-.5GAL KIKK	2 Tablespoon		466425
SPICE GARLIC POWDER 21Z TRDE	1 1/2 Teaspoon		224839
Tap Water for Recipes	1/4 Cup		000001WTR
Vegetable Oil	4 Tablespoon		100441comm
Black Pepper	1/2 Teaspoon		24108

## Preparation Instructions

Combine water, soy sauce, and garlic. Set aside.

Heat oil in steam kettle.

Add pepper to oil and stir.

Add vegetables. Cook for 5 minutes stirring constantly.

Add soy sauce mixture to vegetables. Stir quickly for a few seconds.

Cover, lower heat, and steam for 3 minutes. (Note: Vegetables should not be overcooked as they will continue to cook on the steam table.)

CCP: Heat to 140 degrees or higher.

CCP: Hold for hot service at 135 degrees or higher.

Portion with a #8 (1/2 cup) scoop.

## SLE Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	54.58		
<b>Fat</b>	3.40g		
<b>SaturatedFat</b>	0.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	85.21mg		
<b>Carbohydrates</b>	3.46g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	1.33g		
<b>Protein</b>	1.46g		
<b>Vitamin A</b>	133.33IU	<b>Vitamin C</b>	12.00mg
<b>Calcium</b>	13.33mg	<b>Iron</b>	0.24mg

# Grilled Cheese

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG White Bread	2 Slice		71673-01212
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice		100036
PAN COAT SPRAY 6-21Z VEGLN	1 Gram		187542

## Preparation Instructions

Place a pan liner on a sheet pay.

Spray a heavy amount of pan spray on the liner.

Lay a slices of bread on the pan liner.

Put 4 slices of cheese on each slice of bread. Put another slice of bread on top of the cheese.

Spray the top of the bread with buttery spray.

Cook in preheated oven at 350 degrees for about 7 minutes.

CCP: Heat to 135 degrees or higher for 15 seconds.

CCP: hold at 135 degrees or higher for service.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		300.00	
<b>Fat</b>		11.00g	
<b>SaturatedFat</b>		6.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		30.00mg	
<b>Sodium</b>		200.60mg	
<b>Carbohydrates</b>		32.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		8.00g	
<b>Protein</b>		18.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	8.00mg



# 3-peas

NO IMAGE

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS R/SOD 6-10 P/L	1 #10 CAN		222000
BUTTER SUB 24-4Z BTRBUDS	2 Tablespoon		209810
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon		265103

## Preparation Instructions

Drain most of the liquid off the peas.  
Pour peas into a half size serving pans. Stir in the ingredients.  
Cook in the steamer uncovered for about 15 min.  
CCP: Heat to 135 degrees or higher.  
CCP: HOld at 135 degrees or higher for service.  
Serve in #8 (1/2 cup) scoop.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

**Nutrition Facts**

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		76.03	
<b>Fat</b>		0.54g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		155.89mg	
<b>Carbohydrates</b>		13.10g	
<b>Fiber</b>		3.23g	
<b>Sugar</b>		6.47g	
<b>Protein</b>		4.31g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.56mg	<b>Iron</b>	1.55mg

# Chicken Sandwich

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Breast Fillet	4 1/4 Ounce	Bake at 350 degrees uncovered for 20 minutes.	
Chicken Spicy Breast Fillet	4 Ounce	BAKE bake at 350 degrees uncovered for 20 minutes.	
Hamburger Buns	2 bun		

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.13
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	378.50
<b>Fat</b>	11.60g
<b>SaturatedFat</b>	1.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.50mg
<b>Sodium</b>	666.00mg
<b>Carbohydrates</b>	45.65g
<b>Fiber</b>	5.50g
<b>Sugar</b>	4.50g

<b>Protein</b>	25.00g		
<b>Vitamin A</b>	197.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	38.50mg	<b>Iron</b>	11.00mg