

Cookbook for Hale Area Schools

Created by HPS Menu Planner

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English Muffin Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH 2Z 12-12CT GCHC	1 Each		208640
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
EGG SCRMBD PATTY SQ FZ 264-1Z MICHL	1 Serving		242262
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

open English Muffins. Place Sausage, egg on paper lined baking pan. Cook to 155 degrees. Place one slice american cheese on English muffin, egg, sausage. put top on English muffin cover place in hot cart till serving time . We have an exception for English Muffins.

HACCP code make and serve the same day.

SLE Components

Amount Per Serving

Meat	1.50
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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	239.90
Fat	10.10g
SaturatedFat	4.20g
Trans Fat	0.01g
Cholesterol	37.50mg
Sodium	704.20mg
Carbohydrates	23.00g
Fiber	0.80g

Sugar			1.50g
Protein			14.60g
Vitamin A	0.78IU	Vitamin C	1.23mg
Calcium	138.56mg	Iron	1.95mg

Apple stick WG

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESTICK WGRAIN 7 IW 72CT BOSCO	1 Each	<p>BAKE Conventional Oven</p> <ol style="list-style-type: none">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. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>MICROWAVE Microwave</p> <ol style="list-style-type: none">1. Open one end of wrapper.2. Microwave high.3. THAWED: 35-40 seconds. FROZEN: 55-60 seconds.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none">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. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>UNSPECIFIED 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.</p>	518721

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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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

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

799 SNACK KIDS MIX WG LUNCH

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	12 Each		786801
YOGURT VAN L/F PARFPR 6-4 YOPL	48 Ounce		811500
SNACK MUNCHIE MIX 104-SSV QUAK	12 Package		251670

Preparation Instructions

No Preparation Instructions available.

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	0.00

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	270.00		
Fat	7.25g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	432.50mg		
Carbohydrates	37.50g		
Fiber	2.50g		
Sugar	17.00g		
Protein	12.50g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	328.00mg	Iron	3.70mg

Large Salad

Servings:	1.00	Category:	Entree
Serving Size:	4.00 1 salad	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	4 Cup		735787
HAM SLCD .5Z 4-2.5 GFS	1/4 Slice		294187
TURKEY BRST SLCD HNY RSTD 6-2 GFS	1/4 Ounce		457140
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CUCUMBER SELECT 6CT MRKN	1/4 Cup		592323
PEPPERS GREEN LRG 5 MRKN	1/4 Cup		592315
TOMATO GRAPE SWT 10 MRKN	6 Cup		129631
RADISH CLEANED 2-3 RSS	1/4 Cup		233986

Preparation Instructions

Prepare salad per each persons order. Using 4 cups of romaine lettuce.

SLE Components

Amount Per Serving

Meat	1.09
Grain	0.00
Fruit	0.00
GreenVeg	2.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 1 salad

Amount Per Serving	
Calories	369.08
Fat	11.77g
SaturatedFat	6.66g
Trans Fat	0.00g
Cholesterol	33.13mg
Sodium	331.68mg
Carbohydrates	54.81g
Fiber	18.35g
Sugar	32.19g
Protein	18.89g
Vitamin A 29430.91IU	Vitamin C 302.57mg

Calcium 403.06mg **Iron** 6.34mg

Walking Taco

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	#16 scoop	722330
CHEESE CHED MLD SHRD 4-5# COMM	3 Tablespoon	#20 scoop	150250
SALSA 103Z 6-10 REDG	1/4 Cup	#16 Scoop	452841
SOUR CREAM L/F 4-5 RGNLBRND	2 Tablespoon	#30 scoop	534331
LETTUCE SHRD 3/8 CUT 4-5 RSS	13/100 Cup	Garnish	678791
CHIP SCOOP TOP-N-GO 18-3.5Z FRITO	1	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	112742

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Cut open "taco in a bag" chips.
2. Portion #16 scoop of meat, #20 scoop of cheese inside bag.
3. Offer with lettuce, salsa. taco sauce & sour cream

SLE Components

Amount Per Serving

Meat	2.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.42
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		209.08	
Fat		12.34g	
SaturatedFat		7.14g	
Trans Fat		0.18g	
Cholesterol		54.58mg	
Sodium		465.98mg	
Carbohydrates		10.16g	
Fiber		1.39g	
Sugar		3.73g	
Protein		14.58g	
Vitamin A	647.43IU	Vitamin C	6.07mg
Calcium	251.45mg	Iron	1.25mg

Breakfast Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY RND 3.5 165-1.25Z GFS	1 Each		592625
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. PAN_FRY Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.	138941

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
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: 1.00
 Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	335.00		
Fat	16.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	147.50mg		
Sodium	835.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	1.50g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	179.50mg	Iron	1.80mg

Bagel and Cream Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	Keep frozen until ready to use. Thaw at room temp	217911
BAGEL BLUEB WGRAIN IW SLCD 72-2.25Z	1 Each	thaw at room temp	739631
CHEESE CREAM STRAWB CUP 100-1Z GCHC	1 Each	Keep in refrigerator	863106
CHEESE CREAM LT CUP 100-1Z GCHC	1 Each	Keep in refrigerator	549762

Preparation Instructions

thaw bagels at room temp and place on serving line. Place cream cheese cups on ice pack and place on serving line

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.02
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

Amount Per Serving			
Calories	2.90		
Fat	0.13g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.35mg		
Sodium	3.45mg		
Carbohydrates	0.33g		
Fiber	0.04g		
Sugar	0.06g		
Protein	0.09g		
Vitamin A	6.00IU	Vitamin C	0.01mg
Calcium	0.80mg	Iron	0.02mg

BBQ on Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	4 Ounce		366320
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	336.00		
Fat	8.00g		
SaturatedFat	2.10g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	772.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	12.00g		
Protein	23.00g		
Vitamin A	356.00IU	Vitamin C	6.00mg
Calcium	46.00mg	Iron	11.00mg

Parfait

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F 4-5 P/L	8 Fluid Ounce	Place on top of 1/2 cup strawberries	558281
STRAWBERRY IQF 30 COMM	1/4 Cup	place one 1/4 cup on top of yogurt	150450
GRANOLA BAG IW 144- 1Z FLDSTN	1 Package	serve one package with parfait Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare-- nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	Serve one package with Parfait	736280
BLUEBERRIES FZ CULTIVATE IQF 30 COMM	1/4 Cup	Place 1/4 cup on top of yogurt	765270

Preparation Instructions

Place yogurt in the bottom of a cup add 1/2 cup of fruit on top. Do this twice. Put lid on top Place in cooler until serving time. Serve with one package granola and one package goldfish.

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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	469.50
Fat	10.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	386.50mg
Carbohydrates	84.00g
Fiber	5.00g

Sugar			47.00g
Protein			13.00g
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	270.00mg	Iron	1.44mg

BBQ Chicken

Servings:	35.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	80 1/2 Ounce	UNSPECIFIED Not currently available	570533
SAUCE BBQ 4-1GAL GFS	24 1/2 Ounce	place BBQ sauce on the Chicken	734136

Preparation Instructions

Thaw diced chicken in the cooler , Day of serve place chicken in steam table pan add BBQ Heat until temperature reaches 165 degrees

SLE Components

Amount Per Serving

Meat	1.53
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: 35.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	140.34		
Fat	3.90g		
SaturatedFat	1.15g		
Trans Fat	0.00g		
Cholesterol	42.17mg		
Sodium	403.29mg		
Carbohydrates	10.57g		
Fiber	0.21g		
Sugar	5.60g		
Protein	14.01g		
Vitamin A	117.78IU	Vitamin C	0.55mg
Calcium	6.13mg	Iron	0.78mg

Bean Soup

Servings:	99.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRT NORTHR 6-10 GFS	82 1/2 Cup		119075
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037
SPICE ONION MINCED 12Z TRDE	3 Teaspoon		513997
BASE HAM NO ADDED MSG 12-1 GFS	1/4 Cup		686691
TURKEY HAM DCD 2- 5 JENNO	1 Ounce	THAW Keep product frozen at 0°F. or below until ready to use. Defrost frozen product slowly and thoroughly in a refrigerator for 24 hours. Never defrost at room temperature. Upon completion of thawing process, product should be used within 5 days. Open packages and use in applications or as salad bar topping	202150

Preparation Instructions

Combine all ingredients in a pan heat to 160 hold in hot cart till ready to serve.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	1.67
Starch	0.00

Nutrition Facts

Servings Per Recipe: 99.00

Serving Size: 1.00

Amount Per Serving

Calories	183.72
Fat	0.02g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.20mg
Sodium	504.30mg
Carbohydrates	33.34g
Fiber	10.00g
Sugar	3.34g

Protein		10.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.73mg	Iron	1.20mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	2.50	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE AMER BLND MXD 4-5 RSS	1 1/2 Cup		451720
Baby Spinach	1/4 Cup		15R76
Turkey Ham, Diced, Frozen	1 3/4 Ounce	THAW Keep product frozen at 0°F. or below until ready to use. Defrost frozen product slowly and thoroughly in a refrigerator for 24 hours. Never defrost at room temperature. Upon completion of thawing process, product should be used within 5 days. Open packages and use in applications or as salad bar topping	839770
PEPPERS GREEN LRG 5 MRKN	1 Cup		592315
Grape Tomatoes	1/5 Ounce		749041
Carrots, baby	1/5 Cup	BAKE	18D69
BROCCOLI 10 MI LOCAL	1/5 Ounce		599251
CUCUMBER 1-24CT P/L	1/5 Cup		238653
CRACKER SALTINE MINI WGRAIN 300-.39Z	4 Package		522150
CELERY CHL STICKS 5 LB CS	4 Slice		02493
Mozzerella Cheese	1 Ounce		105077

Preparation Instructions

Directions:

Wash and Clean all lettuce products

Cool in walk in

CCP: Hold for cold service at 41° F or lower.

Cut and mix all lettuce products together for serve time

CCP: Hold for cold service at 41° F or lower.

Serve 1 cup mixed salad lettuce products

CCP: Hold for cold service at 41° F or lower.

2 cup of lettuce mixture = 1/2 cup of 1/2 cup dark Green Subgroup

1/4 cup other vegetable

Notes:

SLE Components

Amount Per Serving

Meat	2.14
Grain	2.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.30
OtherVeg	1.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.50

Amount Per Serving			
Calories		697.11	
Fat		18.89g	
SaturatedFat		6.96g	
Trans Fat		0.00g	
Cholesterol		69.20mg	
Sodium		1420.16mg	
Carbohydrates		90.87g	
Fiber		19.56g	
Sugar		31.20g	
Protein		24.91g	
Vitamin A	2962.22IU	Vitamin C	141.09mg
Calcium	467.56mg	Iron	2.34mg

BBQ Chicken

Servings:	35.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	50 10/11 Ounce	UNSPECIFIED Not currently available	570533
SAUCE BBQ HNY 6-.5GAL GFS	35/404 Quart		547742

Preparation Instructions

Mix ingredients together and heat to 165 degrees, Hold at 140 until time to serve

SLE Components

Amount Per Serving

Meat	0.97
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: 35.00

Serving Size: 3.00

Amount Per Serving

Calories	69.61		
Fat	2.42g		
SaturatedFat	0.73g		
Trans Fat	0.00g		
Cholesterol	26.67mg		
Sodium	23.09mg		
Carbohydrates	2.21g		
Fiber	0.00g		
Sugar	1.56g		
Protein	8.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.94mg

Asian Chicken Day

Servings:	1.00	Category:	Entree
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	13/100 Cup	1/8 cup dry = 1/2 cup cooked STOCKPOT METHOD: COMBINE RICE, WATER, AND OPTIONAL SALT AND BUTTER. IN A STOCKPOT AND BRING TO A HARD BOIL. COVER AND REDUCE HEAT TO MEDIUM-LOW AND COOK FOR 25 MINUTES. TURNOUT TO STEAM TRAY. TRADITIONAL OVEN: PLACE RICE AND OPTIONAL SALT AND BUTTER IN PAN. ADD BOILING WATER. COVER RIGHTLY AND BAKE AT 350 DEGREES FOR 30-35 MINUTES. STEAMER METHOD: PLACE RICE AND OPTIONAL BUTTER AND SALT, WITH BOILING WATER IN STEAMER PAN OR SHALLOW PAN. STIR. PLACE UNCOVERED PAN IN STEAMER AND COOK ACCORDING TO MANUFACTURER'S DIRECTION.	516371
BROCCOLI CUTS IQF 30 GFS	1/2 Cup	PACKAGING: 30# BULK PRODUCT IN CORRUGATE BOX. PREP INFORMATION: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	285590
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	7 Each	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.	327120
EGG ROLL CHIX WGRAIN 60-3Z MINH	1 Each	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.	277731

Preparation Instructions

Prepare Chicken, Broccoli, Rice and Egg Roll according to Prep Instructions. Arrange Rice then Broccoli on top, add Chicken to that and serve warm with Egg Roll on the side.

Students only receive 7 pieces popcorn chicken to have meal equal 2 meat/2 grain SLE equivalent

SLE Components

Amount Per Serving

Meat	2.27
Grain	1.64
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.13

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	411.76		
Fat	13.79g		
SaturatedFat	3.09g		
Trans Fat	0.00g		
Cholesterol	42.73mg		
Sodium	624.23mg		
Carbohydrates	50.65g		
Fiber	6.95g		
Sugar	3.64g		
Protein	20.99g		
Vitamin A	63.64IU	Vitamin C	22.00mg
Calcium	80.45mg	Iron	3.22mg

Bagel and Cream Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	Keep frozen until ready to use. Thaw at room temp	217911
BAGEL BLUEB WGRAIN IW SLCD 72-2.25Z	1 Each	thaw at room temp	739631
CHEESE CREAM STRAWB CUP 100-1Z GCHC	1 Each	Keep in refrigerator	863106
CHEESE CREAM LT CUP 100-1Z GCHC	1 Each	Keep in refrigerator	549762

Preparation Instructions

thaw bagels at room temp and place on serving line. Place cream cheese cups on ice pack and place on serving line

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.02
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

Amount Per Serving			
Calories	2.90		
Fat	0.13g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.35mg		
Sodium	3.45mg		
Carbohydrates	0.33g		
Fiber	0.04g		
Sugar	0.06g		
Protein	0.09g		
Vitamin A	6.00IU	Vitamin C	0.01mg
Calcium	0.80mg	Iron	0.02mg

Rice Pilaf

Servings:	50.00	Category:	Grain
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Base	1/4 Cup	mix with water	16001
SPICE ONION MINCED 12Z TRDE	1/4 Cup		513997
Baby Carrots	1 Cup	UNSPECIFIED None	
CELERY CHL STICKS 5 LB CS	1 Cup		02493
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Tablespoon		191205
RICE BRN PERFECTED 25 UBEN	2 3/4 Pound	SIMMER PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND . COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404

Preparation Instructions

put 50 servings of ingredients in a 4 inch steam table pan mix all ingredients until butter and chicken base are melted. put paper tin foil and a lid place in oven 350 for about 45 minutes or until rice is done stirring once during cooking time. Hold at 140 till serving time

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.22
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: 0.50

Amount Per Serving	
Calories	40.62
Fat	0.55g
SaturatedFat	0.14g
Trans Fat	0.00g
Cholesterol	0.60mg
Sodium	4.92mg
Carbohydrates	8.16g

Fiber	0.52g		
Sugar	0.12g		
Protein	0.88g		
Vitamin A	8.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	4.40mg

Rice Pilaf

Servings:	50.00	Category:	Grain
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Base	1/4 Cup	mix with water	16001
SPICE ONION MINCED 12Z TRDE	1/4 Cup		513997
Baby Carrots	1 Cup	UNSPECIFIED None	
CELERY CHL STICKS 5 LB CS	1 Cup		02493
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 1/4 Tablespoon		191205
RICE BRN PERFECTED 25 UBEN	2 3/4 Pound	SIMMER PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND . COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404

Preparation Instructions

put 50 servings of ingredients in a 4 inch steam table pan mix all ingredients until butter and chicken base are melted. put paper tin foil and a lid place in oven 350 for about 45 minutes or until rice is done stirring once during cooking time. Hold at 140 till serving time

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.22
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: 0.50

Amount Per Serving

Calories	41.12
Fat	0.61g
SaturatedFat	0.18g
Trans Fat	0.00g
Cholesterol	0.75mg
Sodium	5.37mg
Carbohydrates	8.16g

Fiber	0.52g		
Sugar	0.12g		
Protein	0.88g		
Vitamin A	10.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	4.40mg

Chicken Patty

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN PATTY, WG, FC, CN, 3.55 OZ	1 Each	BAKE PLACE 24 CHICKEN PATTIES ON SPRAYED BAKING SHEET CONVECTION OVEN: 350 DEGREES F CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	P870
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	336.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	57.00mg		
Sodium	537.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	10.00mg

Hamburger

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159
BEEF STK BRGR CHARB 160-3Z ADV	1 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.	203260

Preparation Instructions

Assemble 1 hamburger patty per bun.

SLE Components

Amount Per Serving

Meat	0.06
Grain	0.04
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 Each

Amount Per Serving

Calories	7.20		
Fat	0.32g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	1.20mg		
Sodium	6.40mg		
Carbohydrates	0.58g		
Fiber	0.04g		
Sugar	0.08g		
Protein	0.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.08mg	Iron	0.24mg

Spicy Chicken Patty

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's 4" Whole Grain Hamburger Bun	1 bun	BAKE	3159
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490

Preparation Instructions

1. BAKE CONVECTION

Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.

CCP: Hold hot at 135F

2. Place cooked patty on top of bun & serve

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
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 Sandwich

Amount Per Serving

Calories	360.00
Fat	10.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	330.00mg
Carbohydrates	9.00g
Fiber	1.00g

Sugar	1.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

Chicken & Waffle

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 BRST STRP BRD WGRAIN 6-5.15	4 23/100 Ounce	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.	740820
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	2 40/43 Ounce		607351

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.82
Grain	7.27
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	1146.90
Fat	50.78g
SaturatedFat	10.91g
Trans Fat	0.00g
Cholesterol	115.00mg
Sodium	1462.60mg
Carbohydrates	141.50g
Fiber	10.20g
Sugar	35.16g
Protein	34.28g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 134.12mg **Iron** 6.68mg