

Cookbook for Cuyahoga Falls City Schools

Created by HPS Menu Planner

Table of Contents

Stuffed Crust Pizza

Chicken Nuggets

Deli Roasters

Green Beans

Fiesta Black Beans

Mixed Green Salad

Drum Stick

Fresh Blueberry Cup

Corn

Hot Dog on a bun

Baked Beans

Fruit Frudels

Maple Pancakes

Beacon Street Sliders

BOSCO BREAKFAST STICKS

WALKING TACO

Peas & Carrots

Super Donut

Breakfast ZEE ZEE Bar & Yogurt

Cinnamon Maple French Toast Bites

Stuffed Crust Pizza



Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	72 Each	One case has 72 servings.	259910

Preparation Instructions

1. In a single layer, lay individual pizza slices on a large sheet tray.
2. Bake for about 20 minutes.
3. Be careful not to burn.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	340.00
Fat	15.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	890.00mg
Carbohydrates	36.00g
Fiber	3.00g

Sugar		3.00g	
Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	190.00mg	Iron	2.00mg

Chicken Nuggets



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	400 Each	4 Bags	281831

Preparation Instructions

Basic Preparation:

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

School Equivalents:

Child Nutrition Label: Yes

Serving Size: 5 Each

Meat/Meat Alternative: n/a

Fruit/Vegetables: n/a

Grain/Breads: n/a

Updated For New Final Rule:

Meat/Meat Alternative: 2 oz

Grain/Breads: 1 oz eq

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: 100.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00
Fat	12.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	320.00mg
Carbohydrates	13.00g
Fiber	2.00g
Sugar	1.00g
Protein	13.00g

Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Deli Roasters



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SEAS DELI ROASTERS 6-5 MCC	18 3/4 Pound	3 oz. per order	726590

Preparation Instructions

BAKE

PREHEAT OVEN TO 425° F. SPREAD FROZEN ROASTER IN A SINGLE LAYER BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 8 TO 12 MINUTES. SERVE IMMEDIATELY.

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		98.04	
Fat		1.96g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		112.75mg	
Carbohydrates		18.63g	
Fiber		1.96g	
Sugar		0.00g	
Protein		2.94g	
Vitamin A	0.00IU	Vitamin C	4.71mg
Calcium	0.00mg	Iron	0.71mg

Green Beans

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN FZ 30 COMM	1/2 Cup	1/2 cup serving	355490

Preparation Instructions

Add green beans to a large roaster.

Add 1/2 gallon of water.

Cover and place in a 350* F. oven for 30 - 45 minutes. (Until internal temperature reaches 145* F.)

Green Beans can be cooked in the Cooker/warmers Timing will vary. Cool until internal temperature reaches 14°F.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	19.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.00mg
Carbohydrates	4.00g
Fiber	2.00g
Sugar	1.00g
Protein	1.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Fiesta Black Beans

NO IMAGE

Servings:	27.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK FIESTA TACO 6-10 BUSH	108 Fluid Ounce	27 4 oz. servings per CAN.	581180

Preparation Instructions

Heat & Serve.

Heat beans to 145* F.

**Black beans in a rich tasty sauce enhanced with a zesty mix of authentic Mexican seasonings.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	120.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	460.00mg		
Carbohydrates	22.00g		
Fiber	5.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 48.00mg **Iron** 2.00mg

Mixed Green Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL FF 4-1GAL KENS	2 Fluid Ounce		188875
LETTUCE BLND ROMAINE MXD 4-5 RSS	100 Cup	1 cup each serving	755826
TOMATO GRAPE SWT 10 MRKN	2 Each	2 each serving	129631

Preparation Instructions

1 cup per serving add 2 cherry tomatoes.

NOTE: One cup of lettuce greens equals 1/ cup SLE serving.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	10.61
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	21.41mg
Carbohydrates	2.13g

Fiber		0.68g	
Sugar		1.42g	
Protein		0.67g	
Vitamin A	1674.16IU	Vitamin C	3.32mg
Calcium	13.42mg	Iron	0.24mg

Drum Stick



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	100 Piece		603391

Preparation Instructions

BAKE

Preparation: Appliances vary, adjust accordingly.

Conventional Oven

1. Preheat oven to 375°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 35-40 minutes.

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 25-30 minutes

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	190.00		
Fat	11.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	450.00mg		
Carbohydrates	5.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Fresh Blueberry Cup



Servings:	120.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRIES FZ WILD IQF 30 COMM	120 1/2 cup	1/2 cup per serving	764740

Preparation Instructions

Serving

1/2 cup #8 scoop

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: 120.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	10.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Corn



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1/2 Cup		733061
CORN FZ 30 COMM	100 #8 Scoop		120490

Preparation Instructions

In a large Roaster add (About 3 gallons) frozen corn, 1/2 gallon of water and 1/4 block of Margarine.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	75.00		
Fat	1.88g		
SaturatedFat	0.36g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	9.80mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	60.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Hot Dog on a bun

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHLWHE 12-12CT ANTMILL	100 Each		564053
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	100 Each		570662

Preparation Instructions

Basic Preparation

FULLY COOKED, CAN BE STEAMED, OR PLACE ON A SHEET TRAY AND OVEN ROASTED TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00
Fat	13.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	445.00mg
Carbohydrates	31.00g
Fiber	5.00g
Sugar	6.00g

Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.67mg	Iron	1.96mg

Baked Beans



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	50 Cup	one can has 27 servings 100 servings = 3.50 cans	520098

Preparation Instructions

EAT & SERVE. WARM IN 350* OVEN FOR 30 MIN,IF DESIRED. CAN BE USED AS AN INGREDIENT IN OTHER RECIPES ALSO. CONTAINS: NAVY BEANS W/BACON IN BROWN SUGAR SAUCE. HOLDS WELL IN STEAMTABLE.

CONTAINS PORK

SLE Components

Amount Per Serving

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

Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		140.00	
Fat		1.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		550.00mg	
Carbohydrates		29.00g	
Fiber		5.00g	
Sugar		12.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Fruit Frudels

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	50 Each	1 PACK PER SERVING	838350

Preparation Instructions

BAKE

Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		210.00	
Fat		6.00g	
SaturatedFat		1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		260.00mg	
Carbohydrates		37.00g	
Fiber		2.00g	
Sugar		11.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.00mg	Iron	1.08mg
----------------	--------	-------------	--------

Maple Pancakes



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	50 Package	1 pack per serving	269220

Preparation Instructions

READY_TO_EAT

Heat & Serve. Heat frozen pancakes in ovenable pouch.

Conventional Oven: Preheat oven to 350F.

Place pouches flat on a baking sheet and heat for 13-15 minutes.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	220.00
Fat	6.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	130.00mg
Carbohydrates	39.00g
Fiber	3.00g
Sugar	12.00g
Protein	4.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Beacon Street Sliders



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SLIDER SAUS EGG & CHS IW 72-2CT	50 Serving		523710

Preparation Instructions

CONVECTION OVEN (BASED ON FULL OVEN): 1. PREHEAT OVEN TO 350°F. 2. PLACE 48 WRAPPED PIZZAS (2 PIZZAS PER WRAPPER) IN 18" x 26" PAN. 3. BAKE 17-20 MINUTES.

DUE TO VARIANCES IN OVEN REGULATORS AND NUMBER OF PIZZAS IN AN OVEN, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS. COOK TO AN INTERNAL TEMPERATURE OF 165°F.

REFRIGERATE OR DISCARD ANY UNUSED PORTION.

SLE Components

Amount Per Serving

Meat	0.75
Grain	1.25
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 Serving

Amount Per Serving			
Calories		222.00	
Fat		6.90g	
SaturatedFat		2.10g	
Trans Fat		0.00g	
Cholesterol		42.00mg	
Sodium		402.80mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Sugar		7.00g	
Protein		11.10g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	131.90mg	Iron	2.20mg

BOSCO BREAKFAST STICKS



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK BKFST WGRAIN 6 72-2.5Z	50 Each		856081

Preparation Instructions

Heating Instructions

Convection Oven

1. Preheat convection oven to 350°F with fan on.
2. Place Stick on baking sheet.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary . Adjust baking time and or temperature as necessary.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.25
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 Serving

Amount Per Serving

Calories	160.00
Fat	6.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	370.00mg
Carbohydrates	17.00g
Fiber	2.00g

Sugar			1.00g
Protein			9.00g
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

WALKING TACO



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS TOP N GO 21-1.4Z DORIT	1 Package	1 bag per serving	865611
TACO FILLING BEEF REDC FAT 6-5# COMM	2 Ounce	2 oz. per serving.	722330
CHEESE CHED SHRD 6-5 COMM	1 Ounce	1 oz. per serving	199720
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
LETTUCE ROMN CUT 9-2 P/L	1 Cup	1/2 cup per order	361290

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.26
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		393.28	
Fat		19.09g	
SaturatedFat		8.14g	
Trans Fat		0.18g	
Cholesterol		52.08mg	
Sodium		713.50mg	
Carbohydrates		35.15g	
Fiber		4.26g	
Sugar		2.93g	
Protein		18.08g	
Vitamin A	5525.61IU	Vitamin C	34.49mg
Calcium	107.20mg	Iron	2.38mg

Peas & Carrots

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS & CARROT 30 GFS	1/2 Cup	1/2 cup per serving	285730
SEASONING GARDEN NO SALT 19Z TRDE	1/50 Teaspoon		565148

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.19

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	45.18
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	22.39mg
Carbohydrates	6.80g
Fiber	2.24g
Sugar	2.99g
Protein	1.49g
Vitamin A	1119.40IU
Vitamin C	3.58mg

Calcium 0.00mg

Iron 0.54mg

Super Donut



Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RING WGRAIN GLZ IW 80-2.5Z	80 Each	one case has 80 servings	668181

Preparation Instructions

Thaw & serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	230.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	260.00mg
Carbohydrates	29.00g
Fiber	2.00g

Sugar			6.00g
Protein			5.00g
Vitamin A	0.00IU	Vitamin C	6.00mg
Calcium	100.00mg	Iron	1.44mg

Breakfast ZEE ZEE Bar & Yogurt

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR COCOA CHRY WGRAIN IW 120-2.2Z	100		136721
YOGURT RASPB RNBW L/F 48-4Z TRIX	100	READY_TO_EAT Ready to eat single serving	551770

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00
Fat	4.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	120.00mg
Carbohydrates	54.00g
Fiber	2.00g
Sugar	26.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 120.00mg **Iron** 1.80mg

Cinnamon Maple French Toast Bites



Servings:	50.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST BITES WGRAIN 384-.51Z	300 Each	6 ea. per serving	391073
SPICE CINN-MAPL SPRINKLE 29Z TRDE	2 Teaspoon		565911

Preparation Instructions

Basic Preparation

Heat in oven at 375 degrees F for 2-3 minutes. Finish: roll in cinnamon maple seasoning immediately.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Each

Amount Per Serving			
Calories		380.00	
Fat		24.00g	
SaturatedFat		10.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		540.00mg	
Carbohydrates		38.16g	
Fiber		2.00g	
Sugar		14.16g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg