

# Cookbook for Hale Area Schools

Created by HPS Menu Planner

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# English Muffin Sandwich

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	239.90
<b>Fat</b>	10.10g
<b>SaturatedFat</b>	4.20g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	37.50mg
<b>Sodium</b>	704.20mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	0.80g

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

# Apple stick WG

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESTICK WGRAIN 7 IW 72CT BOSCO	1 Each	<p><b>BAKE</b> Conventional Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 350° F.</li> <li>2. Place Apple Sticks on a baking sheet.</li> <li>3. THAWED: 12-14 minutes. FROZEN: 20-22 minutes.</li> <li>5. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>MICROWAVE</b> Microwave</p> <ol style="list-style-type: none"> <li>1. Open one end of wrapper.</li> <li>2. Microwave high.</li> <li>3. THAWED: 35-40 seconds. FROZEN: 55-60 seconds.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Apple Sticks covered while thawing.</li> <li>3. Apple Sticks may be thawed in packaging.</li> <li>4. Apple Sticks have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>UNSPECIFIED</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00

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**Amount Per Serving**

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

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

# 799 SNACK KIDS MIX WG LUNCH

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Package

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

# Large Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 1 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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

<b>Meat</b>	1.09
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	2.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 1 salad

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



**Calcium** 403.06mg      **Iron** 6.34mg

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# Walking Taco

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

<b>Meat</b>	2.01
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.42
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# Breakfast Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	<b>READY_TO_EAT</b> 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	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. <b>PAN_FRY</b> 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

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Sandwich			
<b>Amount Per Serving</b>			
<b>Calories</b>	335.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	147.50mg		
<b>Sodium</b>	835.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	179.50mg	<b>Iron</b>	1.80mg

# Bagel and Cream Cheese

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

<b>Meat</b>	0.00
<b>Grain</b>	0.02
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

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

# BBQ on Bun

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

# Parfait

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

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



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

# BBQ Chicken

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	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

<b>Meat</b>	1.53
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 3.00 Ounce

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

# Bean Soup

<b>Servings:</b>	99.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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	<b>THAW</b> 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

<b>Meat</b>	0.01
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	1.67
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 99.00

Serving Size: 1.00

#### Amount Per Serving

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

<b>Protein</b>		10.05g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	66.73mg	<b>Iron</b>	1.20mg

# Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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	<b>THAW</b> 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	<b>BAKE</b>	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

<b>Meat</b>	2.14
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.30
<b>OtherVeg</b>	1.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.50

### Amount Per Serving

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

# BBQ Chicken

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	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

<b>Meat</b>	0.97
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 3.00

#### Amount Per Serving

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

# Asian Chicken Day

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

<b>Meat</b>	2.27
<b>Grain</b>	1.64
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.13

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

# Bagel and Cream Cheese

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

<b>Meat</b>	0.00
<b>Grain</b>	0.02
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

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

# Rice Pilaf

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.22
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50

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

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

# Rice Pilaf

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.22
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50

#### Amount Per Serving

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

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

# Chicken Patty

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

# Hamburger

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	<b>BAKE</b> 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

<b>Meat</b>	0.06
<b>Grain</b>	0.04
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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



# Spicy Chicken Patty

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

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

<b>Sugar</b>			1.00g
<b>Protein</b>			19.00g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.44mg

# Chicken & Waffle

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP BRD WGRAIN 6-5.15	4 23/100 Ounce	<b>BAKE</b> 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. <b>CONVECTION</b> 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

<b>Meat</b>	2.82
<b>Grain</b>	7.27
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	1146.90
<b>Fat</b>	50.78g
<b>SaturatedFat</b>	10.91g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	115.00mg
<b>Sodium</b>	1462.60mg
<b>Carbohydrates</b>	141.50g
<b>Fiber</b>	10.20g
<b>Sugar</b>	35.16g
<b>Protein</b>	34.28g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 134.12mg **Iron** 6.68mg