

Cookbook for Cuyahoga Falls Elementary Schools

Created by HPS Menu Planner

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Stuffed Crust Pizza



Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-226

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	Recipe ID:	R-228

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	Recipe ID:	R-229

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

Green Beans

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-232

Ingredients

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

Preparation Instructions

Add green beans to a large roaster.

Add 1/2 gallon of water.

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

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Calcium 0.00mg **Iron** 0.00mg

Fiesta Black Beans



Servings:	27.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-234

Ingredients

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

Preparation Instructions

Heat & Serve.

Heat beans to 145* F.

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 1.00 Serving

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

Mixed Green Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-256

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	100 Cup		735787
TOMATO GRAPE SWT 10 MRKN	200 Each	2 each serving	129631
DRESSING RNCH CLSC 120-1.5FLZ LTHSE	100 Each	READY_TO_EAT Open, pour and enjoy!	741451

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	0.50
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	236.20
Fat	21.20g
SaturatedFat	3.55g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	304.50mg
Carbohydrates	10.50g
Fiber	2.10g

Sugar			5.50g
Protein			0.80g
Vitamin A	5749.70IU	Vitamin C	42.33mg
Calcium	39.00mg	Iron	0.97mg

Drum Stick



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-257

Ingredients

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

Preparation Instructions

BAKE

Preparation: Appliances vary, adjust accordingly.

Conventional Oven

1. Preheat oven to 375°F.

2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.

3. Heat for 35-40 minutes.

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

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

1. Preheat oven to 350°F.

2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.

3. Heat for 25-30 minutes

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Fresh Blueberry Cup



Servings:	120.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-268

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	Recipe ID:	R-385

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

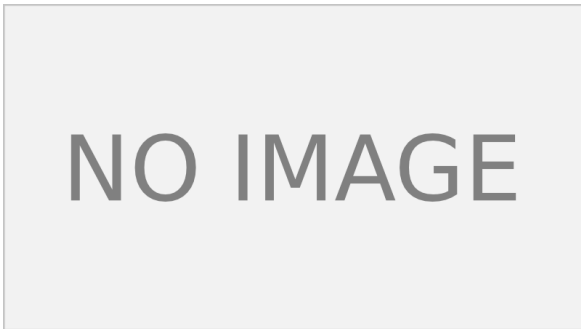
Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Hot Dog on a bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-410

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	Recipe ID:	R-411

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	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 140.00

Fat 1.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 550.00mg

Carbohydrates 29.00g

Fiber 5.00g

Sugar 12.00g

Protein 6.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 40.00mg **Iron** 1.80mg

Fruit Frudels

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-421

Ingredients

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

Preparation Instructions

BAKE

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Maple Pancakes



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1020

Ingredients

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

Preparation Instructions

READY_TO_EAT

Heat & Serve. Heat frozen pancakes in ovenable pouch.

Conventional Oven: Preheat oven to 350F.

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Calcium 20.00mg **Iron** 0.72mg

Beacon Street Sliders



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1023

Ingredients

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

Preparation Instructions

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

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

REFRIGERATE OR DISCARD ANY UNUSED PORTION.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	222.00
Fat	6.90g
SaturatedFat	2.10g
Trans Fat	0.00g
Cholesterol	42.00mg
Sodium	402.80mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	7.00g

Protein	11.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	131.90mg	Iron	2.20mg

BOSCO BREAKFAST STICKS



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1028

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	1.00
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	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	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.00mg

WALKING TACO



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1029

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
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup	1/2 cup	735787
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
SAUCE TACO MILD PKT 200-9GM GFS	1 Each		192007

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.26
Grain	2.00
Fruit	0.00
GreenVeg	0.25
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	392.03
Fat	19.09g
SaturatedFat	8.14g
Trans Fat	0.18g
Cholesterol	52.08mg
Sodium	715.41mg
Carbohydrates	34.90g
Fiber	4.01g
Sugar	3.26g
Protein	18.33g
Vitamin A 2906.94IU	Vitamin C 18.15mg
Calcium 90.87mg	Iron 2.11mg

Peas & Carrots



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2571

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	Recipe ID:	R-2586

Ingredients

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

Preparation Instructions

Thaw & serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

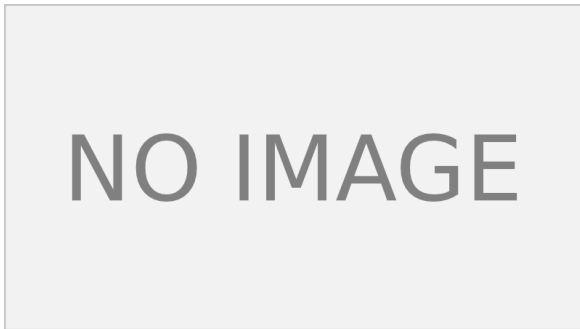
Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	260.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	6.00g

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

Breakfast ZEE ZEE Bar & Yogurt



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3230

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Cinnamon Maple French Toast Bites



Servings:	50.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10005

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