

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

Mesquite Chicken Nacho

Cheese Nacho

Sloppy Joe

Cinnamon Maple French Toast Bites

Fish Sticks

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

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	350.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Criss-Cross Sweet Potato Fries

Servings:	80.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

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

Beef Taco

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

Meat	2.53
Grain	1.75
Fruit	0.00
GreenVeg	0.17
RedVeg	0.12

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Grilled Cheese

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Stuffed Crust Pizza

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	340.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	890.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	190.00mg	Iron	2.00mg

Chicken Nuggets

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

Ingredients

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

Preparation Instructions

Basic Preparation:

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

School Equivalents:

Child Nutrition Label: Yes

Serving Size: 5 Each

Meat/Meat Alternative: n/a

Fruit/Vegetables: n/a

Grain/Breads: n/a

Updated For New Final Rule:

Meat/Meat Alternative: 2 oz

Grain/Breads: 1 oz eq

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

Deli Roasters

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

Ingredients

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

Preparation Instructions

BAKE

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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.49

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Burger

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Chicken Taco

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

Meat	1.97
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Green Beans

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

Ingredients

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

Preparation Instructions

Add green beans to a large roaster.

Add 1/2 gallon of water.

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

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	19.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

French Toast

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Fiesta Black Beans

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

Ingredients

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

Preparation Instructions

Heat & Serve.

Heat beans to 145* F.

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Calzone with Marinara Sauce

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each		135191
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT 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

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Breaded Chicken Sandwich

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

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Crinkle Cut Baked Fries

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	25 Pound	100 orders equals 5 - 5# bags. 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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.79

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Curly Twister Fries

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.89

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Sweet Potato Crinkle Cut Fries

Servings:	80.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.44
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Waffle Fries

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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.66

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Black Pepper Fries

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	160.00		
Fat	8.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	490.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

Triangle Hash Browns

Servings:	120.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.45

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

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

Mini Corn Dog

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	180.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	280.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	4.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 1.44mg

Mixed Green Salad

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

Ingredients

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

Preparation Instructions

1 cup per serving add 2 cherry tomatoes.

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Drum Stick

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

Ingredients

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

Preparation Instructions

BAKE

Preparation: Appliances vary, adjust accordingly.

Conventional Oven

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

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

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

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

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

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Brown Rice

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

French Bread Pizza

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Popcorn Chicken Bites

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX 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

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Mac & Cheese

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

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Lasagna Roll-ups

Servings:	110.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Serving

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

Garlic Bread

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT 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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	80.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	11.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

Chicken Strips

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX 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

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Orange

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Fresh Blueberry Cup

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

Ingredients

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

Preparation Instructions

Serving

1/2 cup #8 scoop

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

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

Corn

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

BBQ Meatball Bowl (MS)

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Soft Pretzel

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	70.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

Meatloaf With Cheese

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Sausage Links

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Celery & Carrot Sticks

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	4 Ounce	2 oz. celery 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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	1.14
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Chicken Quesadilla

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	700.00mg		
Carbohydrates	37.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	180.00mg	Iron	2.70mg

Fresh Cooked Carrots

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Hot Dog on a bun

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

Ingredients

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

Preparation Instructions

Basic Preparation

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Baked Beans

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

Ingredients

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

Preparation Instructions

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

CONTAINS PORK

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Cornbread Muffin

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

Ingredients

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

Preparation Instructions

Thaw & Serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	180.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	90.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	1.00mg

Boneless Wings with dipping sauce

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

Meat	2.50
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Calcium	0.00mg	Iron	0.90mg
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Mashed Potatoes

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO 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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	119.81
Fat	3.68g
SaturatedFat	0.67g
Trans Fat	1.00g
Cholesterol	0.00mg
Sodium	42.64mg
Carbohydrates	19.19g
Fiber	1.92g
Sugar	0.00g
Protein	1.92g

Vitamin A	167.20IU	Vitamin C	28.79mg
Calcium	19.21mg	Iron	0.35mg

Breakfast Pizza

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

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Yogurt & Graham Crisps

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	50 Each	READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Mini Waffles

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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

Fruit Frudels

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

Ingredients

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

Preparation Instructions

BAKE

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Breakfast Fruit Muffins

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	180.00		
Fat	8.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	180.00mg		
Carbohydrates	24.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Burger & Cheese Burger on a Bun

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

Meat	3.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Toasted Cheese on a Pretzel Bun

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	520.00		
Fat	22.50g		
SaturatedFat	12.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	955.00mg		
Carbohydrates	62.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	334.00mg	Iron	3.60mg

Sweet & Sour Chicken Bowl

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX 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

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	268.36
Fat	13.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	420.33mg
Carbohydrates	22.95g
Fiber	3.00g
Sugar	8.03g
Protein	14.00g

Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Vegetable Eggrolls

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

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

BBQ Pulled Pork Sandwich

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		324.25	
Fat		14.25g	
SaturatedFat		4.50g	
Trans Fat		0.00g	
Cholesterol		53.25mg	
Sodium		269.75mg	
Carbohydrates		31.75g	
Fiber		4.00g	
Sugar		14.00g	
Protein		17.50g	
Vitamin A	1237.50IU	Vitamin C	18.90mg
Calcium	100.00mg	Iron	3.02mg

SRIRACHA CHICKEN

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX 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

Meat	2.67
Grain	1.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Breakfast for Lunch

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

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Tomato Soup

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Golden Crispy Chicken Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX 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

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	300.00
Fat	10.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	385.00mg
Carbohydrates	28.00g
Fiber	7.00g
Sugar	2.00g
Protein	23.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Steamed Broccoli

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

CHICKEN NUGGETS (HS)

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

Ingredients

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

Meat	3.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Far East Vegetable Blend

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Fiestada Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA 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

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Chicken Gravy

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

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

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Pears (Fresh)

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

Ingredients

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

Preparation Instructions

Wash before serving.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Corn & Black Bean Fiesta Blend

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.14
Starch	0.14

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

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

Coney Dog on a bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# 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 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

Meat	2.63
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Italian Meatball Sub

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

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.71
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Fish Sandwich on a bun

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

Meat	1.50
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Chicken Egg Rolls

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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Maple Pancakes

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

Ingredients

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

Preparation Instructions

READY_TO_EAT

Heat & Serve. Heat frozen pancakes in ovenable pouch.

Conventional Oven: Preheat oven to 350F.

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

CinnABar

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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

Beacon Street Sliders

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

Ingredients

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

Preparation Instructions

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

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

REFRIGERATE OR DISCARD ANY UNUSED PORTION.

SLE Components

Amount Per Serving

Meat	0.75
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Frudels

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

Ingredients

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

Preparation Instructions

BAKE

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Breakfast Round UBR's

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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

Vitamin A	8.55IU	Vitamin C	0.00mg
Calcium	29.57mg	Iron	0.62mg

BOSCO BREAKFAST STICKS

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

Ingredients

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

Preparation Instructions

Heating Instructions

Convection Oven

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

CAUTION: FILLING MAY BE HOT!

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

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

WALKING TACO

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

BROCCOLI FLORETS

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Spaghetti with Meatballs

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Turkey Corn Chowder

Servings:	48.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	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

Meat	1.30
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.08
Legumes	0.00
Starch	0.20

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 6.00 Ounce

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

Turkey Empanada

Servings:	85.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.45
Grain	0.26
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.75

Nutrition Facts

Servings Per Recipe: 85.00

Serving Size: 1.00 Each

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

Chicken Egg Roll

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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Blueberry Waffles

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

BBQ Chicken Sandwich

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

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Coney Dog on a bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# 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 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

Meat	2.63
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	345.14		
Fat	20.55g		
SaturatedFat	6.57g		
Trans Fat	0.09g		
Cholesterol	46.04mg		
Sodium	797.08mg		
Carbohydrates	28.58g		
Fiber	5.63g		
Sugar	4.63g		
Protein	15.04g		
Vitamin A	203.54IU	Vitamin C	1.58mg
Calcium	61.40mg	Iron	2.30mg

Sandwich Turkey Burger MTG

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each		517810
TURKEY BRGR FLAMEBR 90-2.5Z ADV	100 Each	BAKE 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 MRKN	20 Cup	1 slice	199001
LETTUCE ICEBERG FS 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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.10
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Marinated Cole Slaw

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.33
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 150.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories	165.40		
Fat	11.23g		
SaturatedFat	1.77g		
Trans Fat	0.20g		
Cholesterol	0.00mg		
Sodium	104.37mg		
Carbohydrates	15.68g		
Fiber	2.12g		
Sugar	12.53g		
Protein	1.46g		
Vitamin A	109.93IU	Vitamin C	43.60mg
Calcium	51.06mg	Iron	0.24mg

Fries Sweet Potato Crinkle MTG

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Muffin & Yogurt

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Peas & Carrots

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Super Donut

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

Ingredients

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

Preparation Instructions

Thaw & serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		230.00	
Fat		11.00g	
SaturatedFat		4.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		260.00mg	
Carbohydrates		29.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	6.00mg
Calcium	100.00mg	Iron	1.44mg

Refried Beans

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

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

Ranch Wedge Fries

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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.68

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Fresh Fruit of The Day

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

Meat	0.00
Grain	0.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Calcium 1.29mg **Iron** 0.01mg

Breakfast ZEE ZEE Bar & Yogurt

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Carrot Sticks & Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1/2 cup	HACCP Process:	No Cook
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1/2 cup

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

Ravioli with Meat Balls

Servings:	36.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

Meat	2.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.05
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 Serving

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

Alfredo Sauce

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

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

Rotini Pasta With Alfredo (HS)

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	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

Meat	0.00
Grain	2.09
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

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

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.27mg	Iron	1.88mg

Domino's Smart Slice

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.00		
Fat	7.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	540.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Oven Roasted Chicken

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX 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

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Chicken Tenders (HS)

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR 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

Meat	2.67
Grain	1.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Rotini Pasta (HS)

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	180.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	2.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.80mg

Apple Cinnamon Breakfast Stick

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

Meat	0.00
-------------	------

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

Nutrition Facts

Servings Per Recipe: 50.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00
Fat	3.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	9.00g
Protein	5.00g

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

Breakfast Yogurt Parfaits

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

Meat	0.25
Grain	2.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	438.33		
Fat	12.19g		
SaturatedFat	1.46g		
Trans Fat	0.00g		
Cholesterol	0.63mg		
Sodium	270.46mg		
Carbohydrates	75.54g		
Fiber	10.00g		
Sugar	33.50g		
Protein	6.21g		
Vitamin A	125.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.44mg

Cucumbers & Tomatoes

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Pasta Meat Sauce (HS)

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

Meat	2.38
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.60
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

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

Cheese Sauce for Pasta

Servings:	42.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	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

Meat	1.26
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Calcium	264.21mg	Iron	0.00mg
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Pasta with Cheese Sauce

Servings:	37.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

Meat	0.01
Grain	1.30
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	214.74
Fat	6.11g
SaturatedFat	4.89g
Trans Fat	0.00g
Cholesterol	0.27mg
Sodium	327.64mg
Carbohydrates	37.36g
Fiber	3.89g
Sugar	2.91g

Protein		5.16g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.99mg	Iron	1.17mg

Pasta Alfredo with Meatballs (HS)

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.75
Fat	5.79g
SaturatedFat	2.01g
Trans Fat	0.30g
Cholesterol	18.00mg
Sodium	125.51mg
Carbohydrates	44.08g

Fiber	6.50g		
Sugar	3.09g		
Protein	13.03g		
Vitamin A	2.50IU	Vitamin C	0.50mg
Calcium	32.58mg	Iron	2.80mg

Pasta with Cheese Sauce & Meatballs

Servings:	38.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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

Meat	1.43
Grain	1.47
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 1.00 Serving

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

Cheese Pizza (HS)

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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 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

Meat	0.50
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	205.00
Fat	6.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	13.75mg
Sodium	307.50mg
Carbohydrates	25.25g
Fiber	1.50g
Sugar	1.50g

Protein		10.25g	
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	157.50mg	Iron	1.10mg

Pepperoni Pizza (HS)

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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 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

Meat	0.25
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Serving

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

Popper Wrap

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

Meat	1.95
Grain	0.73
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	486.45
Fat	21.06g
SaturatedFat	5.33g
Trans Fat	0.00g
Cholesterol	27.05mg
Sodium	1675.68mg
Carbohydrates	54.93g
Fiber	3.95g

Sugar	10.64g
Protein	17.28g
Vitamin A 1511.28IU	Vitamin C 23.77mg
Calcium 165.35mg	Iron 4.25mg

Cheddar Pretzel Stick

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PRTZL CHED WGRAIN 6 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

Meat	0.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	200.00
Fat	7.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	230.00mg
Carbohydrates	27.00g
Fiber	3.00g

Sugar			3.00g
Protein			7.00g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	1.44mg

Sloppy Joe

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

Meat	2.15
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.11
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Turkey Sandwich

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

Meat	1.87
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	2.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	348.94
Fat	7.64g
SaturatedFat	3.20g
Trans Fat	0.00g
Cholesterol	36.47mg
Sodium	1200.67mg
Carbohydrates	46.50g
Fiber	7.65g
Sugar	16.50g
Protein	24.53g
Vitamin A 2998.80IU	Vitamin C 49.32mg
Calcium 201.50mg	Iron 3.03mg

Italian Deli Sub

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

Meat	2.33
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Vitamin A	187.43IU	Vitamin C	14.22mg
Calcium	317.92mg	Iron	3.28mg

Beef Nacho

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	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 Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

Preparation Instructions

SLE Components

Amount Per Serving

Meat	2.26
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Mesquite Chicken Nacho

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

Meat	2.33
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	551.22
Fat	26.88g
SaturatedFat	9.31g
Trans Fat	0.00g
Cholesterol	71.67mg
Sodium	1199.13mg
Carbohydrates	49.04g
Fiber	4.78g
Sugar	2.38g

Protein	24.20g
Vitamin A 687.43IU	Vitamin C 12.08mg
Calcium 319.75mg	Iron 1.89mg

Cheese Nacho

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

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	464.05
Fat	22.80g
SaturatedFat	8.26g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1086.13mg
Carbohydrates	50.38g

Fiber	4.78g		
Sugar	2.88g		
Protein	11.20g		
Vitamin A	287.43IU	Vitamin C	12.08mg
Calcium	353.25mg	Iron	1.41mg

Sloppy Joe

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	300 Ounce	3oz. portions for each sandwich #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

Meat	3.15
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.11
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Cinnamon Maple French Toast Bites

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

Ingredients

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

Preparation Instructions

Basic Preparation

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Each

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