

# Cookbook for Cuyahoga Falls City Schools

Created by HPS Menu Planner

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Sloppy Joe

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Italian Deli Sub

Beef Nacho

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Cheese Nacho

Sloppy Joe

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# Fish Sticks

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                     | Measurement | Prep Instructions    | DistPart # |
|---------------------------------|-------------|----------------------|------------|
| POLLOCK BRD STIX NACH MSC 1Z 20 | 400 Each    | 4 sticks per serving | 715051     |

## Preparation Instructions

BAKE

COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F. CONVENTIONAL OVEN: BAKE AT 425°F FOR 16-18 MINUTES.

CONVECTION OVEN: BAKE AT 400°F. BAKE 12-14 MINUTES.

### 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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 230.00   |                  |        |
| <b>Fat</b>           | 9.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 50.00mg  |                  |        |
| <b>Sodium</b>        | 350.00mg |                  |        |
| <b>Carbohydrates</b> | 22.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 15.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 20.00mg  | <b>Iron</b>      | 1.08mg |



# Criss-Cross Sweet Potato Fries

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 80.00        | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| FRIES SWT CRISSCUT 5-3 LAMB       | 15 Pound    | 3 oz. serving.    | 799700     |
| SPICE CINN-MAPL SPRINKLE 29Z TRDE | 3 Teaspoon  |                   | 565911     |

## Preparation Instructions

1. Lay each bag in a single layer onto a large sheet tray.
  2. Bake for about 20-30 minutes in a 350 F. oven
  3. Be careful not to burn.
- 1 case equals 80 3 oz. servings

### 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>   | 0.50 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 150.50   |                  |        |
| <b>Fat</b>           | 6.02g    |                  |        |
| <b>SaturatedFat</b>  | 0.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 170.57mg |                  |        |
| <b>Carbohydrates</b> | 23.23g   |                  |        |
| <b>Fiber</b>         | 2.01g    |                  |        |
| <b>Sugar</b>         | 5.17g    |                  |        |
| <b>Protein</b>       | 2.01g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 20.07mg  | <b>Iron</b>      | 0.00mg |

# Beef Taco

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                          | Measurement  | Prep Instructions                                | DistPart # |
|--------------------------------------|--------------|--|------------|
| TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT | 100 Each     |  | 690130     |
| TOMATO ROMA DCD 3/8 2-5 RSS          | 6 1/4 Pound  | Use scoop # 30 1 oz. of diced tomatoes per taco  | 786543     |
| TACO FILLING BEEF REDC FAT 6-5# COMM | 18 3/4 Pound | 4/5# bags Use scoop #16                          | 722330     |
| CHEESE CHED MLD SHRD 4-5# COMM       | 1 Gallon     | 1/5# bags use scoop #30                          | 150250     |
| LETTUCE BLND ROMAINE MXD 4-5 RSS     | 1/2 Cup      | 6.25 # of lettuce serve 1/2 cup lettuce per taco | 755826     |

## Preparation Instructions

### Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

### Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

### OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.53 |
| <b>Grain</b>    | 1.75 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.17 |
| <b>RedVeg</b>   | 0.12 |

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

|                           |           |                  |        |
|---------------------------|-----------|------------------|--------|
| <b>Amount Per Serving</b> |           |                  |        |
| <b>Calories</b>           |           | 365.83           |        |
| <b>Fat</b>                |           | 14.40g           |        |
| <b>SaturatedFat</b>       |           | 6.54g            |        |
| <b>Trans Fat</b>          |           | 0.27g            |        |
| <b>Cholesterol</b>        |           | 52.32mg          |        |
| <b>Sodium</b>             |           | 606.18mg         |        |
| <b>Carbohydrates</b>      |           | 37.37g           |        |
| <b>Fiber</b>              |           | 5.23g            |        |
| <b>Sugar</b>              |           | 8.56g            |        |
| <b>Protein</b>            |           | 21.29g           |        |
| <b>Vitamin A</b>          | 1443.74IU | <b>Vitamin C</b> | 6.33mg |
| <b>Calcium</b>            | 292.83mg  | <b>Iron</b>      | 3.81mg |

# Grilled Cheese

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| BREAD WHL WHE PULLMAN SLCD 12-22Z GFS | 200 Each    |                   | 710650     |
| MARGARINE &BTR BLND EURO 36-1         | 2 Cup       |                   | 121160     |
| CHEESE AMER 160CT SLCD 6-5 COMM       | 400 Slice   |                   | 150260     |

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 382.00    |                  |        |
| <b>Fat</b>           | 23.84g    |                  |        |
| <b>SaturatedFat</b>  | 11.30g    |                  |        |
| <b>Trans Fat</b>     | 1.12g     |                  |        |
| <b>Cholesterol</b>   | 50.00mg   |                  |        |
| <b>Sodium</b>        | 1070.00mg |                  |        |
| <b>Carbohydrates</b> | 28.00g    |                  |        |
| <b>Fiber</b>         | 3.00g     |                  |        |
| <b>Sugar</b>         | 5.00g     |                  |        |
| <b>Protein</b>       | 17.00g    |                  |        |
| <b>Vitamin A</b>     | 160.00IU  | <b>Vitamin C</b> | 0.01mg |
| <b>Calcium</b>       | 386.00mg  | <b>Iron</b>      | 1.44mg |

# Stuffed Crust Pizza

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 72.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <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: 72.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 340.00           |        |
| <b>Fat</b>           |          | 15.00g           |        |
| <b>SaturatedFat</b>  |          | 4.50g            |        |
| <b>Trans Fat</b>     |          | 0.00g            |        |
| <b>Cholesterol</b>   |          | 20.00mg          |        |
| <b>Sodium</b>        |          | 890.00mg         |        |
| <b>Carbohydrates</b> |          | 36.00g           |        |
| <b>Fiber</b>         |          | 3.00g            |        |
| <b>Sugar</b>         |          | 3.00g            |        |
| <b>Protein</b>       |          | 15.00g           |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 190.00mg | <b>Iron</b>      | 2.00mg |

# Chicken Nuggets

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 210.00   |
| <b>Fat</b>           | 12.00g   |
| <b>SaturatedFat</b>  | 2.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 20.00mg  |
| <b>Sodium</b>        | 320.00mg |
| <b>Carbohydrates</b> | 13.00g   |
| <b>Fiber</b>         | 2.00g    |
| <b>Sugar</b>         | 1.00g    |
| <b>Protein</b>       | 13.00g   |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 100.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 20.00mg  | <b>Iron</b>      | 1.80mg |

# Deli Roasters

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <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>   | 0.49 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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



# Burger

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| BEEF PTY CKD W/CHER 2.4Z 6-5 COMM | 100 Each    |                   | 785820     |
| BUN HAMB WHLWHE 3.5 R/SOD 10-12CT | 100 Each    |                   | 676151     |

## Preparation Instructions

Basic Preparation:

PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AND HEAT IN OVEN AT 350°F FOR APPROX 7-8 MINUTES. BURGERS CAN BE PREPARED IN STEAMER AS WELL. PLACE IN STEAMER AND HEAT FOR APPROX 14 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 165 DEGREES.

### 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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 303.00   |                  |        |
| <b>Fat</b>           | 16.50g   |                  |        |
| <b>SaturatedFat</b>  | 5.70g    |                  |        |
| <b>Trans Fat</b>     | 0.90g    |                  |        |
| <b>Cholesterol</b>   | 60.00mg  |                  |        |
| <b>Sodium</b>        | 444.00mg |                  |        |
| <b>Carbohydrates</b> | 21.00g   |                  |        |
| <b>Fiber</b>         | 5.00g    |                  |        |
| <b>Sugar</b>         | 3.00g    |                  |        |
| <b>Protein</b>       | 19.00g   |                  |        |
| <b>Vitamin A</b>     | 28.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 58.00mg  | <b>Iron</b>      | 2.72mg |

# Chicken Taco

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                          | Measurement  | Prep Instructions                      | DistPart # |
|--------------------------------------|--------------|--|------------|
| SEASONING MESQ HRB&FAJITA 22Z TRDE   | 3 Teaspoon   |  | 527971     |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON  | 12 1/2 Pound | 2 oz. per serving<br>Use a # 16 scoop. | 570533     |
| CHEESE CHED MLD SHRD 4-5# COMM       | 1 Gallon     | Use 1 oz. per serving.                 | 150250     |
| TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT | 100 Each     |  | 690130     |

## Preparation Instructions

For each 5 # bag of diced chicken add 1 1/2 tablespoons of mesquite seasoning.

Add 1/2 - 1 cup of water. heat in the over until temp. reaches 165\* F.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.97 |
| <b>Grain</b>    | 1.75 |
| <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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 307.37           |        |
| <b>Fat</b>           |          | 13.09g           |        |
| <b>SaturatedFat</b>  |          | 5.84g            |        |
| <b>Trans Fat</b>     |          | 0.00g            |        |
| <b>Cholesterol</b>   |          | 55.87mg          |        |
| <b>Sodium</b>        |          | 414.20mg         |        |
| <b>Carbohydrates</b> |          | 25.37g           |        |
| <b>Fiber</b>         |          | 2.02g            |        |
| <b>Sugar</b>         |          | 2.00g            |        |
| <b>Protein</b>       |          | 19.86g           |        |
| <b>Vitamin A</b>     | 11.25IU  | <b>Vitamin C</b> | 0.02mg |
| <b>Calcium</b>       | 227.66mg | <b>Iron</b>      | 1.94mg |

# Green Beans

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

|                 |      |
|-----------------|------|
| <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: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 19.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 1.00mg |                  |        |
| <b>Carbohydrates</b> | 4.00g  |                  |        |
| <b>Fiber</b>         | 2.00g  |                  |        |
| <b>Sugar</b>         | 1.00g  |                  |        |
| <b>Protein</b>       | 1.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

# French Toast

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions   | DistPart # |
|-------------------------------------|-------------|---------------------|------------|
| FRENCH TST CINN WGRAIN 144-2.9Z PAP | 100 Each    | 1 piece per serving | 646262     |

## Preparation Instructions

On a sheet tray with parchment paper, lay each piece in a single layer.

Bake in a 350\* F. oven for 5-7 minutes.

### 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: 100.00

Serving Size: 1.00 Serving

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 200.00   |                  |        |
| <b>Fat</b>                | 8.00g    |                  |        |
| <b>SaturatedFat</b>       | 2.00g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 100.00mg |                  |        |
| <b>Sodium</b>             | 280.00mg |                  |        |
| <b>Carbohydrates</b>      | 26.00g   |                  |        |
| <b>Fiber</b>              | 2.00g    |                  |        |
| <b>Sugar</b>              | 10.00g   |                  |        |
| <b>Protein</b>            | 7.00g    |                  |        |
| <b>Vitamin A</b>          | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 58.00mg  | <b>Iron</b>      | 1.00mg |

# Fiesta Black Beans

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 27.00        | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <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>  | 0.50 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 120.00   |                  |        |
| <b>Fat</b>           | 0.50g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 460.00mg |                  |        |
| <b>Carbohydrates</b> | 22.00g   |                  |        |
| <b>Fiber</b>         | 5.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 7.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 48.00mg  | <b>Iron</b>      | 2.00mg |

# Calzone with Marinara Sauce

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

## Ingredients

| Description                             | Measurement | Prep Instructions    | DistPart # |
|---|-------------|----------------------|------------|
| CALZONE ITAL BEEF PEPP WGRAIN 80-5Z     | 1 Each      |                      | 135191     |
| SAUCE MARINARA DIPN CUP 84-2.5Z<br>REDG | 1 Each      | READY_TO_EAT<br>None | 677721     |

## Preparation Instructions

### Basic Preparation

PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING TEMPERATURE. THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.25 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 1.00 |
| <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 Serving

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 320.00   |                  |        |
| <b>Fat</b>           | 11.00g   |                  |        |
| <b>SaturatedFat</b>  | 6.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 790.00mg |                  |        |
| <b>Carbohydrates</b> | 40.00g   |                  |        |
| <b>Fiber</b>         | 5.00g    |                  |        |
| <b>Sugar</b>         | 10.00g   |                  |        |
| <b>Protein</b>       | 21.00g   |                  |        |
| <b>Vitamin A</b>     | 362.00IU | <b>Vitamin C</b> | 6.00mg |
| <b>Calcium</b>       | 375.00mg | <b>Iron</b>      | 2.00mg |

# Breaded Chicken Sandwich

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

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| BUN HAMB WHLWHE 3.5 R/SOD 10-12CT | 1 Each      |                   | 676151     |
| CHIX PTY BRD WGRAIN 3.26Z 4-7.7   | 1 Each      |                   | 558061     |

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

### 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 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 340.00   |                  |        |
| <b>Fat</b>           | 14.50g   |                  |        |
| <b>SaturatedFat</b>  | 2.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 555.00mg |                  |        |
| <b>Carbohydrates</b> | 34.00g   |                  |        |
| <b>Fiber</b>         | 7.00g    |                  |        |
| <b>Sugar</b>         | 3.00g    |                  |        |
| <b>Protein</b>       | 18.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 80.00mg  | <b>Iron</b>      | 2.52mg |

# Crinkle Cut Baked Fries

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                | Measurement | Prep Instructions  | DistPart # |
|----------------------------|-------------|--|------------|
| FRIES 1/2 C/C OVEN 6-5 MCC | 25 Pound    | 100 orders equals 5 - 5# bags.<br>1 order equals 4 oz. serving | 200697     |

## Preparation Instructions

BAKE

PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

### 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>   | 0.79 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

|                           |        |                  |        |
|---------------------------|--------|------------------|--------|
| <b>Amount Per Serving</b> |        |                  |        |
| <b>Calories</b>           |        | 173.23           |        |
| <b>Fat</b>                |        | 3.94g            |        |
| <b>SaturatedFat</b>       |        | 0.00g            |        |
| <b>Trans Fat</b>          |        | 0.00g            |        |
| <b>Cholesterol</b>        |        | 0.00mg           |        |
| <b>Sodium</b>             |        | 31.50mg          |        |
| <b>Carbohydrates</b>      |        | 26.77g           |        |
| <b>Fiber</b>              |        | 3.15g            |        |
| <b>Sugar</b>              |        | 0.00g            |        |
| <b>Protein</b>            |        | 3.15g            |        |
| <b>Vitamin A</b>          | 0.00IU | <b>Vitamin C</b> | 7.56mg |
| <b>Calcium</b>            | 0.00mg | <b>Iron</b>      | 0.57mg |



# Curly Twister Fries

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                 | Measurement | Prep Instructions                          | DistPart # |
|-----------------------------|-------------|--|------------|
| FRIES TWISTER SEAS 6-5 LAMB | 25 Pound    | 4 oz. per serving<br>5 bags per 100 orders | 182600     |

## 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>   | 0.89 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 213.33   |                  |        |
| <b>Fat</b>           | 10.67g   |                  |        |
| <b>SaturatedFat</b>  | 2.67g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 568.89mg |                  |        |
| <b>Carbohydrates</b> | 26.67g   |                  |        |
| <b>Fiber</b>         | 3.56g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 3.56g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 23.11mg  | <b>Iron</b>      | 1.78mg |

# Sweet Potato Crinkle Cut Fries

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 80.00        | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| FRIES SWT SEASONED RIBCUT 3-5 LAMB | 15 Pound    | 3 oz. per serving | 192381     |
| SPICE CINN-MAPL SPRINKLE 29Z TRDE  | 3 Teaspoon  |                   | 565911     |

## Preparation Instructions

Basic Preparation

CONVECTION OVEN 8-12 MINUTES AT 400 DEGREES F,

### 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: 80.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 159.76   |                  |        |
| <b>Fat</b>           | 7.99g    |                  |        |
| <b>SaturatedFat</b>  | 0.44g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 443.79mg |                  |        |
| <b>Carbohydrates</b> | 22.34g   |                  |        |
| <b>Fiber</b>         | 1.78g    |                  |        |
| <b>Sugar</b>         | 5.48g    |                  |        |
| <b>Protein</b>       | 0.89g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 16.86mg  | <b>Iron</b>      | 0.89mg |

# Waffle Fries

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

## Ingredients

| Description            | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|-------------------|------------|
| FRIES WAFFLE 6-4.5 MCC | 4 Ounce     |                   | 201081     |

## Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

### 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>   | 0.66 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 185.43   |                  |        |
| <b>Fat</b>           | 6.62g    |                  |        |
| <b>SaturatedFat</b>  | 1.32g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 105.96mg |                  |        |
| <b>Carbohydrates</b> | 29.14g   |                  |        |
| <b>Fiber</b>         | 3.97g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 2.65g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 4.77mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.95mg |

# Black Pepper Fries

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                | Measurement  | Prep Instructions | DistPart # |
|----------------------------|--------------|-------------------|------------|
| FRIES PEPPERED 6-5 X-TREME | 18 3/4 Pound | 3 oz. per serving | 190918     |

## Preparation Instructions

CONVECTION:

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHEET TRAY. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Place 4 oz. fries per order into a boat.

### 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>   | 0.75 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 160.00   |                  |        |
| <b>Fat</b>           | 8.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 490.00mg |                  |        |
| <b>Carbohydrates</b> | 21.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <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>      | 0.72mg |

# Triangle Hash Browns

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 120.00       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                  | Measurement | Prep Instructions     | DistPart # |
|------------------------------|-------------|-----------------------|------------|
| POTATO TRIANGLES 2Z 6-5 LAMB | 30 Pound    | 1 case has 120 orders | 265659     |

## Preparation Instructions

CONVECTION OVEN: Layer onto a sheet tray. Bake at 400\* F. for about 13 minutes.

### 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>   | 0.45 |

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 195.56   |                  |        |
| <b>Fat</b>           | 9.78g    |                  |        |
| <b>SaturatedFat</b>  | 3.11g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 462.22mg |                  |        |
| <b>Carbohydrates</b> | 24.00g   |                  |        |
| <b>Fiber</b>         | 1.78g    |                  |        |
| <b>Sugar</b>         | 0.89g    |                  |        |
| <b>Protein</b>       | 1.78g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 17.78mg  | <b>Iron</b>      | 0.89mg |

# Mini Corn Dog

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                      | Measurement | Prep Instructions     | DistPart # |
|----------------------------------|-------------|-----------------------|------------|
| CORN DOG CHIX MINI WGRAIN CN 2-5 | 400 Each    | 4 pieces per serving. | 497360     |

## Preparation Instructions

Basic Preparation

REHEATING FROM THAWED STATE IS RECCOMENDED METHOD.

CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES.

FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

### 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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 180.00                  |
| <b>Fat</b>              | 8.00g                   |
| <b>SaturatedFat</b>     | 2.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 25.00mg                 |
| <b>Sodium</b>           | 280.00mg                |
| <b>Carbohydrates</b>    | 20.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <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> 100.00mg | <b>Iron</b> 1.44mg      |

# Mixed Green Salad

|                      |              |                       |           |
|----------------------|--------------|-----------------------|-----------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.33 |
| <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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      |           | 10.61            |        |
| <b>Fat</b>           |           | 0.00g            |        |
| <b>SaturatedFat</b>  |           | 0.00g            |        |
| <b>Trans Fat</b>     |           | 0.00g            |        |
| <b>Cholesterol</b>   |           | 0.00mg           |        |
| <b>Sodium</b>        |           | 21.41mg          |        |
| <b>Carbohydrates</b> |           | 2.13g            |        |
| <b>Fiber</b>         |           | 0.68g            |        |
| <b>Sugar</b>         |           | 1.42g            |        |
| <b>Protein</b>       |           | 0.67g            |        |
| <b>Vitamin A</b>     | 1674.16IU | <b>Vitamin C</b> | 3.32mg |
| <b>Calcium</b>       | 13.42mg   | <b>Iron</b>      | 0.24mg |

# Drum Stick

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 0.75 |
| <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: 100.00

Serving Size: 1.00 Serving

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

# Brown Rice

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                   | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| RICE BRN PARBL WGRAIN 25 GCHC | 100 4oz     |                   | 516371     |

## Preparation Instructions

Directions:

- 1/2 Gallon of dried rice.
- 1 gallon of water.

This makes 70 #8 scoop orders.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.50 |
| <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 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 170.00 |                  |        |
| <b>Fat</b>           | 1.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 37.00g |                  |        |
| <b>Fiber</b>         | 2.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 4.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.72mg |

# French Bread Pizza

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z | 100 Each    |                   | 154321     |

## Preparation Instructions

BAKE

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

### 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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 290.00   |                  |        |
| <b>Fat</b>           | 11.00g   |                  |        |
| <b>SaturatedFat</b>  | 4.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 440.00mg |                  |        |
| <b>Carbohydrates</b> | 33.00g   |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 4.00g    |                  |        |
| <b>Protein</b>       | 17.00g   |                  |        |
| <b>Vitamin A</b>     | 750.00IU | <b>Vitamin C</b> | 6.00mg |
| <b>Calcium</b>       | 360.00mg | <b>Iron</b>      | 2.60mg |

# Popcorn Chicken Bites

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions     | DistPart # |
|-------------------------------------|-------------|-----------------------|------------|
| CHIX POPCORN BRD WGRAIN FC .28Z 4-8 | 1100 Each   | 11 pieces per serving | 327120     |

## Preparation Instructions

### BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

### CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

One case serves 155 orders.

## 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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 230.00   |                  |        |
| <b>Fat</b>           | 13.00g   |                  |        |
| <b>SaturatedFat</b>  | 2.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 350.00mg |                  |        |
| <b>Carbohydrates</b> | 14.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 14.00g   |                  |        |
| <b>Vitamin A</b>     | 100.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 40.00mg  | <b>Iron</b>      | 1.80mg |

# Mac & Cheese

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                      | Measurement      | Prep Instructions  | DistPart # |
|----------------------------------|------------------|--------------------|------------|
| ENTREE MAC & CHS WGRAIN 6-5# LOL | 100 6 oz spoodle | 1 bag = 13 orders. | 527582     |

## Preparation Instructions

Basic Preparation:

1. Empty thawed bags into a roaster pan.
2. Cover and heat in the oven TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.
4. WARMING CABINET HOLDING INSTRUCTIONS: MAINTAIN HOT HOLDING TEMPERATURE AT 145 DEGREES F.

IF PRE-PANDED, KEEP PRODUCT COVERED TIGHTLY. CAN BE HELD UP TO 1.5 HOURS.

\*\* The sturdy bags can heated in the Cooker Warmers. Add water then carefully submerge the bags in the water. Heating time may vary, test the temperature by carefully folding the bag over the thermometer. Heat until temperature reaches 165\* F.

### 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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 410.00    |                  |        |
| <b>Fat</b>           | 16.00g    |                  |        |
| <b>SaturatedFat</b>  | 8.00g     |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 40.00mg   |                  |        |
| <b>Sodium</b>        | 1000.00mg |                  |        |
| <b>Carbohydrates</b> | 43.00g    |                  |        |
| <b>Fiber</b>         | 2.00g     |                  |        |
| <b>Sugar</b>         | 9.00g     |                  |        |
| <b>Protein</b>       | 25.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU    | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 605.00mg  | <b>Iron</b>      | 1.00mg |

# Lasagna Roll-ups

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 110.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                     | Measurement   | Prep Instructions | DistPart # |
|---------------------------------|---------------|-------------------|------------|
| SAUCE MARINARA A/P 6-10 REDPK   | 114 2/3 Ounce | Use one can.      | 592714     |
| LASAGNA ROLL-UP WGRAIN 110-4.3Z | 110 Each      |                   | 234041     |

## Preparation Instructions

1. Spray a large sheet tray with vegetable spray, then ladle sauce on the tray.
2. Lay out 35 lasagna rolls, (5 across and 7 down).
3. Ladle more sauce over the lasagna.
4. bake at 350\* F. for about 35 minutes.
5. serve in a boat

### 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>   | 0.19 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Serving

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           |          | 254.89           |        |
| <b>Fat</b>                |          | 6.74g            |        |
| <b>SaturatedFat</b>       |          | 3.50g            |        |
| <b>Trans Fat</b>          |          | 0.00g            |        |
| <b>Cholesterol</b>        |          | 20.00mg          |        |
| <b>Sodium</b>             |          | 509.14mg         |        |
| <b>Carbohydrates</b>      |          | 31.23g           |        |
| <b>Fiber</b>              |          | 2.74g            |        |
| <b>Sugar</b>              |          | 6.49g            |        |
| <b>Protein</b>            |          | 15.74g           |        |
| <b>Vitamin A</b>          | 544.45IU | <b>Vitamin C</b> | 8.23mg |
| <b>Calcium</b>            | 305.96mg | <b>Iron</b>      | 1.08mg |

# Garlic Bread

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                              | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| BREAD GARL TST SLC WGRAIN 12-12CT<br>GFS | 100 Slice   | 1 piece per order | 277862     |

## Preparation Instructions

BAKE

Preheat oven to 375 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 5-7 minutes or until heated through.

### 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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 80.00    |                  |        |
| <b>Fat</b>           | 3.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 150.00mg |                  |        |
| <b>Carbohydrates</b> | 11.00g   |                  |        |
| <b>Fiber</b>         | 1.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <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>      | 0.72mg |

# Chicken Strips

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                 | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| CHIX TNRD WGRAIN FC 4-8 TYS | 300 Piece   |                   | 283951     |

## Preparation Instructions

Basic Preparation

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

### 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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 260.00   |                  |        |
| <b>Fat</b>           | 15.00g   |                  |        |
| <b>SaturatedFat</b>  | 2.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 390.00mg |                  |        |
| <b>Carbohydrates</b> | 16.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 15.00g   |                  |        |
| <b>Vitamin A</b>     | 100.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 40.00mg  | <b>Iron</b>      | 1.80mg |



# Orange

|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch        |                       |         |

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| ORANGES FANCY 72-88CT MRKN | 100 Each    |                   | 198005     |

## Preparation Instructions

Slice into wedges.

1/2 an orange equals 1 serving.

### 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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 80.90    |                  |         |
| <b>Fat</b>           | 0.20g    |                  |         |
| <b>SaturatedFat</b>  | 0.00g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 0.00mg   |                  |         |
| <b>Sodium</b>        | 1.70mg   |                  |         |
| <b>Carbohydrates</b> | 21.00g   |                  |         |
| <b>Fiber</b>         | 3.60g    |                  |         |
| <b>Sugar</b>         | 14.00g   |                  |         |
| <b>Protein</b>       | 1.50g    |                  |         |
| <b>Vitamin A</b>     | 407.55IU | <b>Vitamin C</b> | 97.52mg |
| <b>Calcium</b>       | 70.95mg  | <b>Iron</b>      | 0.21mg  |

# Fresh Blueberry Cup

|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 120.00       | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <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: 120.00

Serving Size: 1.00 Serving

|                           |        |                  |        |
|---------------------------|--------|------------------|--------|
| <b>Amount Per Serving</b> |        |                  |        |
| <b>Calories</b>           |        | 40.00            |        |
| <b>Fat</b>                |        | 0.00g            |        |
| <b>SaturatedFat</b>       |        | 0.00g            |        |
| <b>Trans Fat</b>          |        | 0.00g            |        |
| <b>Cholesterol</b>        |        | 0.00mg           |        |
| <b>Sodium</b>             |        | 2.00mg           |        |
| <b>Carbohydrates</b>      |        | 10.00g           |        |
| <b>Fiber</b>              |        | 3.00g            |        |
| <b>Sugar</b>              |        | 5.00g            |        |
| <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 |

# Corn

|                      |              |                       |           |
|----------------------|--------------|-----------------------|-----------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <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: 100.00

Serving Size: 1.00 Serving

|                           |         |                  |        |
|---------------------------|---------|------------------|--------|
| <b>Amount Per Serving</b> |         |                  |        |
| <b>Calories</b>           |         | 75.00            |        |
| <b>Fat</b>                |         | 1.88g            |        |
| <b>SaturatedFat</b>       |         | 0.36g            |        |
| <b>Trans Fat</b>          |         | 0.00g            |        |
| <b>Cholesterol</b>        |         | 0.00mg           |        |
| <b>Sodium</b>             |         | 9.80mg           |        |
| <b>Carbohydrates</b>      |         | 16.00g           |        |
| <b>Fiber</b>              |         | 2.00g            |        |
| <b>Sugar</b>              |         | 3.00g            |        |
| <b>Protein</b>            |         | 2.00g            |        |
| <b>Vitamin A</b>          | 60.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 0.00mg  | <b>Iron</b>      | 0.00mg |

# BBQ Meatball Bowl (MS)

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions       | DistPart # |
|-----------------------------------|-------------|-------------------------|------------|
| MEATBALL CKD .65Z 6-5 COMM        | 500 Each    | 5 meatballs per serving | 785860     |
| SAUCE BBQ PIT STYL BSE 4-1GAL GFS | 1/2 Gallon  |                         | 810301     |

## Preparation Instructions

Bake or steam meatballs until temperature reaches 165\* F.

Stir in 1/2 gallon of BBQ sauce.

Serving with a pretzel stick.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 227.11   |                  |        |
| <b>Fat</b>           | 11.25g   |                  |        |
| <b>SaturatedFat</b>  | 4.38g    |                  |        |
| <b>Trans Fat</b>     | 0.75g    |                  |        |
| <b>Cholesterol</b>   | 45.00mg  |                  |        |
| <b>Sodium</b>        | 461.82mg |                  |        |
| <b>Carbohydrates</b> | 15.20g   |                  |        |
| <b>Fiber</b>         | 1.25g    |                  |        |
| <b>Sugar</b>         | 9.53g    |                  |        |
| <b>Protein</b>       | 15.00g   |                  |        |
| <b>Vitamin A</b>     | 6.25IU   | <b>Vitamin C</b> | 1.25mg |
| <b>Calcium</b>       | 80.00mg  | <b>Iron</b>      | 2.50mg |

# Soft Pretzel

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                      | Measurement | Prep Instructions     | DistPart # |
|----------------------------------|-------------|-----------------------|------------|
| PRETZEL ROD SFT WHEAT 180-1Z J&J | 100 Each    | 1 pretzel per serving | 607940     |

## Preparation Instructions

Serve at room temperature or keep warm in the warmer.

### 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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 70.00   |                  |        |
| <b>Fat</b>           | 0.50g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 40.00mg |                  |        |
| <b>Carbohydrates</b> | 14.00g  |                  |        |
| <b>Fiber</b>         | 1.00g   |                  |        |
| <b>Sugar</b>         | 0.00g   |                  |        |
| <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>      | 0.72mg |

# Meatloaf With Cheese

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| MEATLOAF CKD SLCD W/CHS 100-2.9Z | 100 Piece   |                   | 765641     |

## Preparation Instructions

BAKE

This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.

### 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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 170.00   |                  |        |
| <b>Fat</b>           | 10.00g   |                  |        |
| <b>SaturatedFat</b>  | 5.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 30.00mg  |                  |        |
| <b>Sodium</b>        | 390.00mg |                  |        |
| <b>Carbohydrates</b> | 8.00g    |                  |        |
| <b>Fiber</b>         | 1.00g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 12.00g   |                  |        |
| <b>Vitamin A</b>     | 200.00IU | <b>Vitamin C</b> | 9.00mg |
| <b>Calcium</b>       | 60.00mg  | <b>Iron</b>      | 1.44mg |

# Sausage Links

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                      | Measurement | Prep Instructions  | DistPart # |
|----------------------------------|-------------|--------------------|------------|
| SAUSAGE TKY LNK CKD .67Z 12 GCHC | 200 Each    | 2 each per serving | 509781     |

## Preparation Instructions

Warm in the oven or steamer until internal temperature reaches 165\* F.

### 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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 60.00    |                  |        |
| <b>Fat</b>           | 3.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.67g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 33.33mg  |                  |        |
| <b>Sodium</b>        | 173.33mg |                  |        |
| <b>Carbohydrates</b> | 0.67g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.67g    |                  |        |
| <b>Protein</b>       | 7.33g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.72mg |

# Celery & Carrot Sticks

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

## Ingredients

| Description                          | Measurement | Prep Instructions             | DistPart # |
|--------------------------------------|-------------|-------------------------------|------------|
| CARROT CELERY STIX COMBO 2-5 RSS     | 4 Ounce     | 2 oz. celery<br>2 oz. carrots | 302198     |
| RANCH LT DIP CUP 100-1Z FLAVOR FRESH | 1 Each      | 1 cup each per serving        | 499521     |

## Preparation Instructions

4 oz. serving

serve with Ranch dipping sauce.

### 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> | 1.14 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 104.29    |                  |        |
| <b>Fat</b>           | 6.00g     |                  |        |
| <b>SaturatedFat</b>  | 0.00g     |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 5.00mg    |                  |        |
| <b>Sodium</b>        | 210.71mg  |                  |        |
| <b>Carbohydrates</b> | 11.86g    |                  |        |
| <b>Fiber</b>         | 2.29g     |                  |        |
| <b>Sugar</b>         | 6.43g     |                  |        |
| <b>Protein</b>       | 1.14g     |                  |        |
| <b>Vitamin A</b>     | 9714.29IU | <b>Vitamin C</b> | 5.49mg |
| <b>Calcium</b>       | 45.71mg   | <b>Iron</b>      | 0.41mg |



# Chicken Quesadilla

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 96.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                      | Measurement | Prep Instructions              | DistPart # |
|----------------------------------|-------------|--------------------------------|------------|
| QUESADILLA CHIX WGRAIN 96-5Z MAX | 96 Each     | 1 per serving serve with Salsa | 231750     |

## Preparation Instructions

OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

### 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: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 300.00   |                  |        |
| <b>Fat</b>           | 10.00g   |                  |        |
| <b>SaturatedFat</b>  | 2.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 15.00mg  |                  |        |
| <b>Sodium</b>        | 700.00mg |                  |        |
| <b>Carbohydrates</b> | 37.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <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>       | 180.00mg | <b>Iron</b>      | 2.70mg |

# Fresh Cooked Carrots

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description             | Measurement  | Prep Instructions | DistPart # |
|-------------------------|--------------|-------------------|------------|
| CARROT FZ 30 COMM       | 100 #8 Scoop |                   | 150390     |
| MARGARINE SLD 30-1 GCHC | 1/4 Cup      |                   | 733061     |

## Preparation Instructions

In a roaster pan add carrots, 1/4 block margarine.  
Steam or baked until internal temperature reaches 145\* F.

### 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>   | 0.50 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 31.00   |                  |        |
| <b>Fat</b>           | 1.44g   |                  |        |
| <b>SaturatedFat</b>  | 0.18g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 24.00mg |                  |        |
| <b>Sodium</b>        | 47.40mg |                  |        |
| <b>Carbohydrates</b> | 6.00g   |                  |        |
| <b>Fiber</b>         | 2.00g   |                  |        |
| <b>Sugar</b>         | 3.00g   |                  |        |
| <b>Protein</b>       | 0.00g   |                  |        |
| <b>Vitamin A</b>     | 30.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

# Hot Dog on a bun

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 280.00   |                  |        |
| <b>Fat</b>           | 13.00g   |                  |        |
| <b>SaturatedFat</b>  | 4.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 50.00mg  |                  |        |
| <b>Sodium</b>        | 445.00mg |                  |        |
| <b>Carbohydrates</b> | 31.00g   |                  |        |
| <b>Fiber</b>         | 5.00g    |                  |        |
| <b>Sugar</b>         | 6.00g    |                  |        |
| <b>Protein</b>       | 12.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 110.67mg | <b>Iron</b>      | 1.96mg |

# Baked Beans

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description          | Measurement | Prep Instructions                                   | DistPart # |
|----------------------|-------------|---|------------|
| BEAN BAKED 6-10 BUSH | 50 Cup      | one can has 27 servings<br>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

|                 |      |
|-----------------|------|
| <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>  | 0.50 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 140.00   |                  |        |
| <b>Fat</b>           | 1.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 550.00mg |                  |        |
| <b>Carbohydrates</b> | 29.00g   |                  |        |
| <b>Fiber</b>         | 5.00g    |                  |        |
| <b>Sugar</b>         | 12.00g   |                  |        |
| <b>Protein</b>       | 6.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 40.00mg  | <b>Iron</b>      | 1.80mg |

# Cornbread Muffin

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 72.00        | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions      | DistPart # |
|------------------------------------|-------------|------------------------|------------|
| CORBREAD SNAC FORT WGRAIN IW 72-2Z | 72 Each     | One case = 72 servings | 159791     |

## Preparation Instructions

Thaw & Serve.

### 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: 72.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 180.00  |                  |        |
| <b>Fat</b>           | 6.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.50g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 15.00mg |                  |        |
| <b>Sodium</b>        | 90.00mg |                  |        |
| <b>Carbohydrates</b> | 28.00g  |                  |        |
| <b>Fiber</b>         | 1.00g   |                  |        |
| <b>Sugar</b>         | 15.00g  |                  |        |
| <b>Protein</b>       | 3.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 22.00mg | <b>Iron</b>      | 1.00mg |

# Boneless Wings with dipping sauce

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

## Ingredients

| Description                         | Measurement      | Prep Instructions | DistPart # |
|-------------------------------------|------------------|-------------------|------------|
| CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5 | 5 Each           | 5 per serving     | 561301     |
| SAUCE BUFF WNG REDHOT 4-1GAL FRNKS  | 1/50 Fluid Ounce | 2 oz. each order  | 704229     |

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 min

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <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 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 200.20   |                  |        |
| <b>Fat</b>           | 8.75g    |                  |        |
| <b>SaturatedFat</b>  | 1.88g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 353.50mg |                  |        |
| <b>Carbohydrates</b> | 12.50g   |                  |        |
| <b>Fiber</b>         | 2.50g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 17.50g   |                  |        |
| <b>Vitamin A</b>     | 12.00IU  | <b>Vitamin C</b> | 0.00mg |

|                |        |             |        |
|----------------|--------|-------------|--------|
| <b>Calcium</b> | 0.00mg | <b>Iron</b> | 0.90mg |
|----------------|--------|-------------|--------|

# Mashed Potatoes

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                        | Measurement  | Prep Instructions      | DistPart # |
|------------------------------------|--------------|------------------------|------------|
| POTATO GRANULES NO MILK 6-5.75 GFS | 3 Quart      | 1 full can = 3 quarts  | 118508     |
| Tap Water for Recipes              | 11 1/2 Quart | UNPREPARED             | 000001WTR  |
| MARGARINE UNSLTD SLD 30-1# P/L     | 2 8/89 Cup   | 2.09 cups = 1-1# block | 425561     |
| SALT IODIZED 24-26Z GFS            | 1 Teaspoon   |                        | 108308     |
| SPICE PEPR WHITE GRND 5 TRDE       | 1 Teaspoon   |                        | 777099     |

## Preparation Instructions

1. In a large mixer add 1 can of dry granulated potatoes.
  2. Add 11.5 quarts of Boiling water (be careful)
  3. add Margarine
  4. Salt & Pepper
  5. Mix well
- Hold in the warmer at 140\* F.

### 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: 100.00

Serving Size: 1.00 Serving

|                           |         |
|---------------------------|---------|
| <b>Amount Per Serving</b> |         |
| <b>Calories</b>           | 119.81  |
| <b>Fat</b>                | 3.68g   |
| <b>SaturatedFat</b>       | 0.67g   |
| <b>Trans Fat</b>          | 1.00g   |
| <b>Cholesterol</b>        | 0.00mg  |
| <b>Sodium</b>             | 42.64mg |
| <b>Carbohydrates</b>      | 19.19g  |
| <b>Fiber</b>              | 1.92g   |
| <b>Sugar</b>              | 0.00g   |
| <b>Protein</b>            | 1.92g   |



|                  |          |                  |         |
|------------------|----------|------------------|---------|
| <b>Vitamin A</b> | 167.20IU | <b>Vitamin C</b> | 28.79mg |
| <b>Calcium</b>   | 19.21mg  | <b>Iron</b>      | 0.35mg  |

# Breakfast Pizza

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast    |                       |                  |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z | 50 Each     |                   | 160432     |

## Preparation Instructions

### Basic Preparation

PLACE FROZEN PIZZAS IN 18"X26"X1/2" LIGHTLY GREASED BUN PANS. CONVECTION OVEN: 350F FOR 15 TO 17 MINUTES. CONVENTIONAL OVEN: 400F FOR 16 TO 19 MINUTES. REFRIGERATE OR DISCARD ANY UNUSED PORTION. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS.

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 1.50 |
| <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 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 210.00   |                  |        |
| <b>Fat</b>           | 7.00g    |                  |        |
| <b>SaturatedFat</b>  | 2.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 15.00mg  |                  |        |
| <b>Sodium</b>        | 350.00mg |                  |        |
| <b>Carbohydrates</b> | 27.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 9.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 146.00mg | <b>Iron</b>      | 1.90mg |

# Yogurt & Graham Crisps

|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast    |                       |         |

## Ingredients

| Description                           | Measurement | Prep Instructions                           | DistPart # |
|---------------------------------------|-------------|---|------------|
| YOGURT STRAWB BAN BASH L/F 48-4Z TRIX | 50 Each     | READY_TO_EAT<br>Ready to eat single serving | 551760     |
| CRACKER GRHM BUG BITES 210CT KEEB     | 50 Package  |   | 859560     |

## 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: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 200.00   |                  |        |
| <b>Fat</b>           | 4.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 5.00mg   |                  |        |
| <b>Sodium</b>        | 175.00mg |                  |        |
| <b>Carbohydrates</b> | 36.00g   |                  |        |
| <b>Fiber</b>         | 1.00g    |                  |        |
| <b>Sugar</b>         | 17.00g   |                  |        |
| <b>Protein</b>       | 6.00g    |                  |        |
| <b>Vitamin A</b>     | 500.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 200.00mg | <b>Iron</b>      | 0.72mg |

# Mini Waffles

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast    |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| WAFFLE MINI MAPL IW 72-2.65Z EGGO | 50 Package  |                   | 284811     |

## 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: 50.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 200.00           |        |
| <b>Fat</b>           |          | 5.00g            |        |
| <b>SaturatedFat</b>  |          | 1.50g            |        |
| <b>Trans Fat</b>     |          | 0.00g            |        |
| <b>Cholesterol</b>   |          | 0.00mg           |        |
| <b>Sodium</b>        |          | 220.00mg         |        |
| <b>Carbohydrates</b> |          | 35.00g           |        |
| <b>Fiber</b>         |          | 4.00g            |        |
| <b>Sugar</b>         |          | 10.00g           |        |
| <b>Protein</b>       |          | 4.00g            |        |
| <b>Vitamin A</b>     | 500.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 100.00mg | <b>Iron</b>      | 2.70mg |

# Fruit Frudels

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <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: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 210.00   |                  |        |
| <b>Fat</b>           | 6.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 260.00mg |                  |        |
| <b>Carbohydrates</b> | 37.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 11.00g   |                  |        |
| <b>Protein</b>       | 5.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 1.08mg |

# Breakfast Fruit Muffins

|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast    |                       |         |

## Ingredients

| Description                 | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| MUFFIN BLUEB IW 80-1.8Z GFS | 50 Each     |                   | 577006     |

## 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: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 180.00   |                  |        |
| <b>Fat</b>           | 8.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 10.00mg  |                  |        |
| <b>Sodium</b>        | 180.00mg |                  |        |
| <b>Carbohydrates</b> | 24.00g   |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 12.00g   |                  |        |
| <b>Protein</b>       | 3.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 20.00mg  | <b>Iron</b>      | 0.72mg |

# Burger & Cheese Burger on a Bun

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| BEEF STK SMKY GRLL 100-3Z PIER    | 100 Each    |                   | 451400     |
| BUN HAMB WHLWHE 3.5 R/SOD 10-12CT | 100 Each    |                   | 676151     |

## Preparation Instructions

Steamer: Place 15 burgers in a 2" roaster pan. Stean for about 7 minutes. Temp at 165 F.

BAKE

Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.00 |
| <b>Grain</b>    | 1.50 |
| <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 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 330.00   |                  |        |
| <b>Fat</b>           | 18.50g   |                  |        |
| <b>SaturatedFat</b>  | 7.00g    |                  |        |
| <b>Trans Fat</b>     | 1.00g    |                  |        |
| <b>Cholesterol</b>   | 70.00mg  |                  |        |
| <b>Sodium</b>        | 465.00mg |                  |        |
| <b>Carbohydrates</b> | 19.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 2.00g    |                  |        |
| <b>Protein</b>       | 20.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 51.70mg  | <b>Iron</b>      | 2.32mg |

# Toasted Cheese on a Pretzel Bun

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions   | DistPart # |
|------------------------------------|-------------|---------------------|------------|
| ROLL PRETZEL SLCD 80-4Z J&J        | 100 Each    |                     | 564623     |
| CHEESE AMER WHT 160CT SLCD 6-5 LOL | 400 Slice   | 2.5 packs of cheese | 861940     |

## Preparation Instructions

1. Each sandwich gets 2 oz. of cheese, 4 slices.
2. Place sandwiches on a large sheet tray.
3. bake in a 350\* F. oven for about 10 minutes (until cheese is melted)

### 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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 520.00                  |
| <b>Fat</b>              | 22.50g                  |
| <b>SaturatedFat</b>     | 12.00g                  |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 50.00mg                 |
| <b>Sodium</b>           | 955.00mg                |
| <b>Carbohydrates</b>    | 62.00g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 9.00g                   |
| <b>Protein</b>          | 18.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 334.00mg | <b>Iron</b> 3.60mg      |



# Sweet & Sour Chicken Bowl

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions  | DistPart # |
|-------------------------------------|-------------|--------------------|------------|
| CHIX POPCORN BRD WGRAIN FC .28Z 4-8 | 1100 Each   | 25 orders per bag. | 327120     |
| SAUCE SWT & SOUR 4-1GAL LACHY       | 1/2 Gallon  |                    | 242292     |

## Preparation Instructions

1. Baked popcorn chicken on sheet trays.
2. In a roaster pan mix popcorn chicken to 1/2 gallon of sweet & sour sauce.
3. serve over brown rice.

### BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400F from frozen.

### CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375F from frozen.

## 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: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 268.36   |
| <b>Fat</b>           | 13.00g   |
| <b>SaturatedFat</b>  | 2.50g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 20.00mg  |
| <b>Sodium</b>        | 420.33mg |
| <b>Carbohydrates</b> | 22.95g   |
| <b>Fiber</b>         | 3.00g    |
| <b>Sugar</b>         | 8.03g    |
| <b>Protein</b>       | 14.00g   |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 100.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 40.00mg  | <b>Iron</b>      | 1.80mg |

# Vegetable Eggrolls

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                 | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| EGG ROLL VEG 3Z 4-18CT GLDT | 100 Each    |                   | 612316     |

## Preparation Instructions

BAKE

Preparation Type: Heating Instructions: Conventional Oven Instructions: Preheat oven to 375°F. Place frozen egg rolls on baking sheet. Turn once during baking. Conventional: 18 - 20 minutes. Convection: 14 - 16 minutes.

Preparation Notes: Heating time may vary with equipment.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 2.00 |
| <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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 140.00   |                  |        |
| <b>Fat</b>           | 5.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 5.00mg   |                  |        |
| <b>Sodium</b>        | 550.00mg |                  |        |
| <b>Carbohydrates</b> | 22.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 2.00g    |                  |        |
| <b>Protein</b>       | 4.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 26.00mg  | <b>Iron</b>      | 0.72mg |

# BBQ Pulled Pork Sandwich

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| PORK PULLED BBQ LO SOD 4-5 BROOKWD | 300 Ounce   | 3oz. per sandwich | 498702     |
| BUN HAMB WHLWHE 3.5 R/SOD 10-12CT  | 100 Each    |                   | 676151     |

## Preparation Instructions

OVEN OR STEAMER : BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F. STEAM UNTIL INTERNAL TEMPERATURE REACHES 160\* f.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <b>Grain</b>    | 1.50 |
| <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 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                            |                          |
|----------------------------|--------------------------|
| <b>Calories</b>            | 324.25                   |
| <b>Fat</b>                 | 14.25g                   |
| <b>SaturatedFat</b>        | 4.50g                    |
| <b>Trans Fat</b>           | 0.00g                    |
| <b>Cholesterol</b>         | 53.25mg                  |
| <b>Sodium</b>              | 269.75mg                 |
| <b>Carbohydrates</b>       | 31.75g                   |
| <b>Fiber</b>               | 4.00g                    |
| <b>Sugar</b>               | 14.00g                   |
| <b>Protein</b>             | 17.50g                   |
| <b>Vitamin A</b> 1237.50IU | <b>Vitamin C</b> 18.90mg |
| <b>Calcium</b> 100.00mg    | <b>Iron</b> 3.02mg       |

# SRIRACHA CHICKEN

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions  | DistPart # |
|------------------------------------|-------------|--------------------|------------|
| CHIX BRST CHNK BRD SRIRACHA 4-7.12 | 400 Each    | 4 EACH PER SERVING | 750892     |

## Preparation Instructions

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

From Frozen:

1. Preheat oven to 375°F.
2. Arrange pieces in a single layer on a baking sheet.
3. Heat in oven for 12-15 minutes.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.67 |
| <b>Grain</b>    | 1.33 |
| <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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 190.00   |                  |        |
| <b>Fat</b>           | 9.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 35.00mg  |                  |        |
| <b>Sodium</b>        | 250.00mg |                  |        |
| <b>Carbohydrates</b> | 14.00g   |                  |        |
| <b>Fiber</b>         | 1.00g    |                  |        |
| <b>Sugar</b>         | 2.00g    |                  |        |
| <b>Protein</b>       | 15.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 10.00mg  | <b>Iron</b>      | 1.00mg |

# Breakfast for Lunch

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions   | DistPart # |
|--------------------------------------|-------------|---------------------|------------|
| FRENCH TST CINN WGRAIN 144-2.9Z PAP  | 100 Each    | 1 each French Toast | 646262     |
| SAUSAGE TKY LNK BKFST CKD 160-1.025Z | 200 Each    | 2 each per serving  | 352740     |
| HASHBROWN FAST 2.5Z 6-3.5 LAMB       | 200 Each    | 2 each              | 242241     |

## Preparation Instructions

French Toast: Heat in oven from frozen, 5-7 minutes, then serve.

Hash brown: BAKE 7 UNITS AT 400F FOR 12 MINUTES. CONVENTIONAL: BAKE 7 UNITS AT 450F FOR 18 MINUTES.

Sausage: heat in oven or steamer until internal temperature reaches 165F.

### 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> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.50 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 580.00   |                  |        |
| <b>Fat</b>           | 29.00g   |                  |        |
| <b>SaturatedFat</b>  | 7.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 160.00mg |                  |        |
| <b>Sodium</b>        | 950.00mg |                  |        |
| <b>Carbohydrates</b> | 55.00g   |                  |        |
| <b>Fiber</b>         | 6.00g    |                  |        |
| <b>Sugar</b>         | 10.00g   |                  |        |
| <b>Protein</b>       | 23.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 114.00mg | <b>Iron</b>      | 2.72mg |

# Tomato Soup

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

## Ingredients

| Description           | Measurement | Prep Instructions          | DistPart # |
|-----------------------|-------------|----------------------------|------------|
| SOUP TOMATO 12-5 CAMP | 1/2 Cup     | One serving equals 1/2 cup | 101427     |

## Preparation Instructions

Steamer: Add 3 cans of tomato soup and 3 cans of water to a roaster pan. Cover then heat in the steamer until the internal temperature reaches 165\*.

### 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>   | 0.75 |
| <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 Serving

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 90.00    |                  |        |
| <b>Fat</b>                | 0.00g    |                  |        |
| <b>SaturatedFat</b>       | 0.00g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 0.00mg   |                  |        |
| <b>Sodium</b>             | 480.00mg |                  |        |
| <b>Carbohydrates</b>      | 20.00g   |                  |        |
| <b>Fiber</b>              | 1.00g    |                  |        |
| <b>Sugar</b>              | 12.00g   |                  |        |
| <b>Protein</b>            | 2.00g    |                  |        |
| <b>Vitamin A</b>          | 400.00IU | <b>Vitamin C</b> | 6.00mg |
| <b>Calcium</b>            | 0.00mg   | <b>Iron</b>      | 0.72mg |

# Golden Crispy Chicken Sandwich

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5 | 100 Each    |                   | 525480     |
| BUN HAMB WHLWHE 3.5 R/SOD 10-12CT    | 100 Each    |                   | 676151     |

## Preparation Instructions

### BAKE

Appliances vary, adjust accordingly.

#### Conventional Oven

Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes.

#### CONVECTION

Appliances vary, adjust accordingly.

#### Convection Oven

Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. SET YOUR TIMER Heat for 16 to 18 minutes.

Temp at 165\*

## 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 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 300.00   |
| <b>Fat</b>           | 10.50g   |
| <b>SaturatedFat</b>  | 1.50g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 45.00mg  |
| <b>Sodium</b>        | 385.00mg |
| <b>Carbohydrates</b> | 28.00g   |
| <b>Fiber</b>         | 7.00g    |
| <b>Sugar</b>         | 2.00g    |
| <b>Protein</b>       | 23.00g   |



|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 40.00mg | <b>Iron</b>      | 1.80mg |

# Steamed Broccoli

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions                     | DistPart # |
|-----------------------------------|-------------|---------------------------------------|------------|
| MARGARINE SLD 30-1 GCHC           | 2 Cup       | 1 Block of Margarine per 100 servings | 733061     |
| SEASONING GARDEN NO SALT 19Z TRDE | 2 Teaspoon  |                                       | 565148     |
| BROCCOLI FZ 30 COMM               | 100 8oz     | 1/2 cup serving                       | 549292     |

## Preparation Instructions

Steam in a roaster.

Add 1 block of Margarine

Do not overcook.

Sprinkle with Veggie seasoning.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 58.40    |                  |        |
| <b>Fat</b>           | 3.52g    |                  |        |
| <b>SaturatedFat</b>  | 1.44g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 57.20mg  |                  |        |
| <b>Carbohydrates</b> | 5.08g    |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 3.00g    |                  |        |
| <b>Vitamin A</b>     | 240.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

# CHICKEN NUGGETS (HS)

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS | 600 Each    |                   | 281831     |

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.00 |
| <b>Grain</b>    | 1.50 |
| <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 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 315.00   |                  |        |
| <b>Fat</b>           | 18.00g   |                  |        |
| <b>SaturatedFat</b>  | 3.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 30.00mg  |                  |        |
| <b>Sodium</b>        | 480.00mg |                  |        |
| <b>Carbohydrates</b> | 19.50g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 1.50g    |                  |        |
| <b>Protein</b>       | 19.50g   |                  |        |
| <b>Vitamin A</b>     | 150.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 30.00mg  | <b>Iron</b>      | 2.70mg |

# Far East Vegetable Blend

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

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| VEG BLND FAR EAST 12-2 GFS | 1/2 Cup     |                   | 491209     |

## Preparation Instructions

Steam in the steamer for about 7 - 10 minutes. until the internal temperature reaches 145\* F.

Add veggie seasoning.

### 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 Serving

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 20.00    |                  |        |
| <b>Fat</b>                | 0.00g    |                  |        |
| <b>SaturatedFat</b>       | 0.00g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 0.00mg   |                  |        |
| <b>Sodium</b>             | 15.00mg  |                  |        |
| <b>Carbohydrates</b>      | 2.50g    |                  |        |
| <b>Fiber</b>              | 1.00g    |                  |        |
| <b>Sugar</b>              | 1.00g    |                  |        |
| <b>Protein</b>            | 0.50g    |                  |        |
| <b>Vitamin A</b>          | 375.00IU | <b>Vitamin C</b> | 7.50mg |
| <b>Calcium</b>            | 10.00mg  | <b>Iron</b>      | 0.18mg |

# Fiestada Pizza

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 72.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions          | DistPart # |
|-------------------------------------|-------------|----------------------------|------------|
| PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z | 72 Each     | each case has 72 servings. | 487272     |

## Preparation Instructions

BAKE

COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans.

CONVECTION OVEN: 350°F for 11-14 minutes. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.

NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.

### 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: 72.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 360.00   |                  |        |
| <b>Fat</b>           | 14.00g   |                  |        |
| <b>SaturatedFat</b>  | 6.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 710.00mg |                  |        |
| <b>Carbohydrates</b> | 43.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 8.00g    |                  |        |
| <b>Protein</b>       | 17.00g   |                  |        |
| <b>Vitamin A</b>     | 91.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 241.00mg | <b>Iron</b>      | 3.10mg |

# Chicken Gravy

|                      |              |                       |                     |
|----------------------|--------------|-----------------------|---------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service    |
| <b>Meal Type:</b>    | Lunch        |                       |                     |

## Ingredients

| Description                      | Measurement       | Prep Instructions | DistPart # |
|----------------------------------|-------------------|-------------------|------------|
| Tap Water for Recipes            | 1 Gallon          | UNPREPARED        | 000001WTR  |
| STARCH CORN BIB 25 ARGO          | 4 Tablespoon      |                   | 704377     |
| BASE CHIX NO ADDED MSG 4-5 STOUF | 3 1/4 Fluid Ounce |                   | 177910     |

## Preparation Instructions

FOR BROTH/STOCK:

ADD

3/4 TSP BASE TO 1 CUP WATER

3/4 oz. TO 1QT

3.25 oz. TO 1 GAL

16 oz. TO 5 GAL A FULL BODIED CHICKEN FLAVOR MADE FROM REAL CHICKEN & DELICATE SEASONINGS.

GRAVY:

1 gallon of Stock.

4 Tsps. cornstarch

1 cup of water

Bring 1 gallon of stock to a boil.

Mix 4 Tsps. of cornstarch to 1 cup of water.

Stir the cornstarch mixture to the boiling stock.

Boil for 1 minute then hold or setup on the line.

## 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: 100.00

Serving Size: 1.00 Serving

|                           |        |                  |        |
|---------------------------|--------|------------------|--------|
| <b>Amount Per Serving</b> |        |                  |        |
| <b>Calories</b>           |        | 1.26             |        |
| <b>Fat</b>                |        | 0.00g            |        |
| <b>SaturatedFat</b>       |        | 0.00g            |        |
| <b>Trans Fat</b>          |        | 0.00g            |        |
| <b>Cholesterol</b>        |        | 0.00mg           |        |
| <b>Sodium</b>             |        | 3.48mg           |        |
| <b>Carbohydrates</b>      |        | 0.28g            |        |
| <b>Fiber</b>              |        | 0.00g            |        |
| <b>Sugar</b>              |        | 0.00g            |        |
| <b>Protein</b>            |        | 0.00g            |        |
| <b>Vitamin A</b>          | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 0.01mg | <b>Iron</b>      | 0.00mg |

# Pears (Fresh)

|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch        |                       |         |

## Ingredients

| Description        | Measurement | Prep Instructions | DistPart # |
|--------------------|-------------|-------------------|------------|
| PEAR 95-110CT MRKN | 100 Each    |                   | 198056     |

## Preparation Instructions

Wash before serving.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 1.00 |
| <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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 103.00  |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 2.00mg  |                  |        |
| <b>Carbohydrates</b> | 28.00g  |                  |        |
| <b>Fiber</b>         | 6.00g   |                  |        |
| <b>Sugar</b>         | 17.00g  |                  |        |
| <b>Protein</b>       | 1.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 20.00mg | <b>Iron</b>      | 0.36mg |



# Corn & Black Bean Fiesta Blend

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 60.00        | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                     | Measurement | Prep Instructions                 | DistPart # |
|---------------------------------|-------------|-----------------------------------|------------|
| CORN & BLK BEAN FLME RSTD 6-2.5 | 2 Gallon    | each case has 60 1/2 cup servings | 163760     |

## Preparation Instructions

Steam in the steamer for about 10-14 minutes until internal temperature reaches 145\* F.

### 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>  | 0.14 |
| <b>Starch</b>   | 0.14 |

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 149.33   |                  |         |
| <b>Fat</b>           | 3.20g    |                  |         |
| <b>SaturatedFat</b>  | 0.00g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 0.00mg   |                  |         |
| <b>Sodium</b>        | 245.33mg |                  |         |
| <b>Carbohydrates</b> | 25.60g   |                  |         |
| <b>Fiber</b>         | 6.40g    |                  |         |
| <b>Sugar</b>         | 6.40g    |                  |         |
| <b>Protein</b>       | 6.40g    |                  |         |
| <b>Vitamin A</b>     | 691.59IU | <b>Vitamin C</b> | 13.78mg |
| <b>Calcium</b>       | 15.32mg  | <b>Iron</b>      | 1.19mg  |

# Coney Dog on a bun

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                             | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| TACO FILLING BEEF REDC FAT 6-5#<br>COMM | 6 1/4 Pound | 1 oz. per serving | 722330     |
| FRANKS BEEF & PORK RLLR 8/ 2-5 GFS      | 100 Each    |                   | 154792     |
| BUN HOT DOG WHLWHE 12-12CT<br>ANTMILL   | 100 Each    |                   | 564053     |

## Preparation Instructions

Heat taco meat and hot dogs in the steamer until internal temperature reaches 165\* F.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.63 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.04 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 345.14   |                  |        |
| <b>Fat</b>           | 20.55g   |                  |        |
| <b>SaturatedFat</b>  | 6.57g    |                  |        |
| <b>Trans Fat</b>     | 0.09g    |                  |        |
| <b>Cholesterol</b>   | 46.04mg  |                  |        |
| <b>Sodium</b>        | 797.08mg |                  |        |
| <b>Carbohydrates</b> | 28.58g   |                  |        |
| <b>Fiber</b>         | 5.63g    |                  |        |
| <b>Sugar</b>         | 4.63g    |                  |        |
| <b>Protein</b>       | 15.04g   |                  |        |
| <b>Vitamin A</b>     | 203.54IU | <b>Vitamin C</b> | 1.58mg |
| <b>Calcium</b>       | 61.40mg  | <b>Iron</b>      | 2.30mg |

# Italian Meatball Sub

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                   | Measurement | Prep Instructions   | DistPart # |
|-------------------------------|-------------|---------------------|------------|
| MEATBALL CKD .65Z 6-5 COMM    | 400 Each    | 4 each serving      | 785860     |
| SAUCE MARINARA A/P 6-10 REDPK | 400 Ounce   | 1 oz. per serving   | 592714     |
| CHEESE MOZZ SHRD 4-5 LOL      | 800 Ounce   | 1/2 oz. per serving | 645170     |

## Preparation Instructions

1. Heat meatballs and marinara in the steamer until temperature reaches 165\* F.
2. add 4 meats, 1 oz. of sauce and 1/2 oz of mozz cheese per sandwich.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.25 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.71 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 568.14    |                  |        |
| <b>Fat</b>           | 35.86g    |                  |        |
| <b>SaturatedFat</b>  | 17.50g    |                  |        |
| <b>Trans Fat</b>     | 0.60g     |                  |        |
| <b>Cholesterol</b>   | 96.00mg   |                  |        |
| <b>Sodium</b>        | 1393.14mg |                  |        |
| <b>Carbohydrates</b> | 17.57g    |                  |        |
| <b>Fiber</b>         | 3.86g     |                  |        |
| <b>Sugar</b>         | 11.71g    |                  |        |
| <b>Protein</b>       | 42.86g    |                  |        |
| <b>Vitamin A</b>     | 559.29IU  | <b>Vitamin C</b> | 9.57mg |
| <b>Calcium</b>       | 906.86mg  | <b>Iron</b>      | 2.00mg |

# Fish Sandwich on a bun

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| FISH BRD 3Z O/R WGRAIN 10 HILNR   | 100 Each    |                   | 576255     |
| BUN HAMB WHLWHE 3.5 R/SOD 10-12CT | 100 Each    |                   | 676151     |

## Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen fillets on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <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 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 270.00   |                  |        |
| <b>Fat</b>           | 8.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 675.00mg |                  |        |
| <b>Carbohydrates</b> | 36.00g   |                  |        |
| <b>Fiber</b>         | 6.00g    |                  |        |
| <b>Sugar</b>         | 3.00g    |                  |        |
| <b>Protein</b>       | 15.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 60.00mg  | <b>Iron</b>      | 1.80mg |

# Chicken Egg Rolls

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

## Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| EGG ROLL CHIX WGRAIN 60-3Z MINH | 2 Each      |                   | 277731     |

## Preparation Instructions

BAKE

Preparation Type: Heating Instructions Conventional Oven Instructions: Preheat oven to 450°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 17 minutes Convection Oven Instructions: Preheat oven to 425°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Convection: 12-14 minutes Preparation Notes: Heating time may vary with equipment.

Serve with Frank's Sweet & Spicy Sauce.

### 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> | 0.50 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 320.00   |                  |         |
| <b>Fat</b>           | 10.00g   |                  |         |
| <b>SaturatedFat</b>  | 3.00g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 60.00mg  |                  |         |
| <b>Sodium</b>        | 780.00mg |                  |         |
| <b>Carbohydrates</b> | 40.00g   |                  |         |
| <b>Fiber</b>         | 6.00g    |                  |         |
| <b>Sugar</b>         | 4.00g    |                  |         |
| <b>Protein</b>       | 18.00g   |                  |         |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 14.00mg |
| <b>Calcium</b>       | 90.00mg  | <b>Iron</b>      | 3.40mg  |

# Maple Pancakes

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <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: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 220.00   |                  |        |
| <b>Fat</b>           | 6.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 130.00mg |                  |        |
| <b>Carbohydrates</b> | 39.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 12.00g   |                  |        |
| <b>Protein</b>       | 4.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 20.00mg  | <b>Iron</b>      | 0.72mg |

# CinnABar

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast    |                       |                  |

## Ingredients

| Description              | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|-------------------|------------|
| Whole Wheat Cinnamon Bar | 50 Serving  | BAKE              | 123192     |

## 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: 50.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 280.00   |                  |         |
| <b>Fat</b>           | 9.00g    |                  |         |
| <b>SaturatedFat</b>  | 2.00g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 0.00mg   |                  |         |
| <b>Sodium</b>        | 260.00mg |                  |         |
| <b>Carbohydrates</b> | 45.00g   |                  |         |
| <b>Fiber</b>         | 4.00g    |                  |         |
| <b>Sugar</b>         | 15.00g   |                  |         |
| <b>Protein</b>       | 5.00g    |                  |         |
| <b>Vitamin A</b>     | 45.00IU  | <b>Vitamin C</b> | 4.00mg  |
| <b>Calcium</b>       | 6.00mg   | <b>Iron</b>      | 10.00mg |

# Beacon Street Sliders

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.75 |
| <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 |

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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



# Frudels

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <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: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 210.00   |                  |        |
| <b>Fat</b>           | 6.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 260.00mg |                  |        |
| <b>Carbohydrates</b> | 37.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 11.00g   |                  |        |
| <b>Protein</b>       | 5.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 1.08mg |

# Breakfast Round UBR's

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast    |                       |                  |

## Ingredients

| Description                   | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| ROUND BKFST UBR 140-2.5Z RICH | 50 Each     |                   | 794230     |

## Preparation Instructions

BAKE

HANDLING INSTRUCTIONS:

1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES.
2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN.
3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES.
4. REMOVE FROM OVEN AND COOL ON SHEET PAN.

## 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: 50.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 240.00   |
| <b>Fat</b>           | 6.00g    |
| <b>SaturatedFat</b>  | 2.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 5.00mg   |
| <b>Sodium</b>        | 210.00mg |
| <b>Carbohydrates</b> | 43.00g   |
| <b>Fiber</b>         | 6.30g    |
| <b>Sugar</b>         | 17.00g   |
| <b>Protein</b>       | 5.00g    |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 8.55IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 29.57mg | <b>Iron</b>      | 0.62mg |

# BOSCO BREAKFAST STICKS

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <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 |

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 160.00   |                  |        |
| <b>Fat</b>           | 6.00g    |                  |        |
| <b>SaturatedFat</b>  | 2.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 60.00mg  |                  |        |
| <b>Sodium</b>        | 370.00mg |                  |        |
| <b>Carbohydrates</b> | 17.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 9.00g    |                  |        |
| <b>Vitamin A</b>     | 200.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

# WALKING TACO

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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.26 |
| <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 Serving

#### Amount Per Serving

|                      |           |                  |         |
|----------------------|-----------|------------------|---------|
| <b>Calories</b>      | 393.28    |                  |         |
| <b>Fat</b>           | 19.09g    |                  |         |
| <b>SaturatedFat</b>  | 8.14g     |                  |         |
| <b>Trans Fat</b>     | 0.18g     |                  |         |
| <b>Cholesterol</b>   | 52.08mg   |                  |         |
| <b>Sodium</b>        | 713.50mg  |                  |         |
| <b>Carbohydrates</b> | 35.15g    |                  |         |
| <b>Fiber</b>         | 4.26g     |                  |         |
| <b>Sugar</b>         | 2.93g     |                  |         |
| <b>Protein</b>       | 18.08g    |                  |         |
| <b>Vitamin A</b>     | 5525.61IU | <b>Vitamin C</b> | 34.49mg |
| <b>Calcium</b>       | 107.20mg  | <b>Iron</b>      | 2.38mg  |

# BROCCOLI FLORETS

|                      |              |                       |           |
|----------------------|--------------|-----------------------|-----------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch        |                       |           |

## Ingredients

| Description                          | Measurement | Prep Instructions   | DistPart # |
|--------------------------------------|-------------|---------------------|------------|
| BROCCOLI FLORET BITE SIZE 2-3 RSS    | 50 Cup      | 1/2 CUP PER SERVING | 732451     |
| RANCH LT DIP CUP 100-1Z FLAVOR FRESH | 50 Each     |                     | 499521     |

## Preparation Instructions

1. Wash
2. place into portion cups,
3. serve with Ranch dip

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 50.00    |                  |         |
| <b>Fat</b>           | 3.20g    |                  |         |
| <b>SaturatedFat</b>  | 0.00g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 2.50mg   |                  |         |
| <b>Sodium</b>        | 77.00mg  |                  |         |
| <b>Carbohydrates</b> | 5.50g    |                  |         |
| <b>Fiber</b>         | 1.10g    |                  |         |
| <b>Sugar</b>         | 2.50g    |                  |         |
| <b>Protein</b>       | 1.20g    |                  |         |
| <b>Vitamin A</b>     | 274.12IU | <b>Vitamin C</b> | 39.25mg |
| <b>Calcium</b>       | 20.68mg  | <b>Iron</b>      | 0.32mg  |

# Spaghetti with Meatballs

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

## Ingredients

| Description                   | Measurement | Prep Instructions    | DistPart # |
|-------------------------------|-------------|----------------------|------------|
| PASTA SPAG 51 WGRAIN 2-10     | 2 Ounce     |                      | 221460     |
| MEATBALL CKD .65Z 6-5 COMM    | 4 Each      |                      | 785860     |
| SAUCE MARINARA A/P 6-10 REDPK | 4 Ounce     | READY_TO_EAT<br>None | 592714     |

## Preparation Instructions

Cook pasta according to package directions.

Meatballs: Place frozen meatballs in sauce, cover and heat in oven at 375 F for approximately 30-40 minutes. Alternatively, heat in steamer. Heat until internal temperature of meatballs reaches 155 F for 15 seconds or longer.

Serve 1 cup of spaghetti, 1/2 cup marinara, and 4 meatballs.

### 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 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 418.14   |                  |        |
| <b>Fat</b>           | 13.36g   |                  |        |
| <b>SaturatedFat</b>  | 3.50g    |                  |        |
| <b>Trans Fat</b>     | 0.60g    |                  |        |
| <b>Cholesterol</b>   | 36.00mg  |                  |        |
| <b>Sodium</b>        | 673.14mg |                  |        |
| <b>Carbohydrates</b> | 54.57g   |                  |        |
| <b>Fiber</b>         | 7.86g    |                  |        |
| <b>Sugar</b>         | 9.71g    |                  |        |
| <b>Protein</b>       | 21.86g   |                  |        |
| <b>Vitamin A</b>     | 559.29IU | <b>Vitamin C</b> | 9.57mg |
| <b>Calcium</b>       | 106.86mg | <b>Iron</b>      | 3.80mg |

# Turkey Corn Chowder

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 48.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 6.00 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      |                       |                  |

## Ingredients

| Description                     | Measurement | Prep Instructions      | DistPart # |
|---------------------------------|-------------|------------------------|------------|
| TURKEY & GRAVY CKD 4-7 JENNO    | 7 Pound     | Thaw                   | 653171     |
| CELERY 10 MI LOCAL              | 1 Cup       |                        | 601542     |
| CORN FZ 30 COMM                 | 4 Cup       |                        | 120490     |
| POTATO DCD 6-10 GFS             | 7 1/2 Cup   |                        | 118583     |
| Tap Water for Recipes           | 8 Cup       | UNPREPARED             | 000001WTR  |
| PEPPERS & ONION FLME RSTD 6-2.5 | 2 1/2 Pound | 1 bag                  | 847208     |
| BACON TKY CKD 12-50CT JENNO     | 48 Slice    | 1 slice each, crumbled | 834770     |

## Preparation Instructions

### STOVE TOP:

1. Chop Celery.
2. Add celery to a large stock pot and saute until tender.
3. Add onion & peppers, corn, saute for 2 minutes.
4. Drain the liquid from the canned potatoes, then add them to the pot.
5. Stir in the Jennie-O Shredded White Turkey & Gravy.
6. Stir in 8 cups of water and simmer until the temperature reaches 145 F.
7. Top each serving with 1/2 oz. Jennie -O's

### OVEN:

1. Chop and saute celery.
2. Add celery to a large roaster pan.
3. Add onion & peppers, corn.
4. Drain the liquid from the canned potatoes, then add them to the roaster pan.
5. Stir in the Jennie-O Shredded White Turkey & Gravy.
6. Stir in 8 cups of water then cover.
7. Place in a 350 F. oven and heat for about 20-30 minutes or until the temperature reaches 145 F.
8. Ladle each 6 oz. serving into a bowl then top each serving with 1/2 oz. Jennie -O's



## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.30 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.08 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.20 |

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 6.00 Ounce

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 128.03   |                  |        |
| <b>Fat</b>                | 4.80g    |                  |        |
| <b>SaturatedFat</b>       | 0.84g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 27.44mg  |                  |        |
| <b>Sodium</b>             | 511.59mg |                  |        |
| <b>Carbohydrates</b>      | 9.60g    |                  |        |
| <b>Fiber</b>              | 1.79g    |                  |        |
| <b>Sugar</b>              | 1.49g    |                  |        |
| <b>Protein</b>            | 12.99g   |                  |        |
| <b>Vitamin A</b>          | 66.14IU  | <b>Vitamin C</b> | 5.77mg |
| <b>Calcium</b>            | 9.33mg   | <b>Iron</b>      | 0.40mg |

# Turkey Empanada

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 85.00     | <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 # |
|------------------------------------|---------------|--|------------|
| TURKEY & GRAVY CKD 4-7 JENNO       | 5 19/20 Pound | 1 bag  | 653171     |
| PEPPERS & ONION FLME RSTD 6-2.5    | 2 10/77 Pound | 1 bag  | 847208     |
| POTATO DCD 6-10 GFS                | 85 Ounce      | 1 can  | 118583     |
| CHEESE BLND MOZZ SHRD FTNR 4-5 PG  | 5 Pound       | 1 bag  | 193600     |
| DOUGH BALL PIZZA WGRAIN 12-22Z     | 10 Each       | cut each 22 oz. dough ball into 8 2.75 oz. pieces. | 566960     |
| SEASONING MESQ HRB&FAJITA 22Z TRDE | 1 Teaspoon    |  | 527971     |

## Preparation Instructions

1. cut each dough ball into 8 portions.
2. press with a pizza press or roll each one out.
3. in a large bowl mix Jennie-O Shredded Turkey and gravy, onions & peppers, and potatoes.
4. stir in Mesquite seasoning.
5. Using a # 12 scoop, scoop turkey mixture into the each pressed dough then add 1/2 oz. of mozzarella cheese.
6. fold and crimp sides, then place onto a baking pan.
7. bake at 375 F. for about 15 minutes until golden brown and the internal temperature reaches 145F.
8. Hold in a warmer until ready to serve.

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.45 |
| <b>Grain</b>    | 0.26 |
| <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>  | 0.75 |

## Nutrition Facts

Servings Per Recipe: 85.00

Serving Size: 1.00 Each

|                           |          |                  |         |
|---------------------------|----------|------------------|---------|
| <b>Amount Per Serving</b> |          |                  |         |
| <b>Calories</b>           |          | 177.38           |         |
| <b>Fat</b>                |          | 3.15g            |         |
| <b>SaturatedFat</b>       |          | 1.35g            |         |
| <b>Trans Fat</b>          |          | 0.00g            |         |
| <b>Cholesterol</b>        |          | 15.48mg          |         |
| <b>Sodium</b>             |          | 855.31mg         |         |
| <b>Carbohydrates</b>      |          | 27.00g           |         |
| <b>Fiber</b>              |          | 3.59g            |         |
| <b>Sugar</b>              |          | 0.48g            |         |
| <b>Protein</b>            |          | 8.50g            |         |
| <b>Vitamin A</b>          | 83.29IU  | <b>Vitamin C</b> | 19.35mg |
| <b>Calcium</b>            | 111.58mg | <b>Iron</b>      | 0.80mg  |

# Chicken Egg Roll

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| EGG ROLL CHIX WGRAIN 60-3Z MINH | 200 Each    | 2 per portion     | 277731     |

## Preparation Instructions

BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. COOKING INSTRUCTIONS BASED ON FULL SIZE SHEET PAN (WITH APPROXIMATELY 54 EGG ROLLS). CONVECTION OVEN: PREHEAT OVEN TO 350°F. PLACE EGG ROLLS ON BAKING SHEET. FOR FROZEN PRODUCT COOK FOR 22 MINUTES; FOR THAWED PRODUCT COOK FOR 13 MINUTES. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS.

\* Serving with dipping sauce.

### 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> | 0.50 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                         |                          |
|-------------------------|--------------------------|
| <b>Calories</b>         | 320.00                   |
| <b>Fat</b>              | 10.00g                   |
| <b>SaturatedFat</b>     | 3.00g                    |
| <b>Trans Fat</b>        | 0.00g                    |
| <b>Cholesterol</b>      | 60.00mg                  |
| <b>Sodium</b>           | 780.00mg                 |
| <b>Carbohydrates</b>    | 40.00g                   |
| <b>Fiber</b>            | 6.00g                    |
| <b>Sugar</b>            | 4.00g                    |
| <b>Protein</b>          | 18.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 14.00mg |
| <b>Calcium</b> 90.00mg  | <b>Iron</b> 3.40mg       |

# Blueberry Waffles

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast    |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions  | DistPart # |
|--------------------------------------|-------------|--------------------|------------|
| WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z | 100 Package | 1 pack per serving | 269240     |

## Preparation Instructions

BAKE

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.\* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.\* Microwave: Heat for 30-35 seconds on high. \*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

### 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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 200.00   |                  |        |
| <b>Fat</b>           | 6.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 170.00mg |                  |        |
| <b>Carbohydrates</b> | 36.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 10.00g   |                  |        |
| <b>Protein</b>       | 4.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 20.00mg  | <b>Iron</b>      | 0.72mg |

# BBQ Chicken Sandwich

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions           | DistPart # |
|------------------------------------|-------------|-----------------------------|------------|
| SAUCE BBQ 4-1GAL GFS               | 1/2 Gallon  | 1/2 Gallon per 100 servings | 734136     |
| BUN HAMB WHLWHE 3.5 R/SOD 10-12CT  | 100 Each    |                             | 676151     |
| CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS | 100 Each    |                             | 152121     |

## Preparation Instructions

CONVECTION: Appliances vary, adjust accordingly.

Convection Oven: From frozen, place the breast filets on a sheet pan with a small amount of water. Completely cover with foil. Place in a preheated, 350°F convection oven for approximately 16-20 minutes.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <b>Grain</b>    | 1.50 |
| <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 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 257.15   |                  |        |
| <b>Fat</b>           | 4.06g    |                  |        |
| <b>SaturatedFat</b>  | 0.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 60.00mg  |                  |        |
| <b>Sodium</b>        | 699.34mg |                  |        |
| <b>Carbohydrates</b> | 28.95g   |                  |        |
| <b>Fiber</b>         | 4.19g    |                  |        |
| <b>Sugar</b>         | 7.12g    |                  |        |
| <b>Protein</b>       | 26.19g   |                  |        |
| <b>Vitamin A</b>     | 107.58IU | <b>Vitamin C</b> | 0.51mg |
| <b>Calcium</b>       | 65.59mg  | <b>Iron</b>      | 1.64mg |

# Coney Dog on a bun

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                             | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| TACO FILLING BEEF REDC FAT 6-5#<br>COMM | 6 1/4 Pound | 1 oz. per serving | 722330     |
| FRANKS BEEF & PORK RLLR 8/ 2-5 GFS      | 100 Each    |                   | 154792     |
| BUN HOT DOG WHLWHE 12-12CT<br>ANTMILL   | 100 Each    |                   | 564053     |

## Preparation Instructions

Heat taco meat and hot dogs in the steamer until internal temperature reaches 165\* F.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.63 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.04 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 345.14   |                  |        |
| <b>Fat</b>           | 20.55g   |                  |        |
| <b>SaturatedFat</b>  | 6.57g    |                  |        |
| <b>Trans Fat</b>     | 0.09g    |                  |        |
| <b>Cholesterol</b>   | 46.04mg  |                  |        |
| <b>Sodium</b>        | 797.08mg |                  |        |
| <b>Carbohydrates</b> | 28.58g   |                  |        |
| <b>Fiber</b>         | 5.63g    |                  |        |
| <b>Sugar</b>         | 4.63g    |                  |        |
| <b>Protein</b>       | 15.04g   |                  |        |
| <b>Vitamin A</b>     | 203.54IU | <b>Vitamin C</b> | 1.58mg |
| <b>Calcium</b>       | 61.40mg  | <b>Iron</b>      | 2.30mg |

# Sandwich Turkey Burger MTG

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                               | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| BUN HAMB SLCD<br>WHEAT WHL 4 10-12<br>GFS | 100 Each    |  | 517810     |
| TURKEY BRGR<br>FLAMEBR 90-2.5Z ADV        | 100 Each    | <b>BAKE</b><br>From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 897690     |
| TOMATO 6X6 LRG 10<br>MRKN                 | 20 Cup      | 1 slice  | 199001     |
| LETTUCE ICEBERG FS<br>4-6CT MRKN          | 1 Ounce     | 1 leaf   | 307769     |

## Preparation Instructions

WASH HANDS.

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

- ,
1. Cook chicken patty as directed on package.
  2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
  3. Serve.
  4. Allow student to select condiment of choice.
- ,

,Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013

### 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>   | 0.10 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           |          | 276.58           |        |
| <b>Fat</b>                |          | 11.08g           |        |
| <b>SaturatedFat</b>       |          | 2.52g            |        |
| <b>Trans Fat</b>          |          | 0.00g            |        |
| <b>Cholesterol</b>        |          | 40.00mg          |        |
| <b>Sodium</b>             |          | 366.85mg         |        |
| <b>Carbohydrates</b>      |          | 29.42g           |        |
| <b>Fiber</b>              |          | 6.45g            |        |
| <b>Sugar</b>              |          | 5.01g            |        |
| <b>Protein</b>            |          | 19.32g           |        |
| <b>Vitamin A</b>          | 399.88IU | <b>Vitamin C</b> | 4.93mg |
| <b>Calcium</b>            | 63.70mg  | <b>Iron</b>      | 2.62mg |

# Marinated Cole Slaw

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 150.00   | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    |                       |                  |

## Ingredients

| Description                         | Measurement   | Prep Instructions | DistPart # |
|-------------------------------------|---------------|-------------------|------------|
| VINEGAR APPLE CIDER 5 4-1GAL GFS    | 10 Cup        |                   | 430795     |
| OIL SALAD VEG CLR NT 35 GCHC        | 7 1/2 Cup     |                   | 107999     |
| SUGAR CANE GRANUL XTRA FINE 25#     | 7 1/2 Cup     |                   | 151343     |
| SEASONING SALT 32Z BADIA            | 10 Teaspoon   |                   | 430947     |
| SPICE PEPR BLK GRND TABLE 16Z BADIA | 10 Tablespoon |                   | 430989     |
| SPICE MUSTARD GRND 14Z TRDE         | 10 Teaspoon   |                   | 224928     |
| SPICE CELERY SEED WHOLE 16Z TRDE    | 10 Teaspoon   |                   | 224677     |
| CABBAGE GREEN SHRD 5-3              | 100 Cup       |                   | 607740     |
| ONION RED MED/LRG 5-10              | 7 1/2 Cup     | Thinly sliced     | 414951     |
| PEPPERS GREEN 12CT P/L              | 7 1/2 Cup     | Thinly sliced     | 100995     |

## Preparation Instructions

Place thinly sliced cabbage, onion and green pepper in a large bowl.

Be sure the bowl has a lid to cover for marinating.

In a large saucepan, bring vinegar, vegetable oil, sugar, salt, pepper, ground mustard and celery seed to a boil.

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.

## 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> | 0.33 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

|                           |          |                  |         |
|---------------------------|----------|------------------|---------|
| <b>Amount Per Serving</b> |          |                  |         |
| <b>Calories</b>           | 165.40   |                  |         |
| <b>Fat</b>                | 11.23g   |                  |         |
| <b>SaturatedFat</b>       | 1.77g    |                  |         |
| <b>Trans Fat</b>          | 0.20g    |                  |         |
| <b>Cholesterol</b>        | 0.00mg   |                  |         |
| <b>Sodium</b>             | 104.37mg |                  |         |
| <b>Carbohydrates</b>      | 15.68g   |                  |         |
| <b>Fiber</b>              | 2.12g    |                  |         |
| <b>Sugar</b>              | 12.53g   |                  |         |
| <b>Protein</b>            | 1.46g    |                  |         |
| <b>Vitamin A</b>          | 109.93IU | <b>Vitamin C</b> | 43.60mg |
| <b>Calcium</b>            | 51.06mg  | <b>Iron</b>      | 0.24mg  |

# Fries Sweet Potato Crinkle MTG

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

## Ingredients

| Description                        | Measurement  | Prep Instructions | DistPart # |
|------------------------------------|--------------|-------------------|------------|
| SPICE CINN-MAPL SPRINKLE 29Z TRDE  | 1/4 Teaspoon |                   | 565911     |
| FRIES SWT POT DP GROOVE 7/16 6-2.5 | 3 8/47 Ounce |                   | 628100     |

## 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>   | 0.50 |
| <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 Serving

| Amount Per Serving   |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 120.00    |                  |        |
| <b>Fat</b>           | 4.50g     |                  |        |
| <b>SaturatedFat</b>  | 0.50g     |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 0.00mg    |                  |        |
| <b>Sodium</b>        | 180.00mg  |                  |        |
| <b>Carbohydrates</b> | 18.00g    |                  |        |
| <b>Fiber</b>         | 3.00g     |                  |        |
| <b>Sugar</b>         | 6.00g     |                  |        |
| <b>Protein</b>       | 2.00g     |                  |        |
| <b>Vitamin A</b>     | 3500.00IU | <b>Vitamin C</b> | 2.40mg |
| <b>Calcium</b>       | 20.00mg   | <b>Iron</b>      | 0.36mg |

# Muffin & Yogurt

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00    | <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 # |
|-----------------------------------|-------------|---|------------|
| MUFFIN APPL CINN WGRAIN IW 72-2Z  | 100 Each    |   | 558011     |
| YOGURT CHERRY TRPL L/F 48-4Z TRIX | 100 Each    | READY_TO_EAT<br>Ready to eat single serving | 186911     |

## Preparation Instructions

other muffins to choose from:

557970 Apple/Cinn

557981 Blueberry

280001 Chocolate

### 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: 100.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 270.00           |        |
| <b>Fat</b>           |          | 6.50g            |        |
| <b>SaturatedFat</b>  |          | 2.00g            |        |
| <b>Trans Fat</b>     |          | 0.00g            |        |
| <b>Cholesterol</b>   |          | 45.00mg          |        |
| <b>Sodium</b>        |          | 190.00mg         |        |
| <b>Carbohydrates</b> |          | 45.00g           |        |
| <b>Fiber</b>         |          | 2.00g            |        |
| <b>Sugar</b>         |          | 25.00g           |        |
| <b>Protein</b>       |          | 7.00g            |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 131.00mg | <b>Iron</b>      | 1.00mg |

# Peas & Carrots

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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.19 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.19 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving   |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      |           | 45.18            |        |
| <b>Fat</b>           |           | 0.00g            |        |
| <b>SaturatedFat</b>  |           | 0.00g            |        |
| <b>Trans Fat</b>     |           | 0.00g            |        |
| <b>Cholesterol</b>   |           | 0.00mg           |        |
| <b>Sodium</b>        |           | 22.39mg          |        |
| <b>Carbohydrates</b> |           | 6.80g            |        |
| <b>Fiber</b>         |           | 2.24g            |        |
| <b>Sugar</b>         |           | 2.99g            |        |
| <b>Protein</b>       |           | 1.49g            |        |
| <b>Vitamin A</b>     | 1119.40IU | <b>Vitamin C</b> | 3.58mg |
| <b>Calcium</b>       | 0.00mg    | <b>Iron</b>      | 0.54mg |

# Super Donut

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 80.00     | <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 # |
|----------------------------------|-------------|--------------------------|------------|
| 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

|                 |      |
|-----------------|------|
| <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: 80.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 230.00   |                  |        |
| <b>Fat</b>           | 11.00g   |                  |        |
| <b>SaturatedFat</b>  | 4.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 260.00mg |                  |        |
| <b>Carbohydrates</b> | 29.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 6.00g    |                  |        |
| <b>Protein</b>       | 5.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 6.00mg |
| <b>Calcium</b>       | 100.00mg | <b>Iron</b>      | 1.44mg |

# Refried Beans

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 25.00        | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description          | Measurement | Prep Instructions           | DistPart # |
|----------------------|-------------|-----------------------------|------------|
| BEAN REFRD 6-10 GRSZ | 12 1/2 Cup  | 1 can = 25 1/2 cup servings | 293962     |

## Preparation Instructions

Heat to 165 F.

Serving 1/2 cup servings.

### 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>  | 0.50 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 140.00   |                  |        |
| <b>Fat</b>           | 2.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 530.00mg |                  |        |
| <b>Carbohydrates</b> | 23.00g   |                  |        |
| <b>Fiber</b>         | 6.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 8.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 45.00mg  | <b>Iron</b>      | 2.00mg |



# Ranch Wedge Fries

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                  | Measurement | Prep Instructions         | DistPart # |
|------------------------------|-------------|---------------------------|------------|
| FRIES WEDGE W/RANCH 6-5 LAMB | 25 Pound    | each serving equals 4 oz. | 609676     |

## Preparation Instructions

CONVECTION OVEN COOK AT 400 DEGREES F FOR about 8 - 12 MINUTES.

CONVENTIONAL OVEN COOK AT 400 DEGREES F FOR 22 - 25 MINUTES.

COOK UNTIL GOLDEN BROWN AND CRISPY.

1 case has 120 servings.

### 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>   | 0.68 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 164.38   |                  |        |
| <b>Fat</b>           | 6.85g    |                  |        |
| <b>SaturatedFat</b>  | 1.37g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 383.56mg |                  |        |
| <b>Carbohydrates</b> | 23.29g   |                  |        |
| <b>Fiber</b>         | 2.74g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 2.74g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 23.29mg  | <b>Iron</b>      | 0.00mg |

# Fresh Fruit of The Day

|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast    |                       |         |

## Ingredients

| Description                           | Measurement | Prep Instructions           | DistPart # |
|---------------------------------------|-------------|-----------------------------|------------|
| PEAR 95-110CT MRKN                    | 1 .50 cup   | each serving equals 1/2 cup | 198056     |
| BLUEBERRIES FZ WILD IQF 30 COMM       | 1 Cup       |                             | 764740     |
| STRAWBERRY CUP 96-4.5Z COMM           | 1 Each      |                             | 655010     |
| KIWI 33-39CT P/L                      | 1 Each      |                             | 287008     |
| ORANGES NAVEL/VALENCIA FCY 113CT MRKN | 1 Cup       |                             | 198013     |
| GRAPE RED SDLSS 18AVG MRKN            | 1 Cup       |                             | 197831     |
| APPLE RD MI 100CT MRKN                | 1 Each      |                             | 197726     |

## Preparation Instructions

Serve a variety of fresh and canned fruits each day.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.01 |
| <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: 100.00

Serving Size: 1.00 Serving

|                           |        |                  |        |
|---------------------------|--------|------------------|--------|
| <b>Amount Per Serving</b> |        |                  |        |
| <b>Calories</b>           |        | 4.45             |        |
| <b>Fat</b>                |        | 0.01g            |        |
| <b>SaturatedFat</b>       |        | 0.00g            |        |
| <b>Trans Fat</b>          |        | 0.00g            |        |
| <b>Cholesterol</b>        |        | 0.00mg           |        |
| <b>Sodium</b>             |        | 0.10mg           |        |
| <b>Carbohydrates</b>      |        | 1.13g            |        |
| <b>Fiber</b>              |        | 0.17g            |        |
| <b>Sugar</b>              |        | 0.82g            |        |
| <b>Protein</b>            |        | 0.05g            |        |
| <b>Vitamin A</b>          | 6.41IU | <b>Vitamin C</b> | 1.78mg |

**Calcium** 1.29mg **Iron** 0.01mg

# Breakfast ZEE ZEE Bar & Yogurt

|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | 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<br>Ready to eat single serving | 551770     |

## 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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 280.00   |                  |        |
| <b>Fat</b>           | 4.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 5.00mg   |                  |        |
| <b>Sodium</b>        | 120.00mg |                  |        |
| <b>Carbohydrates</b> | 54.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 26.00g   |                  |        |
| <b>Protein</b>       | 7.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 120.00mg | <b>Iron</b>      | 1.80mg |

# Carrot Sticks & Ranch

|                      |              |                       |           |
|----------------------|--------------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 1/2 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   | 0 Cup       |                   | 768146     |
| DRESSING RNCH DIP CUP 100-1Z GFS | 1 Each      |                   | 844730     |

## 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>   | 0.50 |
| <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 1/2 cup

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      |        | 130.52           |        |
| <b>Fat</b>           |        | 13.00g           |        |
| <b>SaturatedFat</b>  |        | 2.00g            |        |
| <b>Trans Fat</b>     |        | 0.00g            |        |
| <b>Cholesterol</b>   |        | 5.00mg           |        |
| <b>Sodium</b>        |        | 270.88mg         |        |
| <b>Carbohydrates</b> |        | 3.12g            |        |
| <b>Fiber</b>         |        | 0.04g            |        |
| <b>Sugar</b>         |        | 2.06g            |        |
| <b>Protein</b>       |        | 0.01g            |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.40mg | <b>Iron</b>      | 0.00mg |

# Ravioli with Meat Balls

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 36.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| RAVIOLI CHS WGRAIN MINI 6-5 TASTY | 252 Each    | 7 per order       | 524650     |
| SAUCE SPAGHETTI FCY 6-10 REDPK    | 9 Cup       |                   | 852759     |
| MEATBALL CKD .65Z 6-5 COMM        | 72 Each     | 2 each serving    | 785860     |

## Preparation Instructions

BAKING:

1. PREHEAT CONVECTION OVEN TO 350 DEGREES F, FAN SPEED ON HIGH.
2. SPRAY BOTTOM AND SIDES OF FULL STEAM TABLE PAN WITH NON-STICK COOKING SPRAY.
3. POUR 6 CUPS OF ROOM TEMPERATURE, CANNED SAUCE INTO THE BOTTOM OF A STAINLESS STEEL PAN AND SPREAD TO COVER THE BOTTOM.
4. PLACE 5 POUNDS OF THAWED RAVIOLI AND COVER WITH 3 CUPS OF ROOM TEMPERATURE, CANNED SAUCE AND 1 CUP OF WATER.
5. SPREAD SAUCE OVER PASTA TO COVER. LIGHTLY APPLY NON-STOCK COOKING SPRING TO BOTTOM OF ALUMINUM FOIL AND COVER THE PAN TIGHTLY WITH THE FOIL.
6. BAKE FOR 20-30 MINUTES OR UNTIL REACHING A MINIMUM INTERNAL TEMPERATURE OF 165 DEGREES F FOR AT LEAST 15 SECONDS.

For the meatballs:

PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 350°F FOR APPROX 30-40 MINUTES.

IF STORING IN A MOIST 145 DEGREES F WARMER, COVER THE PAN WITH PLASTIC FILM AND HOLD UP TO 1 HOUR.

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 0.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.05 |
| <b>OtherVeg</b> | 0.00 |

|                |      |
|----------------|------|
| <b>Legumes</b> | 0.00 |
| <b>Starch</b>  | 0.00 |

## Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 Serving

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 198.42   |                  |        |
| <b>Fat</b>                | 7.00g    |                  |        |
| <b>SaturatedFat</b>       | 2.75g    |                  |        |
| <b>Trans Fat</b>          | 0.30g    |                  |        |
| <b>Cholesterol</b>        | 33.00mg  |                  |        |
| <b>Sodium</b>             | 315.71mg |                  |        |
| <b>Carbohydrates</b>      | 18.13g   |                  |        |
| <b>Fiber</b>              | 1.71g    |                  |        |
| <b>Sugar</b>              | 2.42g    |                  |        |
| <b>Protein</b>            | 14.21g   |                  |        |
| <b>Vitamin A</b>          | 143.33IU | <b>Vitamin C</b> | 4.52mg |
| <b>Calcium</b>            | 133.25mg | <b>Iron</b>      | 1.72mg |

# Alfredo Sauce

|                      |              |                       |                   |
|----------------------|--------------|-----------------------|-------------------|
| <b>Servings:</b>     | 24.00        | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch        |                       |                   |

## Ingredients

| Description                        | Measurement      | Prep Instructions | DistPart # |
|------------------------------------|------------------|-------------------|------------|
| CHEESE PARM IMIT GRTD 2-5 SCHRBR   | 1 1/2 Tablespoon |                   | 595101     |
| SPICE PEPR BLK REST GRIND 16Z TRDE | 1 1/2 Tablespoon |                   | 225061     |
| SPICE GARLIC GRANULATED 24Z TRDE   | 1 1/2 Tablespoon |                   | 513881     |
| BASE SOUP CRM 6-25.22Z LEGO        | 18 11/12 Ounce   | 1 bag             | 157001     |
| Tap Water for Recipes              | 3/4 Gallon       | UNPREPARED        | 000001WTR  |

## Preparation Instructions

1. In a roaster pan, add 1 bag of cream sauce to 1 gallon of water. Mix well.
  2. Stir in Parm cheese, Garlic and Black Pepper.
- Cover and head as needed in the steamer. Heat to 145 F. Reheat to 165 F.

### 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: 24.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 113.01   |                  |        |
| <b>Fat</b>           | 6.30g    |                  |        |
| <b>SaturatedFat</b>  | 5.59g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 378.77mg |                  |        |
| <b>Carbohydrates</b> | 12.54g   |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 1.86g    |                  |        |
| <b>Protein</b>       | 0.62g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 12.42mg  | <b>Iron</b>      | 0.00mg |



# Rotini Pasta With Alfredo (HS)

|                      |              |                       |                   |
|----------------------|--------------|-----------------------|-------------------|
| <b>Servings:</b>     | 24.00        | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch        |                       |                   |

## Ingredients

| Description                        | Measurement       | Prep Instructions | DistPart # |
|------------------------------------|-------------------|-------------------|------------|
| PASTA ROTINI 100 WHLWHE 2-5 GFS    | 3 3/23 Pound      |                   | 867850     |
| BASE SOUP CRM 6-25.22Z LEGO        | 26 6/19 Ounce     | 1 bags            | 157001     |
| Tap Water for Recipes              | 1 1/23 Gallon     | UNPREPARED        | 000001WTR  |
| CHEESE PARM IMIT GRTD 2-5 SCHRBR   | 2 2/23 Cup        |                   | 595101     |
| SPICE PEPR BLK REST GRIND 16Z TRDE | 2 2/23 Tablespoon |                   | 225061     |
| SPICE GARLIC GRANULATED 24Z TRDE   | 2 2/23 Tablespoon |                   | 513881     |

## Preparation Instructions

\*\*\*Cook Pasta and alfredo sauce according to the recipes\*\*\*

1. Place 6 oz. spoodle of pasta in a #2 boat.
  2. Add 2- 3 oz. ladles of cheese sauce.
- Serve with Bosco breadstick.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 2.09 |
| <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: 24.00

Serving Size: 1.00 Serving

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 371.13   |
| <b>Fat</b>                | 11.77g   |
| <b>SaturatedFat</b>       | 7.77g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 0.00mg   |
| <b>Sodium</b>             | 657.56mg |
| <b>Carbohydrates</b>      | 62.84g   |
| <b>Fiber</b>              | 6.26g    |
| <b>Sugar</b>              | 4.68g    |
| <b>Protein</b>            | 8.17g    |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 17.27mg | <b>Iron</b>      | 1.88mg |

# Domino's Smart Slice

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 8.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                     | Measurement | Prep Instructions   | DistPart # |
|---------------------------------|-------------|---------------------|------------|
| Domino's 14" WG LM Cheese Pizza | 8           | 1 slice per serving |            |

## 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: 8.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 260.00   |                  |        |
| <b>Fat</b>           | 7.00g    |                  |        |
| <b>SaturatedFat</b>  | 3.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 540.00mg |                  |        |
| <b>Carbohydrates</b> | 29.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 3.00g    |                  |        |
| <b>Protein</b>       | 20.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

# Oven Roasted Chicken

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                 | Measurement | Prep Instructions               | DistPart # |
|-----------------------------|-------------|---------------------------------|------------|
| CHIX WHL LEG MT IF 48CT GFS | 100 Each    | 1 thigh/leg portion per serving | 726790     |

## Preparation Instructions

1. Place on sheet ray, Season.
2. CONVENTIONAL OVEN @ 375\* FOR 60-70 MINS, CONVECTION OVEN @ 350\*FOR 30 MINS.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.00 |
| <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: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 363.50   |                  |        |
| <b>Fat</b>           | 26.90g   |                  |        |
| <b>SaturatedFat</b>  | 7.90g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 158.00mg |                  |        |
| <b>Sodium</b>        | 142.20mg |                  |        |
| <b>Carbohydrates</b> | 0.00g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 28.40g   |                  |        |
| <b>Vitamin A</b>     | 158.04IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 1.14mg |

# Chicken Tenders (HS)

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                 | Measurement | Prep Instructions    | DistPart # |
|-----------------------------|-------------|----------------------|------------|
| CHIX TNRD WGRAIN FC 4-8 TYS | 400 Piece   | 4 pieces per serving | 283951     |

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.67 |
| <b>Grain</b>    | 1.33 |
| <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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 346.67   |                  |        |
| <b>Fat</b>           | 20.00g   |                  |        |
| <b>SaturatedFat</b>  | 3.33g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 33.33mg  |                  |        |
| <b>Sodium</b>        | 520.00mg |                  |        |
| <b>Carbohydrates</b> | 21.33g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 1.33g    |                  |        |
| <b>Protein</b>       | 20.00g   |                  |        |
| <b>Vitamin A</b>     | 133.33IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 53.33mg  | <b>Iron</b>      | 2.40mg |

# Rotini Pasta (HS)

|                      |              |                       |                   |
|----------------------|--------------|-----------------------|-------------------|
| <b>Servings:</b>     | 25.00        | <b>Category:</b>      | Grain             |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch        |                       |                   |

## Ingredients

| Description                     | Measurement | Prep Instructions   | DistPart # |
|---------------------------------|-------------|---------------------|------------|
| PASTA ROTINI 100 WHLWHE 2-5 GFS | 50 Ounce    | one bag = 25 orders | 867850     |

## Preparation Instructions

1. Place one 5# bag in a roaster pan.
2. Add water to cover the pasta.
3. Place the pan in the steamer and steam for 10 minutes.
4. Quickly and carefully take the pan to the prep sink.
5. Carefully empty the pasta and water into a colander or a perforated pan.
6. Cover and place in the reach-in refrigerator until ready to use.

### 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: 25.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 180.00 |                  |        |
| <b>Fat</b>           | 1.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 41.00g |                  |        |
| <b>Fiber</b>         | 6.00g  |                  |        |
| <b>Sugar</b>         | 2.00g  |                  |        |
| <b>Protein</b>       | 7.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 1.80mg |

# Apple Cinnamon Breakfast Stick

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast    |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| APPLESTICK WGRAIN 7 IW 72CT BOSCO | 50 Each     | 1 per serving     | 518721     |

## Preparation Instructions

### BAKE

Conventional Oven

1. Preheat oven to 350° F.
2. Place Apple Sticks on a baking sheet.
3. THAWED: 12-14 minutes. FROZEN: 20-22 minutes.
5. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

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

### THAW

Thawing Instructions

1. Thaw before baking.
2. Keep Apple Sticks covered while thawing.
3. Apple Sticks may be thawed in packaging.
4. Apple Sticks have 8 days shelf life when refrigerated.

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

### NOTES:

Warming Cabinet Avoid placing Apple Sticks directly on a heated shelf. Best if placed on a baking rack that is slightly elevated from the hot shelf. For best quality results open wrapper and hold in a warmer for a maximum of 2 hours. Maximum hold time with wrapper closed is 1 hour. Individually wrapped Apple Sticks have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary.

## 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: 50.00

Serving Size: 1.00 Serving

|                           |         |                  |        |
|---------------------------|---------|------------------|--------|
| <b>Amount Per Serving</b> |         |                  |        |
| <b>Calories</b>           |         | 200.00           |        |
| <b>Fat</b>                |         | 3.00g            |        |
| <b>SaturatedFat</b>       |         | 0.50g            |        |
| <b>Trans Fat</b>          |         | 0.00g            |        |
| <b>Cholesterol</b>        |         | 0.00mg           |        |
| <b>Sodium</b>             |         | 170.00mg         |        |
| <b>Carbohydrates</b>      |         | 38.00g           |        |
| <b>Fiber</b>              |         | 3.00g            |        |
| <b>Sugar</b>              |         | 9.00g            |        |
| <b>Protein</b>            |         | 5.00g            |        |
| <b>Vitamin A</b>          | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 20.00mg | <b>Iron</b>      | 1.80mg |



# Breakfast Yogurt Parfaits

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <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 # |
|---------------------------------------|-------------|-------------------|------------|
| YOGURT VAN L/F PARFPR 6-4 YOPL        | 1 Ounce     |                   | 811500     |
| CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY | 1 Cup       |                   | 711664     |
| BLUEBERRIES FZ WILD IQF 30 COMM       | 1 Cup       |                   | 764740     |

## Preparation Instructions

Using a 6 oz. portion cup add

- 1/2 cup fruit on the bottom of the cup.
- 4 oz. Yogurt.
- Topped with 1 oz. of granola.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.25 |
| <b>Grain</b>    | 2.33 |
| <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>      | 438.33   |                  |        |
| <b>Fat</b>           | 12.19g   |                  |        |
| <b>SaturatedFat</b>  | 1.46g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.63mg   |                  |        |
| <b>Sodium</b>        | 270.46mg |                  |        |
| <b>Carbohydrates</b> | 75.54g   |                  |        |
| <b>Fiber</b>         | 10.00g   |                  |        |
| <b>Sugar</b>         | 33.50g   |                  |        |
| <b>Protein</b>       | 6.21g    |                  |        |
| <b>Vitamin A</b>     | 125.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 25.00mg  | <b>Iron</b>      | 1.44mg |

# Cucumbers & Tomatoes

|                      |              |                       |           |
|----------------------|--------------|-----------------------|-----------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch        |                       |           |

## Ingredients

| Description                   | Measurement | Prep Instructions   | DistPart # |
|-------------------------------|-------------|---------------------|------------|
| CUCUMBER SELECT SUPER 45 MRKN | 50 Cup      | 1/4 cup per serving | 198587     |
| TOMATO GRAPE SWT 10 MRKN      | 1100 Each   | 1/4 cup per serving | 129631     |
| DRESSING ITAL FF 4-1GAL KENS  | 2 Cup       |                     | 188875     |

## Preparation Instructions

Cut cucumbers into 1/2 circles about 1/8" thick.

Add Cherry tomatoes.

toss with 2 cups of Italian Dressing.

scoop into 1/2 cup servings.

### 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>   | 0.25 |
| <b>OtherVeg</b> | 0.25 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 6.38             |        |
| <b>Fat</b>           |         | 0.05g            |        |
| <b>SaturatedFat</b>  |         | 0.00g            |        |
| <b>Trans Fat</b>     |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 0.00mg           |        |
| <b>Sodium</b>        |         | 78.92mg          |        |
| <b>Carbohydrates</b> |         | 1.50g            |        |
| <b>Fiber</b>         |         | 0.16g            |        |
| <b>Sugar</b>         |         | 0.83g            |        |
| <b>Protein</b>       |         | 0.15g            |        |
| <b>Vitamin A</b>     | 31.05IU | <b>Vitamin C</b> | 0.79mg |
| <b>Calcium</b>       | 4.21mg  | <b>Iron</b>      | 0.08mg |

# Pasta Meat Sauce (HS)

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 24.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions                   | DistPart # |
|--------------------------------------|-------------|-------------------------------------|------------|
| PASTA ROTINI 100 WHLWHE 2-5 GFS      | 3 Pound     | One 6 oz. Spoodle equals 1 serving. | 867850     |
| SAUCE SPAGHETTI BF REDC FAT 6-5 COMM | 10 Pound    | 1 serving equals 1 - 6 oz. ladle    | 573201     |

## Preparation Instructions

Thaw in the walk-in cooler.

1. Place bags in a roaster pan and steam until internal temperature reaches 165\*.
2. Place on the serving line or place in warmer until needed. (Maintain a 135\* hold Temperature)

Serve with one Bosco Breadstick.

\*Note: 1 - 5# bag equals 24 Servings

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.38 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.60 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 378.81   |                  |         |
| <b>Fat</b>           | 9.33g    |                  |         |
| <b>SaturatedFat</b>  | 3.33g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 65.48mg  |                  |         |
| <b>Sodium</b>        | 345.24mg |                  |         |
| <b>Carbohydrates</b> | 51.71g   |                  |         |
| <b>Fiber</b>         | 8.38g    |                  |         |
| <b>Sugar</b>         | 10.33g   |                  |         |
| <b>Protein</b>       | 24.86g   |                  |         |
| <b>Vitamin A</b>     | 770.24IU | <b>Vitamin C</b> | 22.62mg |
| <b>Calcium</b>       | 52.38mg  | <b>Iron</b>      | 4.18mg  |

# Cheese Sauce for Pasta

|                      |              |                       |                   |
|----------------------|--------------|-----------------------|-------------------|
| <b>Servings:</b>     | 42.00        | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch        |                       |                   |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| BASE SOUP CRM 6-25.22Z LEGO      | 36 Gram     |                   | 157001     |
| SAUCE CHS CHED POUCH 6-106Z LOL  | 106 Ounce   |                   | 135261     |
| Tap Water for Recipes            | 1 Gallon    | UNPREPARED        | 000001WTR  |
| SPICE GARLIC GRANULATED 20 TRDE  | 2 Teaspoon  |                   | 228435     |
| SPICE PEPR BLK REST GRIND 5 TRDE | 2 Teaspoon  |                   | 242179     |

## Preparation Instructions

1. Mix all ingredients in a roaster pan.
2. Place in the reach-in refrigerator until needed.

Heat desired amount in the steamer for about 10 minutes. Place on the line or in the warmer. (Maintain a 135\* holding temperature)

6 oz. = 1 Serving Size

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.26 |
| <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: 42.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 130.48   |                  |        |
| <b>Fat</b>           | 9.07g    |                  |        |
| <b>SaturatedFat</b>  | 5.89g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.24mg  |                  |        |
| <b>Sodium</b>        | 519.05mg |                  |        |
| <b>Carbohydrates</b> | 4.26g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.07g    |                  |        |
| <b>Protein</b>       | 6.33g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |

|                |          |             |        |
|----------------|----------|-------------|--------|
| <b>Calcium</b> | 264.21mg | <b>Iron</b> | 0.00mg |
|----------------|----------|-------------|--------|

# Pasta with Cheese Sauce

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 37.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                        | Measurement   | Prep Instructions          | DistPart # |
|------------------------------------|---------------|----------------------------|------------|
| PASTA ROTINI 100 WHLWHE 2-5 GFS    | 3 Pound       | 1 serving = 6 oz. servi ng | 867850     |
| BASE SOUP CRM 6-25.22Z LEGO        | 25 2/9 Ounce  |                            | 157001     |
| Tap Water for Recipes              | 1 Gallon      | UNPREPARED                 | 000001WTR  |
| SAUCE CHS WHT BLND 6-106Z LOL      | 1 Fluid Ounce |                            | 235631     |
| SPICE PEPR BLK REST GRIND 16Z TRDE | 2 Teaspoon    |                            | 225061     |
| SPICE GARLIC GRANULATED 7.25 TRDE  | 2 Teaspoon    |                            | 514047     |

## Preparation Instructions

\*\*Follow the recipe preparing Pasta.

\*\*Follow the recipe for preparing Cheese sauce.

1. Place one 6 oz. spoodle in a #2 boat.
  2. Add 2 - 3 oz. ladles of cheese sauce.
- serve with Bosco breadstick.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.01 |
| <b>Grain</b>    | 1.30 |
| <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: 37.00

Serving Size: 1.00 Serving

Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 214.74   |
| <b>Fat</b>           | 6.11g    |
| <b>SaturatedFat</b>  | 4.89g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 0.27mg   |
| <b>Sodium</b>        | 327.64mg |
| <b>Carbohydrates</b> | 37.36g   |
| <b>Fiber</b>         | 3.89g    |
| <b>Sugar</b>         | 2.91g    |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Protein</b>   |         | 5.16g            |        |
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 13.99mg | <b>Iron</b>      | 1.17mg |

# Pasta Alfredo with Meatballs (HS)

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 24.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions              | DistPart # |
|------------------------------------|-------------|--------------------------------|------------|
| PASTA ROTINI 100 WHLWHE 2-5 GFS    | 3 Pound     | 1 serving equals 6 oz. serving | 867850     |
| BASE SOUP CRM 6-25.22Z LEGO        | 25 2/9 Gram |                                | 157001     |
| Tap Water for Recipes              | 1           | UNPREPARED                     | 000001WTR  |
| SPICE PEPR BLK REST GRIND 16Z TRDE | 2 Teaspoon  |                                | 225061     |
| SPICE GARLIC GRANULATED 7.25 TRDE  | 2 Teaspoon  |                                | 514047     |
| MEATBALL CKD .65Z 6-5 COMM         | 48 Each     | 2 meatballs per serving        | 785860     |

## Preparation Instructions

\*\*\*Cook Pasta, alfredo sauce, and meatballs according to the recipes\*\*\*

Serving Instructions:

1. Add 6 oz. of pasta to a #2 boat.
2. Add Two 3 oz. ladles of alfredo sauce.
3. Add 2 meatballs.

Serve with a Bosco breadstick

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <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: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 260.75   |
| <b>Fat</b>           | 5.79g    |
| <b>SaturatedFat</b>  | 2.01g    |
| <b>Trans Fat</b>     | 0.30g    |
| <b>Cholesterol</b>   | 18.00mg  |
| <b>Sodium</b>        | 125.51mg |
| <b>Carbohydrates</b> | 44.08g   |



|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Fiber</b>     | 6.50g   |                  |        |
| <b>Sugar</b>     | 3.09g   |                  |        |
| <b>Protein</b>   | 13.03g  |                  |        |
| <b>Vitamin A</b> | 2.50IU  | <b>Vitamin C</b> | 0.50mg |
| <b>Calcium</b>   | 32.58mg | <b>Iron</b>      | 2.80mg |

# Pasta with Cheese Sauce & Meatballs

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 38.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions                  | DistPart # |
|------------------------------------|-------------|------------------------------------|------------|
| PASTA ROTINI 100 WHLWHE 2-5 GFS    | 3 1/2 Pound | one 6 oz. spoodle equals 1 serving | 867850     |
| BASE SOUP CRM 6-25.22Z LEGO        | 25 2/9 Gram |                                    | 157001     |
| SAUCE CHS WHT BLND 6-106Z LOL      | 106 Ounce   |                                    | 235631     |
| SPICE PEPR BLK REST GRIND 16Z TRDE | 2 Teaspoon  |                                    | 225061     |
| SPICE GARLIC GRANULATED 7.25 TRDE  | 2 Teaspoon  |                                    | 514047     |
| MEATBALL CKD .65Z 6-5 COMM         | 38 Each     | two meatballs per serving.         | 785860     |
| Tap Water for Recipes              | 1 Gallon    | UNPREPARED                         | 000001WTR  |

## Preparation Instructions

\*\*\*Cook Pasta, cheese sauce and meatballs according to the recipes\*\*\*

Serving Instructions:

1. Add one 6 oz. spoodle of pasta to a #2 boat.
2. Add two 3 oz. ladles of cheese sauce.
3. Add 2 meatballs.

Serve with one Bosco Breadstick

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.43 |
| <b>Grain</b>    | 1.47 |
| <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: 38.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 294.58           |        |
| <b>Fat</b>           |          | 12.47g           |        |
| <b>SaturatedFat</b>  |          | 6.62g            |        |
| <b>Trans Fat</b>     |          | 0.15g            |        |
| <b>Cholesterol</b>   |          | 36.89mg          |        |
| <b>Sodium</b>        |          | 567.17mg         |        |
| <b>Carbohydrates</b> |          | 34.62g           |        |
| <b>Fiber</b>         |          | 4.67g            |        |
| <b>Sugar</b>         |          | 2.96g            |        |
| <b>Protein</b>       |          | 15.61g           |        |
| <b>Vitamin A</b>     | 94.23IU  | <b>Vitamin C</b> | 0.25mg |
| <b>Calcium</b>       | 295.32mg | <b>Iron</b>      | 1.83mg |

# Cheese Pizza (HS)

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 8.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                      | Measurement | Prep Instructions    | DistPart # |
|----------------------------------|-------------|----------------------|------------|
| DOUGH BALL PIZZA WGRAIN 12-22Z   | 8 Slice     |                      | 566960     |
| SAUCE PIZZA W/BASL 6-10 REDPK    | 1/2 Cup     | READY_TO_EAT<br>None | 256013     |
| CHEESE MOZZ SHRD 4-5 LOL         | 1 Cup       |                      | 645170     |
| CHEESE BLND MOZZ/PROV DCD 4-5 PG | 1/2 Cup     |                      | 529249     |

## Preparation Instructions

Dough Prep: REMOVE THE AMOUNT OF DOUGH BALLS NEEDED FOR THAWING FROM THE CASE. PLACE THEM ON A VEGETABLE SPRAYED SHEET TRAY. SPRAY THE TOPS, THEN COVER. THAW AND PROOF OVERNIGHT IN FRIDGE.

Remove the dough balls and proof at room temperature. Place the dough ball in the dough press. remove and dock the dough.

Place the dough on a pizza screen, then evenly spread the pizza sauce on the dough.

evenly sprinkle the cheeses on the pizza then bake at the appropriate time and temperature.

evenly cut the pizza into 8 slices.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.50 |
| <b>Grain</b>    | 2.25 |
| <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 |

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 205.00   |
| <b>Fat</b>           | 6.75g    |
| <b>SaturatedFat</b>  | 3.75g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 13.75mg  |
| <b>Sodium</b>        | 307.50mg |
| <b>Carbohydrates</b> | 25.25g   |
| <b>Fiber</b>         | 1.50g    |
| <b>Sugar</b>         | 1.50g    |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Protein</b>   |          | 10.25g           |        |
| <b>Vitamin A</b> | 50.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 157.50mg | <b>Iron</b>      | 1.10mg |

# Pepperoni Pizza (HS)

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 8.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast    |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions    | DistPart # |
|-----------------------------------|-------------|----------------------|------------|
| DOUGH BALL PIZZA WGRAIN 12-22Z    | 8 Slice     |                      | 566960     |
| SAUCE PIZZA W/BASL 6-10 REDPK     | 1/2 Cup     | READY_TO_EAT<br>None | 256013     |
| PEPPERONI SLCD 14-16/Z 2-12.5 GFS | 29 Slice    |                      | 729973     |
| CHEESE MOZZ SHRD 4-5 LOL          | 1/2 Cup     |                      | 645170     |
| CHEESE BLND MOZZ/PROV DCD 4-5 PG  | 1/4 Cup     |                      | 529249     |

## Preparation Instructions

Dough Prep: REMOVE THE AMOUNT OF DOUGH BALLS NEEDED FOR THAWING FROM THE CASE. PLACE THEM ON A VEGETABLE SPRAYED SHEET TRAY. SPRAY THE TOPS, THEN COVER. THAW AND PROOF OVERNIGHT IN FRIDGE.

Remove the dough balls and proof at room temperature. Place the dough ball in the dough press. remove and dock the dough.

Place the dough on a pizza screen, then evenly spread the pizza sauce on the dough.

Evenly sprinkle the cheeses on the pizza.

Place pepperoni on the pizza 16/9/4

Bake at the appropriate time and temperature.

Evenly cut the pizza into 8 slices.

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.25 |
| <b>Grain</b>    | 2.25 |
| <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 |

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Serving

| <b>Amount Per Serving</b> |         |                  |        |
|---------------------------|---------|------------------|--------|
| <b>Calories</b>           |         | 202.97           |        |
| <b>Fat</b>                |         | 7.32g            |        |
| <b>SaturatedFat</b>       |         | 3.28g            |        |
| <b>Trans Fat</b>          |         | 0.00g            |        |
| <b>Cholesterol</b>        |         | 13.67mg          |        |
| <b>Sodium</b>             |         | 339.22mg         |        |
| <b>Carbohydrates</b>      |         | 24.88g           |        |
| <b>Fiber</b>              |         | 1.50g            |        |
| <b>Sugar</b>              |         | 1.25g            |        |
| <b>Protein</b>            |         | 9.11g            |        |
| <b>Vitamin A</b>          | 25.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 78.75mg | <b>Iron</b>      | 1.18mg |

# Popper Wrap

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

## Ingredients

| Description                           | Measurement  | Prep Instructions    | DistPart # |
|---------------------------------------|--------------|----------------------|------------|
| CHIX PCORN BITES HOT&SPCY WGRAIN 4-8  | 8 Piece      | 11 pc. each serving  | 327130     |
| TORTILLA WRP 12 TOM 6-12 TYS          | 1/2 Each     | 1/2 wrap per serving | 769002     |
| ONION RED JUMBO 10 P/L                | 2 Tablespoon |                      | 596973     |
| PEPPERS BAN RING HOT 900CT 4-1GAL GFS | 1 Tablespoon |                      | 466251     |
| LETTUCE ROMAINE CHOP 6-2 RSS          | 1/4 Cup      |                      | 735787     |
| TOMATO 5X6 XL 25 MRKN                 | 2 Tablespoon |                      | 206032     |
| OLIVE RIPE SLCD BLK SPAIN 6-10 GFS    | 2 Tablespoon |                      | 324531     |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL    | 1 Slice      |                      | 722360     |
| DRESSING RNCH LT 4-1GAL GCHC          | 2 Tablespoon |                      | 472999     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.95 |
| <b>Grain</b>    | 0.73 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.13 |
| <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 Serving

|                           |           |
|---------------------------|-----------|
| <b>Amount Per Serving</b> |           |
| <b>Calories</b>           | 486.45    |
| <b>Fat</b>                | 21.06g    |
| <b>SaturatedFat</b>       | 5.33g     |
| <b>Trans Fat</b>          | 0.00g     |
| <b>Cholesterol</b>        | 27.05mg   |
| <b>Sodium</b>             | 1675.68mg |
| <b>Carbohydrates</b>      | 54.93g    |
| <b>Fiber</b>              | 3.95g     |



|                            |                          |
|----------------------------|--------------------------|
| <b>Sugar</b>               | 10.64g                   |
| <b>Protein</b>             | 17.28g                   |
| <b>Vitamin A</b> 1511.28IU | <b>Vitamin C</b> 23.77mg |
| <b>Calcium</b> 165.35mg    | <b>Iron</b> 4.25mg       |

# Cheddar Pretzel Stick

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 72.00        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                            | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| BREADSTICK PRTZL CHED WGRAIN 6<br>72CT | 72 Each     | 1 per serving     | 665230     |

## Preparation Instructions

### BAKE

Conventional Oven

1. Preheat oven to 350° F.
2. Place Pretzel Sticks on a baking sheet.
3. Let stand 2 minutes before serving.

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

### THAW

Thawing Instructions

1. Thaw before baking.
2. Keep Pretzel sticks covered while thawing.
3. Pretzel Sticks have 8 days shelf life when refrigerated.

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

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.50 |
| <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: 72.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 200.00   |
| <b>Fat</b>           | 7.00g    |
| <b>SaturatedFat</b>  | 2.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 10.00mg  |
| <b>Sodium</b>        | 230.00mg |
| <b>Carbohydrates</b> | 27.00g   |
| <b>Fiber</b>         | 3.00g    |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Sugar</b>     |         |                  | 3.00g  |
| <b>Protein</b>   |         |                  | 7.00g  |
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 80.00mg | <b>Iron</b>      | 1.44mg |

# Sloppy Joe

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| SLOPPY JOE REDUCED FAT 6-5 COMM   | 300 Ounce   | 3 oz. per serving | 564790     |
| BUN HAMB WHLWHE 3.5 R/SOD 10-12CT | 100 Each    |                   | 676151     |
| CHEESE AMER 160CT SLCD 6-5 COMM   | 100 Slice   |                   | 150260     |

## Preparation Instructions

Thaw bags of sloppy joe mix in the refrigerator.

Add Thawed sloppy Joe mix to a roaster pan cover and steam or cook in the oven until temperature reaches 145\* F.

Place in the warmer or serving line.

Use a #10 scoop.

Offer American cheese.

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.15 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.11 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 274.83   |                  |        |
| <b>Fat</b>           | 10.96g   |                  |        |
| <b>SaturatedFat</b>  | 4.32g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 48.86mg  |                  |        |
| <b>Sodium</b>        | 664.63mg |                  |        |
| <b>Carbohydrates</b> | 28.26g   |                  |        |
| <b>Fiber</b>         | 5.65g    |                  |        |
| <b>Sugar</b>         | 9.11g    |                  |        |
| <b>Protein</b>       | 17.74g   |                  |        |
| <b>Vitamin A</b>     | 379.34IU | <b>Vitamin C</b> | 4.96mg |
| <b>Calcium</b>       | 149.60mg | <b>Iron</b>      | 2.37mg |

# Turkey Sandwich

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

## Ingredients

| Description                         | Measurement  | Prep Instructions | DistPart # |
|-------------------------------------|--------------|-------------------|------------|
| TURKEY BRST SLCD OVN RSTD 6-2 JENNO | 2 Ounce      |                   | 689541     |
| BUN SUB SLCD WGRAIN 5 12-8CT GFS    | 1 Each       |                   | 276142     |
| LETTUCE ROMAINE RIBBONS 6-2 RSS     | 1/4 Cup      |                   | 451730     |
| TOMATO 5X6 XL 25 MRKN               | 2 Ounce      |                   | 206032     |
| CHEESE AMER 160CT SLCD 6-5 COMM     | 1 Slice      |                   | 150260     |
| DRESSING ITAL FF 4-1GAL KENS        | 2 Tablespoon |                   | 188875     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.87 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 2.00 |
| <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 Serving

#### Amount Per Serving

|                            |                          |
|----------------------------|--------------------------|
| <b>Calories</b>            | 348.94                   |
| <b>Fat</b>                 | 7.64g                    |
| <b>SaturatedFat</b>        | 3.20g                    |
| <b>Trans Fat</b>           | 0.00g                    |
| <b>Cholesterol</b>         | 36.47mg                  |
| <b>Sodium</b>              | 1200.67mg                |
| <b>Carbohydrates</b>       | 46.50g                   |
| <b>Fiber</b>               | 7.65g                    |
| <b>Sugar</b>               | 16.50g                   |
| <b>Protein</b>             | 24.53g                   |
| <b>Vitamin A</b> 2998.80IU | <b>Vitamin C</b> 49.32mg |
| <b>Calcium</b> 201.50mg    | <b>Iron</b> 3.03mg       |

# Italian Deli Sub

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

## Ingredients

| Description                           | Measurement  | Prep Instructions | DistPart # |
|---------------------------------------|--------------|-------------------|------------|
| TURKEY ITAL COMBO SLCD 12-1 JENNO     | 2 Ounce      |                   | 199721     |
| CHEESE MOZZ SHRD 4-5 LOL              | 2 Ounce      |                   | 645170     |
| TOMATO 5X6 XL 25 MRKN                 | 2 Tablespoon |                   | 206032     |
| LETTUCE ROMAINE RIBBONS 6-2 RSS       | 1/4 Cup      |                   | 451730     |
| OLIVE RIPE SLCD BLK SPAIN 6-10 GFS    | 1 Tablespoon |                   | 324531     |
| PEPPERS BAN RING HOT 900CT 4-1GAL GFS | 1 Ounce      |                   | 466251     |
| DRESSING ITAL FF 4-1GAL KENS          | 2 Tablespoon |                   | 188875     |
| BUN SUB SLCD WGRAIN 5 12-8CT GFS      | 1 Each       |                   | 276142     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.33 |
| <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 Serving

|                           |           |
|---------------------------|-----------|
| <b>Amount Per Serving</b> |           |
| <b>Calories</b>           | 358.75    |
| <b>Fat</b>                | 13.83g    |
| <b>SaturatedFat</b>       | 5.73g     |
| <b>Trans Fat</b>          | 0.00g     |
| <b>Cholesterol</b>        | 53.67mg   |
| <b>Sodium</b>             | 1726.13mg |
| <b>Carbohydrates</b>      | 35.21g    |
| <b>Fiber</b>              | 3.53g     |
| <b>Sugar</b>              | 7.63g     |
| <b>Protein</b>            | 22.53g    |

|                  |          |                  |         |
|------------------|----------|------------------|---------|
| <b>Vitamin A</b> | 187.43IU | <b>Vitamin C</b> | 14.22mg |
| <b>Calcium</b>   | 317.92mg | <b>Iron</b>      | 3.28mg  |

# Beef Nacho

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

## Ingredients

| Description                         | Measurement   | Prep Instructions  | DistPart # |
|-------------------------------------|---------------|--|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 1/4 Cup       | # 16 scoop   | 722330     |
| TORTILLA CHIP RND YELLOW 40-3Z      | 2 Ounce       |  | 647320     |
| SAUCE CHS CHED POUCH 6-106Z LOL     | 2 Fluid Ounce |  | 135261     |
| TOMATO 5X6 XL 25 MRKN               | 1 Tablespoon  |  | 206032     |
| OLIVE RIPE SLCD BLK SPAIN 6-10 GFS  | 1 Tablespoon  |  | 324531     |
| ONION GREEN BUNCHES 4-2 RSS         | 1 Tablespoon  |  | 198889     |
| PEPPERS JALAP SLCD 6-.5GAL GRSZ     | 1 Ounce       |  | 499943     |
| LETTUCE ROMAINE RIBBONS 6-2 RSS     | 1/4 Cup       |  | 451730     |
| SOUR CREAM L/F 4-5 RGNLBRND         | 1 Tablespoon  | GRILL<br>Defrost 24 hours before consumption in refrigerator.Cook thoroughly | 534331     |

## Preparation Instructions

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.26 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.08 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| <b>Amount Per Serving</b> |          |                  |         |
|---------------------------|----------|------------------|---------|
| <b>Calories</b>           |          | 494.81           |         |
| <b>Fat</b>                |          | 26.62g           |         |
| <b>SaturatedFat</b>       |          | 8.64g            |         |
| <b>Trans Fat</b>          |          | 0.18g            |         |
| <b>Cholesterol</b>        |          | 47.08mg          |         |
| <b>Sodium</b>             |          | 1329.73mg        |         |
| <b>Carbohydrates</b>      |          | 48.09g           |         |
| <b>Fiber</b>              |          | 3.90g            |         |
| <b>Sugar</b>              |          | 3.32g            |         |
| <b>Protein</b>            |          | 18.18g           |         |
| <b>Vitamin A</b>          | 603.81IU | <b>Vitamin C</b> | 13.95mg |
| <b>Calcium</b>            | 350.86mg | <b>Iron</b>      | 2.63mg  |

# Mesquite Chicken Nacho

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

## Ingredients

| Description                         | Measurement  | Prep Instructions | DistPart # |
|-------------------------------------|--------------|-------------------|------------|
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 2 Ounce      |                   | 570533     |
| SAUCE CHS QUESO BLANCO FZ 6-5 JTM   | 2 Ounce      |                   | 722110     |
| TOMATO 5X6 XL 25 MRKN               | 2 Tablespoon |                   | 206032     |
| OLIVE RIPE SLCD BLK SPAIN 6-10 GFS  | 1 Tablespoon |                   | 324531     |
| ONION GREEN BUNCHES 4-2 RSS         | 1 Tablespoon |                   | 198889     |
| PEPPERS JALAP SLCD 6-.5GAL GRSZ     | 1 Tablespoon |                   | 499943     |
| SOUR CREAM L/F 4-5 RGNLBRND         | 1 Tablespoon |                   | 534331     |
| LETTUCE ROMAINE RIBBONS 6-2 RSS     | 1/4 Cup      |                   | 451730     |
| CHIP TORTL RND YEL 5-1.5 KE         | 22 Piece     |                   | 163020     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.33 |
| <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 Serving

|                           |           |
|---------------------------|-----------|
| <b>Amount Per Serving</b> |           |
| <b>Calories</b>           | 551.22    |
| <b>Fat</b>                | 26.88g    |
| <b>SaturatedFat</b>       | 9.31g     |
| <b>Trans Fat</b>          | 0.00g     |
| <b>Cholesterol</b>        | 71.67mg   |
| <b>Sodium</b>             | 1199.13mg |
| <b>Carbohydrates</b>      | 49.04g    |
| <b>Fiber</b>              | 4.78g     |
| <b>Sugar</b>              | 2.38g     |

|                           |                          |
|---------------------------|--------------------------|
| <b>Protein</b>            | 24.20g                   |
| <b>Vitamin A</b> 687.43IU | <b>Vitamin C</b> 12.08mg |
| <b>Calcium</b> 319.75mg   | <b>Iron</b> 1.89mg       |

# Cheese Nacho

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

## Ingredients

| Description                        | Measurement   | Prep Instructions  | DistPart # |
|------------------------------------|---------------|--|------------|
| SAUCE CHS CHED POUCH 6-106Z LOL    | 2 Fluid Ounce |  | 135261     |
| LETTUCE ROMAINE RIBBONS 6-2 RSS    | 1/4 Cup       |  | 451730     |
| TOMATO 5X6 XL 25 MRKN              | 2 Tablespoon  |  | 206032     |
| OLIVE RIPE SLCD BLK SPAIN 6-10 GFS | 1 Tablespoon  |  | 324531     |
| ONION GREEN BUNCHES 4-2 RSS        | 1 Tablespoon  |  | 198889     |
| PEPPERS JALAP SLCD 6-.5GAL GRSZ    | 1 Ounce       |  | 499943     |
| SOUR CREAM L/F 4-5 RGNLBRND        | 2 Tablespoon  | GRILL<br>Defrost 24 hours before consumption in refrigerator.Cook thoroughly | 534331     |
| CHIP TORTL RND YEL 5-1.5 KE        | 22 Piece      |  | 163020     |

## Preparation Instructions

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <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 Serving

|                           |           |
|---------------------------|-----------|
| <b>Amount Per Serving</b> |           |
| <b>Calories</b>           | 464.05    |
| <b>Fat</b>                | 22.80g    |
| <b>SaturatedFat</b>       | 8.26g     |
| <b>Trans Fat</b>          | 0.00g     |
| <b>Cholesterol</b>        | 30.00mg   |
| <b>Sodium</b>             | 1086.13mg |
| <b>Carbohydrates</b>      | 50.38g    |

|                  |          |                  |         |
|------------------|----------|------------------|---------|
| <b>Fiber</b>     | 4.78g    |                  |         |
| <b>Sugar</b>     | 2.88g    |                  |         |
| <b>Protein</b>   | 11.20g   |                  |         |
| <b>Vitamin A</b> | 287.43IU | <b>Vitamin C</b> | 12.08mg |
| <b>Calcium</b>   | 353.25mg | <b>Iron</b>      | 1.41mg  |

# Sloppy Joe

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions                            | DistPart # |
|-----------------------------------|-------------|--|------------|
| SLOPPY JOE REDUCED FAT 6-5 COMM   | 300 Ounce   | 3oz. portions for each sandwich<br>#10 Scoop | 564790     |
| CHEESE AMER 160CT SLCD 6-5 COMM   | 300 Slice   | 1 slice each sandwich                        | 150260     |
| BUN HAMB WHLWHE 3.5 R/SOD 10-12CT | 1 Each      |  | 676151     |

## Preparation Instructions

Steam or heat in a roaster pan until internal temperature reaches 165\* F.

1 level #10 scoop, 1 slice of American cheese.

1 bun.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.15 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.11 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving        |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 285.83                  |
| <b>Fat</b>                | 18.47g                  |
| <b>SaturatedFat</b>       | 9.32g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 73.86mg                 |
| <b>Sodium</b>             | 1020.58mg               |
| <b>Carbohydrates</b>      | 11.45g                  |
| <b>Fiber</b>              | 1.69g                   |
| <b>Sugar</b>              | 8.13g                   |
| <b>Protein</b>            | 19.78g                  |
| <b>Vitamin A</b> 379.34IU | <b>Vitamin C</b> 4.96mg |
| <b>Calcium</b> 273.00mg   | <b>Iron</b> 1.66mg      |

# Cinnamon Maple French Toast Bites

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 6.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | 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

|                 |      |
|-----------------|------|
| <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: 50.00

Serving Size: 6.00 Each

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