

Cookbook for Kankakee High School-Main

Created by HPS Menu Planner

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Breakfast for Lunch

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Pizza-4-Meat

Pizza-Buffalo Chicken

Pizza-Cheese

Pizza-Pepperoni

Italian Tossed Salad

Cheesy Meatloaf

Double Hamburger w/cheese on WG Bun

Hot Dog Bar-chili cheese dog

BAKED MOSTACCIOLI

Roasted Turkey served w/Cornbread & gravy

Chef Salad

Baked Beans

Fruit Salad Entree

Apple Chicken Cranberry Wrap

Apple Chicken Cranberry Wrap

KHS-Sesame Asian Noodle Bowl

Sesame Asian Noodle Bowl

KHS-Teriyaki Chicken Asian Noodle Bowl

do not use-Yang's Mandarin Orange Chicken & Asian Fried Rice

Hot Turkey served w/Stuffing & gravy

Classic Chicken Popper Mashed Potato Bowl

Yang's Mandarin Orange Chicken & Asian Fried Rice

Southern Oven Fried Chicken

Soft Pretzel

PRO-Soft Pretzel

Loaded Baked Potato Bar

Chicken Fajita

Nacho Grande

Wild Mike's Cheese Bites

BBQ Chicken Meatball w/Ranch Rice

Breaded Chicken Patty Sandwich

Spicy Breaded Chicken Patty Sandwich

Breakfast Anytime K-12

Mesquite Glazed Drumstick

Loaded French Fries

Soft Beef Tacos

Texas Western BBQ Pulled Pork on Garlic Texas Toast

KHS-Ultimate Mac & Cheese w/ beef crumbles and toppings

Nacho Grande Turkey

Tony's Cheese Pizza

Individual Pan Pepperoni Pizza

Egg & Cheese Breakfast Wrap

Lumberjack

Egg & Bacon Sandwich

PB&J Sandwich-Grape

PB & J Sandwich Strawberry

Corn Dog

KHS-Pizza Burger

KHS-Big Kay's Burger

KHS-BBQ Bacon Jalapeno Burger

Chicken Mini Corn Dog Bites

Southern Oven Fried Chicken Drumstick

Sweet Potato Mashed

Rockin'ola Strawberry & Blueberry Yogurt Parfait-K-6

Rockin'ola Strawberry Yogurt Parfait-K-6

Rockin'ola Strawberry & Vanilla Yogurt Parfait-JHS/KHS

Smoky Honey Rib Sandwich

Ultimate Mac & Cheese

Zesty Beef, Bean & Cheese Burrito

Texas Western BBQ Pulled Pork on Garlic Texas Toast

Classic Hummus

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Personal Deep Dish Cheese Pizza

Pizza Cheese Crunchers

KHS-BAKED MOSTACCIOLI w/Lentil pasta

BAKED MOSTACCIOLI

BAKED MOSTACCIOLI

BBQ Chicken Meatball w/Ranch Rice

Cornbread

Sweet Potato Mashed

Far East Vegetable Blend

Refried Beans

Steamed Carrots

Broccoli florets

Corn

Green Beans

Roasted Brussel Sprouts

Mashed Potatoes

PRO & STE-Yang's Mandarin Orange Chicken & Asian Fried Rice

PRO & STE-Nacho Grande

PRO STE-Classic Chicken Popper Mashed Potato Bowl

PRO & STE-Ultimate Mac & Cheese

PRO & STE-BBQ Chicken Meatball w/Ranch Rice

Far East Vegetable Blend

PRO & STE-Refried Beans

Steamed Carrots-PRO & STE

PRO & STE-Broccoli florets

PRO & STE-Corn

PRO & STE-Green Beans

PRO & STE-Baked Beans

PRO & STE-Mashed Potatoes

Breakfast English Muffin Sandwich

Assorted Cereal

Mini Chocolate Donut Kit

Mini Powdered Donut Kit

Trix Strawberry Banana Bash Kit

PRO & STE-Breakfast Anytime

Pro & STE-Individual Pan Pepperoni Pizza

PRO & STE-Breaded Chicken Patty Sandwich

PRO & STE-Roasted Brussel Sprouts

PRO & STE-Roasted Turkey served w/Cornbread & gravy

PRO & STE-Mesquite Glazed Drumstick

PRO & STE-Loaded French Fries

PRO & STE-Soft Beef Tacos

PRO & STE-Texas Western BBQ Pulled Pork on Garlic Texas Toast

PRO-BAKED MOSTACCIOLI w/Lentil pasta

STE-BAKED MOSTACCIOLI w/Lentil pasta

Nacho Grande

Chicken Popper Garden Vegetable & Green Tossed Salad w/Bosco Cheesey BreadStick

BAKED MOSTACCIOLI w/Lentil pasta

BBQ Chicken Meatball w/Ranch Rice-HUFF

KHS-Loaded French Fries

BAKED MOSTACCIOLI K-8

Tex Mex Hummus

Classic Hummus

KHS-Boom Boom Sauce

KHS-Chicka Boom Boom Sandwich

KHS-Italian Supreme Sub Sandwich

KHS-Philly Cheesesteak on Hoagie Roll

KHS-Cuban Style Salad

KHS-Cuban-Style Ham & Cheese Panini

KHS-Roasted Veggie Flatbread

KHS-Pickled Jalapeno Pickle Relish

KHS-Cheeseburger Sauce

KHS-Cheeseburger Flatbread mixture

KHS-Thai Chicken Flatbread

KHS-BBQ Chicken Pizza

KHS-Meat Lover's Supreme Flatbread

KHS-Veggie Burger

KHS-Turkey Burger

KHS-Smoky BBQ Pulled Pork Burger

KHS-Beef Street Tacos

KHS-Shredded Chicken Street Tacos

KHS-Pork Carnitas Street Tacos

KHS-Carne Asada Torta

KHS-Nacho Bowl-chicken

KHS-Nacho Bowl-Beef

KHS-Nacho Bowl-pork

KHS-Burrito Bowl-Beef

KHS-Burrito Bowl-Chicken

KHS-Burrito Bowl-Pork Carnita

KHS-Mexican Street Corn

KHS-Mexican Street Corn-Entree

KHS-Strawberry PB & J Bento Box

KHS-Grape PB & J Bento Box

KHS-Banana Bread Bento Box

KHS-Classic Hummus Bento Box

KHS-Egg Salad Sandwich Bento Box

KHS-Ranch Veggie Wrap Bento Box

KHS-Mini Chocolate Chip Loaf Bento Box

KHS-Veggie & Fruit w/Cornbread Bento Box

KHS-Roasted Veggie Wrap w/Hummus Spread

KHS-Egg Salad Wrap Bento Box

KHS-Mini Berry Loaf Bento Box

KHS-Ranch Burger

KHS-Roasted Red Pepper w/Mozzarella Burger

KHS-Patty Melt w/caramelized onion & american cheese

KHS-Stir Fry Beef w/Yakisoba noodles

KHS-Stir Fry Chicken w/Yakisoba noodles

KHS-Stir Fry Pork w/Yakisoba noodles

KHS-Stir Fry Beef w/Asian Fried Rice

KHS-Stir Fry Chicken w/Asian Fried Rice

KHS-Stir Fry Pork w/Asian Fried Rice

KHS-Chicken Ramen Bowl

KHS-Beef Ramen Bowl

KHS-Pork Ramen Bowl

KHS-Honey BBQ Chicken Wing

KHS-Garlic Parmesan Chicken Wing

KHS-Buffalo Chicken Wing

KHS-Hot Dog Bar-chili cheese dog

KHS-Chicken Italian Sausage w/Sauteed peppers & Onions

KHS-Chicken Pot Pie

KHS-Ultimate Mac & Cheese w/ Chicken and toppings

KHS-Ultimate Mac & Cheese w/ Chili & toppings

KHS-Broccoli Alfredo

KHS-Chicken & Broccoli Alfredo

KHS-Margherita Meatball Sandwich

KHS-Chicken Parm Sandwich w/Italian Vegetables

KHS-Grilled Chicken Parm Sandwich w/Italian Roasted Vegetables

KHS-Spicy Pepperjack Grilled Cheese Sandwich

KHS-Yang's Mandarin Orange Chicken & Asian Fried Rice

Rockin'ola Strawberry & Blueberry Yogurt Parfait-HUFF

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-474

Ingredients

Description	Measurement	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	6 Cup	244630
BLUEBERRY IQF 4-5 GFS	6 Cup	166720
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	811500
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	109568
Rockin'ola Pro granola	36 Ounce	8004216

Preparation Instructions

1 serving per student

Layer in 12oz parfait cup

- 1.) Add 1/4 Cup of graham cracker crumb to bottom of parfait cup-Use #16 scoop
- 2.) Add 3oz of Vanilla yogurt in bottom of cup USE #10 scoop
- 3.) Add 1/4 Cup berries on top of yogurt
- 4.) Add 3oz of Vanilla yogurt on top of berries USE #10 scoop
- 5.) Add another 1/4 Cup of berries
- 6.) Place insert in cup and add 1 bag of Rockin'ola Pro granola or 1/4 cup of bulk Rockin'ola Pro granola
- 7.) place domed lid on cup

Must serve chilled- keep in refrigerator until serving time- when on the line keep in pan with cooling pads.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 492.50

Fat 11.38g

SaturatedFat 0.75g

Trans Fat 0.00g

Cholesterol 3.75mg

Sodium 263.75mg

Carbohydrates	83.75g
Fiber	7.75g
Sugar	40.25g
Protein	16.25g
Vitamin A 750.00IU	Vitamin C 14.40mg
Calcium 259.00mg	Iron 11.26mg

PRO-Southern Chicken

Servings:	90.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-667

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	90 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.

Nutrition Facts

Servings Per Recipe: 90.00

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

PRO-Taquito Chix Fiesta

Servings:	54.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1073

Ingredients

Description	Measurement	DistPart #
Taquito Chix Fiesta	54 Each	870511

Preparation Instructions

Allergens: Milk, Wheat, Soy

Serving size: 1 each

Serve with 1/2 cup of salsa and 1 packet of sour cream

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	220.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	380.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

Pizza-Pepperoni

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1553

Ingredients

Description	Measurement	DistPart #
PIZZA TKY PEPP 16 WGRAIN 3-3CT	72 Slice	814301

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F high fan for 12-15 minutes.

NOTE: Rotate product half-way through bake time in convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

1 Slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	360.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	560.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	19.00g		
Vitamin A	74.00IU	Vitamin C	0.00mg
Calcium	316.00mg	Iron	2.20mg

Pizza-Cheese

Servings:	72.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1554

Ingredients

Description	Measurement	DistPart #
PIZZA 4CHS 16 WGRAIN PARBK 3-3CT	72 Slice	814291

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F high fan for 12-15 minutes.

NOTE: Rotate product half-way through bake time in convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.

1 Slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	248.00		
Fat	11.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	28.00mg		
Sodium	337.90mg		
Carbohydrates	24.00g		
Fiber	2.80g		
Sugar	4.00g		
Protein	12.40g		
Vitamin A	62.80IU	Vitamin C	0.00mg
Calcium	264.10mg	Iron	1.40mg

Pizza-Buffalo Chicken

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1555

Ingredients

Description	Measurement	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	72 Slice	627101

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F low fan for 14-17 minutes

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

1 Slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving			
Calories		390.00	
Fat		19.00g	
SaturatedFat		7.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		750.00mg	
Carbohydrates		35.00g	
Fiber		3.00g	
Sugar		8.00g	
Protein		20.00g	
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	320.00mg	Iron	2.20mg

Pizza-4-Meat

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1556

Ingredients

Description	Measurement	DistPart #
PIZZA 4MEAT 16 WGRAIN PRIMO 9CT	72 Slice	731211

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F low fan for 15-17 minutes

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.

1 slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	370.00		
Fat	17.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	650.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	9.00g		
Protein	20.00g		
Vitamin A	72.00IU	Vitamin C	0.00mg
Calcium	282.00mg	Iron	2.40mg

Chicken-Mini Corn Dog Bites

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1557

Ingredients

Description	Measurement	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	240 Piece	497360

Preparation Instructions

BAKE

REHEATING FROM THAWED STATE IS RECOMMENDED

HEAT OVEN TO 350 DEGREES F FOR (FROZEN) 15 MINUTES, THAWED (10 MINUTES)

FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING TIME.

INTERNAL TEMPERATURE OF 165 DEGREES F.

K-6

6 MINI CORN DOGS PER STUDENT

Condiments Optional:

1 packet of Ketchup (25g Na)

1 packet of Mustard (85g Na)

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	270.00		
Fat	12.00g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	420.00mg		
Carbohydrates	30.00g		
Fiber	4.50g		
Sugar	6.00g		
Protein	10.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	2.16mg

Chicken Mini Corn Dog Bites

Servings:	40.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1558

Ingredients

Description	Measurement	DistPart #
CORN DOG TKY WGRAIN .67Z CN 2-5# HOR	240 Each	864190

Preparation Instructions

6 MINI CORN DOGS PER STUDENT

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	290.00
Fat	14.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	380.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	7.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 1.80mg

Chicken-Nuggets

Servings:	102.00	Category:	Entree
Serving Size:	5.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1559

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	321 Ounce	281831

Preparation Instructions

BAKE FROM FROZEN STATE PLACE ON A PERFORATED SHEET PAN

Appliances vary, adjust accordingly.

CONVECTION

Appliances vary, adjust accordingly.

6-8 minutes at 375°F from frozen.

INTERNAL TEMPERATURE OF 165 DEGREE F

Serve: 4 Nuggets per student

Nutrition Facts

Servings Per Recipe: 102.00

Serving Size: 5.00

Amount Per Serving

Calories	165.22		
Fat	9.44g		
SaturatedFat	1.57g		
Trans Fat	0.00g		
Cholesterol	15.74mg		
Sodium	251.76mg		
Carbohydrates	10.23g		
Fiber	1.57g		
Sugar	0.79g		
Protein	10.23g		
Vitamin A	78.68IU	Vitamin C	0.00mg
Calcium	15.74mg	Iron	1.42mg

Chicken Nuggets

Servings:	42.00	Category:	Entree
Serving Size:	12.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1560

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	510 Each	281831

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

JHS/KHS

6 nuggets per student/serving

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 12.00

Amount Per Serving

Calories	637.50		
Fat	36.43g		
SaturatedFat	6.07g		
Trans Fat	0.00g		
Cholesterol	60.71mg		
Sodium	971.43mg		
Carbohydrates	39.46g		
Fiber	6.07g		
Sugar	3.04g		
Protein	39.46g		
Vitamin A	303.57IU	Vitamin C	0.00mg
Calcium	60.71mg	Iron	5.46mg

Nacho Bites

Servings:	72.00	Category:	Grain
Serving Size:	8.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1561

Ingredients

Description	Measurement	DistPart #
BITES NACHO .5Z 8-72CT LIL BITES	432 Each	655322

Preparation Instructions

K-6

8 pieces per serving

Condiment Optional

1/2 cup of Salsa

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 8.00

Amount Per Serving

Calories 202.50

Fat 7.50g

Saturated Fat 3.00g

Trans Fat 0.00g

Cholesterol 11.25mg

Sodium 330.00mg

Carbohydrates 24.00g

Fiber 2.25g

Sugar 0.75g

Protein 8.25g

Vitamin A 375.00IU **Vitamin C** 1.80mg

Calcium 112.50mg **Iron** 1.08mg

Nacho Bites

Servings:	48.00	Category:	Entree
Serving Size:	12.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1562

Ingredients

Description	Measurement	DistPart #
BITES NACHO .5Z 8-72CT LIL BITES	576 Each	655322

Preparation Instructions

BAKE

Cooking Instructions:

Convection Oven-

Preheat oven to 375° F; arrange frozen Lil' Bites in a single layer on a pan

Bake for 6-8 minutes or until hot

Let Lil' Bites stand for 2 minutes before eating

Filling will be very hot; be cautious on first bite

Due to variance in appliances, cooking times and or temperatures

may require adjustment to meet a minimum of 160 °

DIRECTIONS BASED ON COOKING PRODUCT FROM FROZEN

JHS/KHS

12 pieces per serving

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 12.00

Amount Per Serving

Calories 405.00

Fat 15.00g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 22.50mg

Sodium 660.00mg

Carbohydrates 48.00g

Fiber 4.50g

Sugar 1.50g

Protein 16.50g

Vitamin A 750.00IU **Vitamin C** 3.60mg

Calcium 225.00mg **Iron** 2.16mg

Chicken Nugget

Servings:	43.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1581

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	258 Serving	281831

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

JHS/KHS

12 Nuggets per student

Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 6.00

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

PRO-MINI CORN DOG BITES

Servings:	59.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1589

Ingredients

Description	Measurement	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	238 Each	497360

Preparation Instructions

THAW UNDER REFRIGERATION ONLY.

PRE-HEAT OVEN TO 350 DEGREE F.

IF FROZEN BAKE FOR 15 MINUTES , IF THAWED BAKE FOR 10 MINUTES

HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

SERVE 4 PER STUDENT

Nutrition Facts

Servings Per Recipe: 59.00

Serving Size: 4.00

Amount Per Serving

Calories 181.53

Fat 8.07g

SaturatedFat 2.52g

Trans Fat 0.00g

Cholesterol 25.21mg

Sodium 282.37mg

Carbohydrates 20.17g

Fiber 3.03g

Sugar 4.03g

Protein 7.06g

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

Calcium 100.85mg **Iron** 1.45mg

PRO-CORNBREAD STUFFING

Servings:	348.00	Category:	Grain
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1590

Ingredients

Description	Measurement	DistPart #
STUFFING MIX CRNBRD 12-31.125Z GCHC	93 7/18 Ounce	455761

Preparation Instructions

ADD SEASONING PACKET TO 7 CUPS OF BOILING WATER.
LET STAND 5 MINUTES. GENTLY STIR IN CORNBREAD CRUMBS.
COVER AND LET STAND 15 MINUTES.
FLUFF WITH A FORK AND SERVE.
Serving size of 2 oz (1/4 cup) use #16 Scoop

Nutrition Facts

Servings Per Recipe: 348.00
Serving Size: 2.00

Amount Per Serving

Calories	64.41		
Fat	0.54g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	284.46mg		
Carbohydrates	12.88g		
Fiber	0.54g		
Sugar	1.61g		
Protein	1.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.95mg	Iron	0.54mg

PRO-Mashed Potatoes

Servings:	160.00	Category:	Vegetable
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1593

Ingredients

Description	Measurement	DistPart #
POTATO PRLS PREM 10-29.3Z NATROWN	80 Ounce	193610

Preparation Instructions

RECONSTITUTE- 1 POUCH= 80 SERVINGS OF 2 OZ

- 1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 4" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15-20 seconds.
- 3: Let stand for 7 minutes, stir and serve.

SERVING PER STUDENT

2oz USE #16 SCOOP

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 2.00

Amount Per Serving

Calories	55.56		
Fat	0.69g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.56mg		
Carbohydrates	9.72g		
Fiber	1.39g		
Sugar	0.00g		
Protein	1.39g		
Vitamin A	1.35IU	Vitamin C	4.43mg
Calcium	5.85mg	Iron	0.20mg

Turkey Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1655

Ingredients

Description	Measurement	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	303 Ounce	768230
CHEESE BLND MEX SHRD FTNR 4-5 GCHC	25 Cup	606952
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	25 Cup	242489
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	786543
Tortillas, Whole Grain	100 1 each	110394

Preparation Instructions

To assemble taco

1. Add 3.03oz (Use #8 scoop) Taco filling in center of tortilla shell
2. top with 2 oz of mexican cheddar cheese
3. offer salad mix as a topping-shredded lettuce & diced tomatoes

1-8" taco per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	346.88
Fat	16.50g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	791.88mg
Carbohydrates	26.38g
Fiber	0.38g
Sugar	1.75g
Protein	23.13g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 245.00mg	Iron 1.49mg

Spanish rice

Servings:	108.00	Category:	Grain
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1665

Ingredients

Description	Measurement	DistPart #
RICE SPANISH 6-36Z GCHC	36 1/2 Cup	834850

Preparation Instructions

Serving size 4 oz- use # 8 Scoop

Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 0.33 Cup

Amount Per Serving

Calories 215.07

Fat 0.51g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 522.31mg

Carbohydrates 46.09g

Fiber 2.05g

Sugar 2.05g

Protein 4.10g

Vitamin A 768.10IU **Vitamin C** 18.43mg

Calcium 20.48mg **Iron** 1.84mg

PRO-Chicken Nuggets

Servings:	128.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1726

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	512 Each	281831

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

CONVECTION

Appliances vary, adjust accordingly.

Bake:

6-8 minutes at 375°F from frozen.

Serving Size- 4 Chicken Nugget per student

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 4.00 Ounce

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

PRO-Cheeseburger

Servings:	170.00	Category:	Entree
Serving Size:	1.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1727

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	658622
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	170 Each	676151
CHEESE AMER 160CT SLCD R/F 6-5 LOL	170 Slice	722360

Preparation Instructions

Flamebroiled Beef Patty-Prepare from frozen state

Convection Oven: Pre-heat oven to 350 Degrees F.

Bake for 8-9 minutes

Place on parchment lined sheet tray in a single layer

Once Baked place bun bag over sheet tray to keep moist.

Place tray in hot box no longer than 30 minutes

BE SURE TO PLACE A PAN OF WATER IN THE BOTTOM OF THE HOT BOX TO MAINTAIN MOISTURE LEVEL.

Hamburger Buns- Thaw under refrigeration or at room temperature for 24 hours

ASSEMBLE BURGER-

Place 1 beef patty on bottom portion of hamburger bun

Place 1 slice of American cheese on top of patty

Next, place top of bun on beef patty to complete hamburger

You may pre make up hamburgers prior to serving, as long as, they will not be sitting longer than 15 minutes in the hot box!

Serve 1 complete hamburger per student

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 1.00 Gram

Amount Per Serving

Calories 255.00

Fat 11.50g

SaturatedFat 4.75g

Trans Fat 0.50g

Cholesterol 47.50mg

Sodium 405.00mg

Carbohydrates	20.00g
Fiber	4.00g
Sugar	3.00g
Protein	17.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.00mg	Iron 1.80mg

PRO- Broccoli

Servings:	192.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1728

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORETS 6-4 GFS	384 Each	610902

Preparation Instructions

Prepare from frozen state

Place frozen broccoli in 4" steam table pan place in steamer for 10-15 minutes or until temperature reaches 135 Degrees F.

Once cooked cover with plastic wrap and place in hot box until serving time.

Portion per student- 2 oz or 2 two pieces of broccoli

1/4 cup of vegetable servings

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories 20.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 13.33mg

Carbohydrates 2.67g

Fiber 1.33g

Sugar 1.33g

Protein 0.67g

Vitamin A 0.00IU **Vitamin C** 20.00mg

Calcium 13.33mg **Iron** 0.00mg

PRO-Baked Beans

Servings:	170.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1729

Ingredients

Description	Measurement	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	42 1/2 Cup	570710

Preparation Instructions

Place 3-#10 Cans in 4" steam table pan
Place in 350 Degree oven
and bake for 20-25 minutes
Until internal temperature reaches 165 Degrees F
Portion per Student
2 oz (use #16 scoop) or 1/4 cup serving.

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	65.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	275.00mg		
Carbohydrates	14.50g		
Fiber	2.50g		
Sugar	5.00g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.90mg

PRO & STE-Cheese Pizza

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1730

Ingredients

Description	Measurement	DistPart #
5" Deep Dish Cheese Pizza	444 3/7 Ounce	841180

Preparation Instructions

BAKE

Product must be cooked from frozen state.

COOKING GUIDELINES: COOK BEFORE EATING.

Place 24 pizzas in 18" x 26" lightly greased baking sheet.

CONVECTION OVEN: Cook at 350°F for 18 to 21 minutes.

NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments.

Rotate pans one half turn half way through cooking to prevent cheese from burning.

Refrigerate or discard any unused portion.

Serving Per Student-1 Individual cheese pizza

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Gram

Amount Per Serving

Calories 364.30

Fat 17.20g

Saturated Fat 8.10g

Trans Fat 0.00g

Cholesterol 35.42mg

Sodium 516.08mg

Carbohydrates 34.41g

Fiber 3.04g

Sugar 4.05g

Protein 20.24g

Vitamin A 0.10IU **Vitamin C** 0.10mg

Calcium 0.46mg **Iron** 0.15mg

PRO-PB & J Sandwich

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1733

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	72 Each	536012

Preparation Instructions

Thaw at room temperature for 30-60 minutes in a single layer on sheet tray

After thawing, sandwiches should be served within 8-10 hours. do not microwave.

Serving size is one 2.6 oz sandwich per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	300.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	280.00mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	14.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.00mg	Iron 1.00mg

PRO-PB&J Sandwich

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1734

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	72 Each	527462

Preparation Instructions

Thaw at room temperature for 30-60 minutes in a single layer

After thawing, sandwiches should be served within 8-10 hours

Do not microwave

Serve 1- 2.6 ounce Sandwich per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Gram

Amount Per Serving

Calories	300.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

PRO-Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1735

Ingredients

Description	Measurement	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
TURKEY BRST STK SLCD 4-6.17 JENNO	2 Slice	563652

Preparation Instructions

Turkey

Thaw under refrigeration for at least 48 hours for a single bag or up to 72 hours for multiple bag units in box.

DO NOT THAW AT ROOM TEMPERATURE.

Hamburger bun

Thaw at room temperature for 24 hours

American Cheese Slices

Let sit out for 20 minutes or so to reach 50 degrees F

One slice per sandwich

ASSEMBLE

PLACE ON TOP OF BOTTOM BUN 2 SLICES OF TURKEY, 1 SLICE OF AMERICAN CHEESE AND ADD TOP OF BUN

1 COMPLETE SANDWICH FOR SERVING PER STUDENT

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories 215.00

Fat 5.00g

Saturated Fat 1.75g

Trans Fat 0.00g

Cholesterol 42.50mg

Sodium 695.00mg

Carbohydrates 20.00g

Fiber 4.00g

Sugar 3.00g

Protein	24.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.00mg	Iron	1.08mg

Pro-Chicken Parmesan on Ciabatta bread

Servings:	312.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1902

Ingredients

Description	Measurement	DistPart #
Chicken Patty-Breaded CN-Fully Cooked	483 2/3 Ounce	827841
CHEESE MOZZ SHRD 4-5 LOL	312 Ounce	645170
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	156 Each	831221
SAUCE MARINARA SMOOTH 6-10 PG	312 Fluid Ounce	231762

Preparation Instructions

CHICKEN PATTY-CONVECTION

Convection Oven: from frozen state:

Preheat oven to 375 degrees F for 9-11 minutes or until internal temperature reaches 165 degree F. PLACE CHICKEN PATTY ON PERFORATED SHEET TRAY IN SINGLE LAYER

CIABATTA BREAD-MICROWAVE

Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.

TO ASSEMBLE: PLACE CHICKEN PATTY ON BOTTOM PORTION OF CIABATTA BREAD PLACE 1 OZ OF MARINARA SAUCE AND TOP WITH 1 OZ SHREDDED MOZZARELLA CHEESE. CUT SANDWICH IN HALF AND SERVE 1 HALF TO STUDENT.

ONE PORTION IS HALF A SANDWICH.

Nutrition Facts

Servings Per Recipe: 312.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories 290.02

Fat 14.00g

SaturatedFat 5.25g

Trans Fat 0.00g

Cholesterol 27.75mg

Sodium 567.53mg

Carbohydrates 24.50g

Fiber	2.25g
Sugar	3.75g
Protein	18.00g
Vitamin A 376.00IU	Vitamin C 14.75mg
Calcium 221.00mg	Iron 5.08mg

PRO-Hot Dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2162

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	265039
BUN HOT DOG WHEAT WHL 12-12CT GFS	80 Each	517830

Preparation Instructions

Serving size: Place 1 hot dog in hot dog bun

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	270.00
Fat	17.50g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	595.00mg
Carbohydrates	20.00g
Fiber	4.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 0.07IU	Vitamin C 0.00mg
Calcium 48.89mg	Iron 1.49mg

PRO-Cheeseburger Meatloaf

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2163

Ingredients

Description	Measurement	DistPart #
MEATLOAF CKD SLCD W/CHS 100-2.9Z	100 Piece	765641
GRAVY MIX BROWN 8-13.37Z TRIO	100 Fluid Ounce	741141

Preparation Instructions

Serving size- 1 portion (2.90oz) meatloaf topped with 1oz of brown gravy.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 230.00

Fat 11.50g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 1109.99mg

Carbohydrates 17.00g

Fiber 1.00g

Sugar 5.00g

Protein 12.00g

Vitamin A 200.00IU **Vitamin C** 9.00mg

Calcium 60.00mg **Iron** 1.44mg

PRO-Pasta Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2179

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	300 Each	785860
PASTA PENNE CKD 4-5 PG	200 Ounce	835900
SAUCE MARINARA SMOOTH 6-10 PG	200 Fluid Ounce	231762
BREAD GARL TST SLC WGRAIN 12-12CT GFS	50 Slice	277862

Preparation Instructions

Serving size

2oz Penne Pasta

2 Meatballs

2oz Marinara Sauce

1/2 slice Garlic toast

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 338.25

Fat 13.50g

SaturatedFat 4.13g

Trans Fat 0.45g

Cholesterol 27.50mg

Sodium 562.00mg

Carbohydrates 38.25g

Fiber 3.75g

Sugar 6.50g

Protein 15.50g

Vitamin A 753.75IU **Vitamin C** 5.25mg

Calcium 68.00mg **Iron** 3.93mg

PRO-Hot Turkey & Gravy Pot Pie

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2180

Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	375 Ounce	653171
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	100 Each	521782

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 208.17

Fat 9.01g

SaturatedFat 4.85g

Trans Fat 0.00g

Cholesterol 36.06mg

Sodium 660.72mg

Carbohydrates 15.80g

Fiber 0.00g

Sugar 0.00g

Protein 18.23g

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

Calcium 60.00mg **Iron** 0.68mg

PRO-Smoky Honey Rib Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2181

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	100 Each	451410
BUN SUB SLCD WGRAIN 8 10-6CT	100 Each	406343

Preparation Instructions

To Prepare:

Place bottom of bun on tray, place 1 rib patty on bun and place top of bun to complete sandwich

1 per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 420.00

Fat 13.00g

SaturatedFat 4.50g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 890.00mg

Carbohydrates 53.00g

Fiber 5.00g

Sugar 16.00g

Protein 22.00g

Vitamin A 400.00IU **Vitamin C** 1.20mg

Calcium 140.00mg **Iron** 4.50mg

PRO-Sloppy Joe

Servings:	132.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2235

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	480 Ounce	564790
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	132 Each	676151

Preparation Instructions

Assemble

Add 3.63 oz using #8 scoop to bottom half of bun, then place top of bun over sloppy joe mixture.

Nutrition Facts

Servings Per Recipe: 132.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 245.25

Fat 7.51g

Saturated Fat 2.20g

Trans Fat 0.00g

Cholesterol 44.08mg

Sodium 512.73mg

Carbohydrates 29.02g

Fiber 6.00g

Sugar 10.01g

Protein 17.02g

Vitamin A 459.80IU **Vitamin C** 6.01mg

Calcium 74.06mg **Iron** 2.72mg

Hot Dog Bar-Plain Hot Dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2510

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	265039
Hot dog Bun, Whole Wheat White	80 Each	Wilkens Food Service

Preparation Instructions

Serve:

1 hotdog placed in 1 bun

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 300.00

Fat 17.50g

SaturatedFat 6.00g

Trans Fat 0.50g

Cholesterol 35.00mg

Sodium 730.00mg

Carbohydrates 27.00g

Fiber 3.00g

Sugar 3.00g

Protein 10.00g

Vitamin A 0.07IU **Vitamin C** 0.00mg

Calcium 8.89mg **Iron** 0.77mg

Hamburger w/cheese on WG Bun

Servings:	170.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2512

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	658622
CHEESE AMER 160CT SLCD 6-5# BONGARDS	1 Slice	235541
Hamburger bun, Whole Grain, White	170 Each	Wilkens Food Service

Preparation Instructions

Serve:

Place 1 hamburger patty on bottom portion of bun, place 1 slice of cheese on top of patty and place with top bun.

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 250.24

Fat 9.51g

SaturatedFat 3.51g

Trans Fat 0.50g

Cholesterol 40.04mg

Sodium 351.29mg

Carbohydrates 24.01g

Fiber 3.00g

Sugar 5.01g

Protein 13.02g

Vitamin A 0.59IU **Vitamin C** 0.00mg

Calcium 0.44mg **Iron** 1.08mg

Hamburger on WG Bun

Servings:	170.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2513

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	658622
Hamburger bun, Whole Grain, White	170 Each	Wilkens Food Service

Preparation Instructions

Serve:

Place 1-2.0 oz hamburger patty on bottom portion of bun, place 1 slice of cheese on top of patty and place with top bun.

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories 250.00

Fat 9.50g

SaturatedFat 3.50g

Trans Fat 0.50g

Cholesterol 40.00mg

Sodium 350.00mg

Carbohydrates 24.00g

Fiber 3.00g

Sugar 5.00g

Protein 13.00g

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

Calcium 0.00mg **Iron** 1.08mg

Cheesey Meatloaf

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2537

Ingredients

Description	Measurement	DistPart #
Dinner Roll, WG	100 Piece	4372
MEATLOAF CKD SLCD W/CHS 100-2.9Z	100 Piece	765641

Preparation Instructions

Serve 1 slice per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.00		
Fat	11.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	550.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	7.00g		
Protein	16.00g		
Vitamin A	200.00IU	Vitamin C	9.00mg
Calcium	60.00mg	Iron	1.44mg

Pasta Bowl to Go

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2538

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 P/L	20 Cup	254500
PASTA PENNE CKD 4-5 PG	40 Cup	835900
MEATBALL CKD .65Z 6-5 COMM	152 Ounce	785860

Preparation Instructions

Serving Size

Place 1/2 cup-4oz (#8 Scoop) of pasta on tray

Add 1/2 cup-4oz(#8 Scoop) of marinara sauce over the top of pasta

Next Place 4 meatballs on tray and

Condiment Optional

1 packet of Parmesan cheese (55g Na)

1 piece garlic bread/toast

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	386.73		
Fat	12.53g		
SaturatedFat	1.66g		
Trans Fat	0.29g		
Cholesterol	17.10mg		
Sodium	272.60mg		
Carbohydrates	54.38g		
Fiber	2.48g		
Sugar	6.45g		
Protein	15.20g		
Vitamin A	2.38IU	Vitamin C	0.48mg
Calcium	50.40mg	Iron	4.19mg

Pasta To Go w/meat sauce

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2570

Ingredients

Description	Measurement	DistPart #
PASTA PENNE CKD 4-5 PG	40 Cup	835900
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	40 Cup	573201
MEATBALL CKD .65Z 6-5 COMM	185 Each	785860
BREAD GARL TST SLC WGRAIN 12-12CT GFS	80 Slice	277862

Preparation Instructions

SERVE:

PLACE 1/2 CUP-4 OZ (SLOTTED 4OZ LADLE /USE #8 SCOOP) OF PASTA ON TRAY

ADD 1/2 CUP-4 OZ (#8 SCOOP) OF MEAT SAUCE ON TOP OF PASTA

ADD 4 MEATBALLS TO THE TRAY AND 1 PIECE OF GARLIC BREAD.

CONDIMENT OPTIONAL

1 PACKET OF PARMESAN CHEESE

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 472.21

Fat 16.33g

SaturatedFat 3.27g

Trans Fat 0.35g

Cholesterol 25.72mg

Sodium 360.77mg

Carbohydrates 62.69g

Fiber 3.76g

Sugar 4.78g

Protein 19.28g

Vitamin A 60.66IU **Vitamin C** 2.27mg

Calcium 60.93mg **Iron** 4.75mg

Turkey and Gravy w/Biscuit

Servings:	107.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2572

Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	445 1/8 Ounce	653171
PEAS & CARROT 12-2.5 GFS	60 Ounce	119458
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	107 Each	521782

Preparation Instructions

To Prepare: Mix 1 BAG Turkey and Gravy with 7.5 cups Peas and Carrots (60 oz or 1 1/2 bags). Keep heated to internal temperature of 135 degrees or above.

SERVE: 1 PORTION

Place 1-1 oz biscuit split open on try with 4 oz (#8 SCOOP/4 oz ladle) of Turkey, Gravy and pea/carrot mixture.

Nutrition Facts

Servings Per Recipe: 107.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 270.22

Fat 9.50g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 735.11mg

Carbohydrates 23.53g

Fiber 2.51g

Sugar 3.35g

Protein 21.67g

Vitamin A 1255.41IU **Vitamin C** 4.02mg

Calcium 60.00mg **Iron** 1.32mg

Garden Vegetable & Green Tossed Salad w/Bosco Cheesey BreadStick

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2573

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	735787
TOMATO CHERRY 11 MRKN	120 Each	569551
Cucumber	96 Slice	16P98
Carrots, baby	72 Each	18D69
BREADSTICK CHS STFD WGRAIN 6 144CT	24 Each	235411
TURKEY HAM DCD 2-5 JENNO	72 Ounce	202150
CHEESE AMER SHRD FTNR 4-5 BONGARDS - Bongards - W	24 Ounce	359572

Preparation Instructions

Place 2 cups of romaine lettuce in 12 oz round black bowl
Add to top 3 oz of turkey ham- (Use a level 4 oz ladle)
Add 1/4 cup -5 cherry tomatoes
Add 1/4 cup-4 slices of cucumbers
Add 1/4 cup 3 baby carrots
and top with 1 Tablespoon-Use # 30 Scoop of shredded cheese.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 549.11

Fat 18.73g

SaturatedFat 10.06g

Trans Fat 0.00g

Cholesterol 99.80mg

Sodium 1373.64mg

Carbohydrates 63.20g

Fiber	5.32g
Sugar	4.00g
Protein	30.91g
Vitamin A 11299.64IU	Vitamin C 75.99mg
Calcium 442.73mg	Iron 3.81mg

Mashed Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2609

Ingredients

Description	Measurement	DistPart #
MIX GRAVY BRN LO SOD 8-16Z TRIO	2 Fluid Ounce	552050
POTATO MASH INST 6-26Z BRILLIANT	3 48/49 Ounce	675031

Preparation Instructions

Serving size per student

4oz of Mashed Potatoes-(use #8 SCOOP)

OPTIONAL-2oz of Gravy-(USE #16 SCOOP)

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	535.31
Fat	2.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1275.16mg
Carbohydrates	107.06g
Fiber	6.22g
Sugar	0.00g
Protein	12.44g
Vitamin A 11.82IU	Vitamin C 39.55mg
Calcium 52.80mg	Iron 3.42mg

Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2613

Ingredients

Description	Measurement	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	25 Cup	570710

Preparation Instructions

Portion size of 4 oz

1- #10 can =29 servings

6-#10 Cans = 176 servings

Serving size per students

1/2 cup (Use #8 SCOOP)

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	130.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	29.00g		
Fiber	5.00g		
Sugar	10.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Fruit Salad Side

Servings:	60.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2617

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	80 Ounce	811500
BLUEBERRY IQF 4-5 GFS	5 Cup	166720
STRAWBERRY WHL IQF 4-5 GFS	5 Cup	244630
APPLE SLCD RED PLD IQF 4-5 GFS	5 Cup	818895
GRAPES GREEN SEEDLESS 17AVG	5 Cup	197858
GRAPES RED LUNCH BUNCH 5 MRKN	5 Ounce	121893

Preparation Instructions

Make the day before

Place in 6" steam table pan

1/2 bag Blueberries, 1/2 bag strawberries, 1/2 bag apples, 5 cups green and 5 cups red grapes

Add 1 1/4 (80oz/10 Cups) pouches of yogurt to the fruit mixture and

blend until all fruit is coated evenly with yogurt

Cover with plastic wrap and place lid on top

Place covered Fruit Salad in cooler to serve the next day.

1 serving per student

Place 1/2 cup of fruit salad in a 5oz cups with lid

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 68.54

Fat 0.38g

SaturatedFat 0.18g

Trans Fat 0.00g

Cholesterol 0.83mg

Sodium 23.19mg

Carbohydrates 15.36g

Fiber	0.96g		
Sugar	11.97g		
Protein	1.34g		
Vitamin A	189.00IU	Vitamin C	15.36mg
Calcium	38.21mg	Iron	0.18mg

Fruit Salad Entree

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2618

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	322 Ounce	811500
BLUEBERRY IQF 4-5 GFS	10 Cup	166720
STRAWBERRY WHL IQF 4-5 GFS	10 Cup	244630
APPLE SLCD RED PLD IQF 4-5 GFS	10 Cup	818895
GRAPES GREEN SEEDLESS 17AVG	10 Cup	197858
GRAPES RED LUNCH BUNCH 5 MRKN	10 Ounce	121893

Preparation Instructions

Make the day before

Place in 6" steam table pan

1 bag Blueberries, 1 bag diced strawberries, 1 bag of diced apples, 10 cups green and 10 cups red grapes

Add 2 1/2 pouches of yogurt to the fruit mixture and

blend until all fruit is coated evenly with yogurt

Cover with plastic wrap and place lid on top

Place covered Fruit Salad in cooler to serve the next day.

1 serving per student

Place 2 cups of fruit salad in a 12oz square bowl with lid

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 306.88

Fat 1.89g

SaturatedFat 1.04g

Trans Fat 0.00g

Cholesterol 5.03mg

Sodium 122.74mg

Carbohydrates 65.83g

Fiber	2.87g
Sugar	50.09g
Protein	7.56g
Vitamin A 1073.25IU	Vitamin C 46.08mg
Calcium 215.88mg	Iron 0.55mg

Veg-Broccoli

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2624

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORETS 6-4 GFS	384 Ounce	610902

Preparation Instructions

1 serving = 4 oz Use #8 SCOOP or 1/2 Cup slotted spoodle

Nutrition Facts

Servings Per Recipe: 96.00

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 26.67mg

Carbohydrates 5.33g

Fiber 2.67g

Sugar 2.67g

Protein 1.33g

Vitamin A 0.00IU **Vitamin C** 40.00mg

Calcium 26.67mg **Iron** 0.00mg

Baby Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2625

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	5 Ounce	510637

Preparation Instructions

- 1/2 Cup (6 pieces) Baby Carrots in a plastic bag and seal
- 3/4 Cup (8 pieces) Baby Carrots in a plastic bag and seal

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories			49.67
Fat			0.17g
SaturatedFat			0.00g
Trans Fat			0.00g
Cholesterol			0.00mg
Sodium			110.50mg
Carbohydrates			11.67g
Fiber			4.17g
Sugar			6.67g
Protein			0.83g
Vitamin A	19546.98IU	Vitamin C	3.68mg
Calcium	45.37mg	Iron	1.27mg

Veg-Edamame

Servings:	10.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2626

Ingredients

Description	Measurement	DistPart #
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	40 Ounce	147270

Preparation Instructions

Place 1/2 Cup of Edamame in 5 oz plastic cups with lids
1 serving is 1/2 Cup (4oz)

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	133.33
Fat	5.33g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.67mg
Carbohydrates	9.33g
Fiber	5.33g
Sugar	4.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 12.00mg
Calcium 80.00mg	Iron 2.40mg

Veg-Garbanzo Beans

Servings:	28.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2627

Ingredients

Description	Measurement	DistPart #
BEAN GARBANZO 6-10 GFS	14 Cup	118753

Preparation Instructions

1 Serving = 1/2 Cup (4 oz) of garbanzo beans

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 110.00

Fat 2.00g

SaturatedFat 0.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 300.00mg

Carbohydrates 18.00g

Fiber 5.00g

Sugar 3.00g

Protein 6.00g

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

Calcium 60.00mg **Iron** 0.72mg

Red Pepper Strips

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2628

Ingredients

Description	Measurement	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	3 3/4 Ounce	560715

Preparation Instructions

Prepare Whole Peppers:

Remove Sticks

Wash/Rinse whole pepper

Lay on paper towel to dry

Cut top off and take seeds out

Cut in half and slice pepper into 1/4" size slices

Place all cut up peppers in a large bowl

1 serving size 1/2 Cup (2.25 oz of sliced Peppers) Approximately half of a whole pepper

Put in plastic bags and seal.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories			31.74
Fat			0.17g
Saturated Fat			0.00g
Trans Fat			0.00g
Cholesterol			0.00mg
Sodium			2.34mg
Carbohydrates			8.35g
Fiber			1.34g
Sugar			5.01g
Protein			1.00g
Vitamin A	3340.56IU	Vitamin C	194.23mg
Calcium	10.22mg	Iron	0.52mg

Veg-California Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2633

Ingredients

Description	Measurement	DistPart #
VEG BLEND CALIF 6-4 GFS	48 Cup	610891

Preparation Instructions

Serving per Student

1/2 Cup (4oz) Use 1/2 Cup slotted spoodle or #8 Scoop.

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	12.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	17.50mg		
Carbohydrates	2.50g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	375.00IU	Vitamin C	10.20mg
Calcium	20.00mg	Iron	0.36mg

Veg-Prince Charles Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2635

Ingredients

Description	Measurement	DistPart #
VEG BLND PRNC CHARLES 12-2 GFS	48 Cup	101524

Preparation Instructions

1 Serving per Student

1/2 Cup (4oz) Use 1/2 cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	23.33
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.33mg
Carbohydrates	3.33g
Fiber	1.33g
Sugar	1.33g
Protein	0.67g
Vitamin A 500.00IU	Vitamin C 2.40mg
Calcium 13.33mg	Iron 0.24mg

Veg-Scandinavian Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2636

Ingredients

Description	Measurement	DistPart #
VEG BLND SCANDINAVIAN 12-2 GFS	48 Cup	329088

Preparation Instructions

1 Serving per student

1/2 cup (4oz) use 1/2 cup slotted spoodle or #8 scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	26.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.33mg
Carbohydrates	4.67g
Fiber	1.33g
Sugar	2.00g
Protein	1.33g
Vitamin A 500.00IU	Vitamin C 2.40mg
Calcium 0.00mg	Iron 0.24mg

Veg-Kyoto Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2638

Ingredients

Description	Measurement	DistPart #
VEG BLND KYOTO 6-2.5 GFS	48 Cup	147260

Preparation Instructions

1 Serving per student

1/2 Cup (4oz) Use 1/2 Cup slotted spoodle or # 8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	40.00		
Fat	1.00g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	4.00g		
Fiber	1.00g		
Sugar	1.50g		
Protein	1.50g		
Vitamin A	375.00IU	Vitamin C	7.50mg
Calcium	20.00mg	Iron	0.36mg

Veg-Capri Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2639

Ingredients

Description	Measurement	DistPart #
VEG BLEND CAPRI 6-4 GFS	48 Cup	610841

Preparation Instructions

1 Serving per Student

1/2 cup (4oz) Use 1/2 cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	16.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.33mg
Carbohydrates	2.67g
Fiber	0.67g
Sugar	1.33g
Protein	0.67g
Vitamin A 666.67IU	Vitamin C 0.80mg
Calcium 13.33mg	Iron 0.00mg

Veg-Normandy Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2640

Ingredients

Description	Measurement	DistPart #
VEG BLND NORMANDY 12-2 GFS	48 Cup	170615

Preparation Instructions

1 Serving per student

1/2 cup (4oz) Use 1/2 cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

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	25.00mg		
Carbohydrates	5.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	750.00IU	Vitamin C	12.00mg
Calcium	20.00mg	Iron	0.36mg

Veg-Key West Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2641

Ingredients

Description	Measurement	DistPart #
VEG BLND KEY WEST 6-4 FLAVRPAC	48 Cup	164090

Preparation Instructions

1 Serving per Student

1/2 Cup (4oz) Use 1/2 cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	22.73
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.52mg
Carbohydrates	4.55g
Fiber	1.52g
Sugar	2.27g
Protein	0.00g
Vitamin A 757.58IU	Vitamin C 4.55mg
Calcium 15.15mg	Iron 0.55mg

Veg-Riviera Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2649

Ingredients

Description	Measurement	DistPart #
VEG BLND RIVIERA 6-4 FLAVRPAC	48 Cup	164060

Preparation Instructions

1 Serving per Student

1/2 Cup (4oz) Use 1/2 cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	17.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.50mg		
Carbohydrates	2.50g		
Fiber	1.00g		
Sugar	1.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

Veg-Caribbean Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2650

Ingredients

Description	Measurement	DistPart #
VEG BLND CARIBB 6-4 FLAVRPAC	48 Cup	101740

Preparation Instructions

1 Serving per Student

1/2 Cup (4oz) Use 1/2 Cup slotted spoodle or #8 scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	17.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	3.00g
Fiber	1.00g
Sugar	1.50g
Protein	0.50g
Vitamin A 50.00IU	Vitamin C 9.00mg
Calcium 10.00mg	Iron 0.36mg

Veg-Malibu Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2651

Ingredients

Description	Measurement	DistPart #
VEG BLND MALIBU 6-4 FLAVRPAC	48 Cup	164100

Preparation Instructions

1 Serving per Student

1/2 Cup (4 oz) Use 1/2 Cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	17.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	22.50mg
Carbohydrates	3.00g
Fiber	1.00g
Sugar	1.50g
Protein	0.50g
Vitamin A 500.00IU	Vitamin C 9.00mg
Calcium 10.00mg	Iron 0.36mg

Veg-Sicilian Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2652

Ingredients

Description	Measurement	DistPart #
VEG BLND SICILIAN 6-4 FLAVRPAC	48 Cup	164070

Preparation Instructions

1 Serving Per Students

1/2 Cup (4oz) Use 1/2 Cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	17.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12.50mg
Carbohydrates	3.00g
Fiber	1.00g
Sugar	1.50g
Protein	0.50g
Vitamin A 500.00IU	Vitamin C 7.50mg
Calcium 10.00mg	Iron 0.00mg

Trix Cereal Kit

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-2664

Ingredients

Description	Measurement	DistPart #
CEREAL TRIX RS BKFST KIT 60CT	60 Each	525340

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 60.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.00mg

Carbohydrates 15.00g

Fiber 0.00g

Sugar 13.00g

Protein 0.00g

Vitamin A 0.00IU **Vitamin C** 60.00mg

Calcium 0.00mg **Iron** 0.00mg

Italian Tossed Salad

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2863

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	735787
TOMATO GRAPE SWT 10 MRKN	24 Ounce	129631
TURKEY HAM DCD 2-5 JENNO	72 5/21 Ounce	202150
ONION RING RED 1/4 2-5 RSS	12 Ounce	429198

Preparation Instructions

- 1 Serving place 2 cup of romaine lettuce in a 12oz clamshell bowl
- top with 5 sliced cherry/grape tomatoes
- next add 3 oz of turkey ham-use a level 4oz ladle
- add 1/2 oz of red onions slices
- Optional condiment
 - 1 packet Parmesan cheese
 - 1 packet croutons
 - 1 package of fat free Italian dressing

Nutrition Facts

Servings Per Recipe: 24.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	185.90
Fat	4.90g
SaturatedFat	1.60g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	541.50mg
Carbohydrates	20.00g
Fiber	5.20g
Sugar	8.50g
Protein	16.10g
Vitamin A 11499.40IU	Vitamin C 85.86mg

Calcium 98.00mg **Iron** 3.19mg

Breakfast for Lunch

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3023

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	320 Fluid Ounce	584584
FRENCH TST CINN WGRAIN 144-2.9Z PAP	80 Slice	646262
BACON TKY CKD 12-50CT JENNO	240 Piece	834770
HASHBROWN TRIANGLE 6-5 MCC	80 Each	141520

Preparation Instructions

Eggs: 1 case=320fl.oz= 80 portions of 4oz servings

Use #8 scoop

French Toast: 1 slice per student

Bacon: 3 slices per student

Hashbrown: 1 triangle per student

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	416.06
Fat	21.06g
SaturatedFat	3.77g
Trans Fat	0.00g
Cholesterol	304.39mg
Sodium	998.33mg
Carbohydrates	34.02g
Fiber	2.50g
Sugar	11.52g
Protein	22.59g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 115.58mg	Iron 2.52mg

Honey BBQ Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3033

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	100 Piece	451410
BUN SUB SLCD WGRAIN 5 12-8CT GFS	100 Each	276142

Preparation Instructions

1 Serving = 1 rib patty on a 1 WG Sub Bun

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories 350.00

Fat 12.00g

SaturatedFat 4.50g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 850.00mg

Carbohydrates 41.00g

Fiber 5.00g

Sugar 14.00g

Protein 20.00g

Vitamin A 400.00IU **Vitamin C** 1.20mg

Calcium 120.00mg **Iron** 3.60mg

Breaded Chicken Patty Sandwich-Spicy

Servings:	128.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3039

Ingredients

Description	Measurement	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	128 Each	525490
Hamburger bun, Whole Grain, White	128 Each	Wilkens Food Service

Preparation Instructions

To prepare:

place bottom of hamburger bun on tray, add spicy chicken patty, then add top of bun

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 330.00

Fat 11.50g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 580.00mg

Carbohydrates 33.00g

Fiber 4.00g

Sugar 6.00g

Protein 22.00g

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

Calcium 0.00mg **Iron** 1.44mg

Pasta Bowl to Go

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3242

Ingredients

Description	Measurement	DistPart #
PASTA PENNE CKD 4-5 PG	40 Cup	835900
MEATBALL CKD .65Z 6-5 COMM	152 Ounce	785860
SAUCE MARINARA A/P 6-10 P/L	20 Cup	254500

Preparation Instructions

Serving Size

Place 1/2 cup-4oz (#8 Scoop) of pasta on tray

Add 1/2 cup-4oz(#8 Scoop) of marinara sauce over the top of pasta

Next Place 4 meatballs on tray and

Condiment Optional

1 packet of Parmesan cheese (55g Na)

1 piece garlic bread/toast

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	386.73		
Fat	12.53g		
SaturatedFat	1.66g		
Trans Fat	0.29g		
Cholesterol	17.10mg		
Sodium	272.60mg		
Carbohydrates	54.38g		
Fiber	2.48g		
Sugar	6.45g		
Protein	15.20g		
Vitamin A	2.38IU	Vitamin C	0.48mg
Calcium	50.40mg	Iron	4.19mg

Pasta To Go w/meat sauce

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3243

Ingredients

Description	Measurement	DistPart #
PASTA PENNE CKD 4-5 PG	40 Cup	835900
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	40 Cup	573201
MEATBALL CKD .65Z 6-5 COMM	185 Each	785860
BREAD GARL TST SLC WGRAIN 12-12CT GFS	80 Slice	277862

Preparation Instructions

SERVE:

PLACE 1/2 CUP-4 OZ (SLOTTED 4OZ LADLE /USE #8 SCOOP) OF PASTA ON TRAY

ADD 1/2 CUP-4 OZ (#8 SCOOP) OF MEAT SAUCE ON TOP OF PASTA

ADD 4 MEATBALLS TO THE TRAY AND 1 PIECE OF GARLIC BREAD.

CONDIMENT OPTIONAL

1 PACKET OF PARMESAN CHEESE

1 SLICE OF GARLIC BREAD

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 472.21

Fat 16.33g

SaturatedFat 3.27g

Trans Fat 0.35g

Cholesterol 25.72mg

Sodium 360.77mg

Carbohydrates 62.69g

Fiber 3.76g

Sugar 4.78g

Protein 19.28g

Vitamin A 60.66IU **Vitamin C** 2.27mg

Calcium 60.93mg **Iron** 4.75mg

Pizza-4-Meat

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3244

Ingredients

Description	Measurement	DistPart #
PIZZA 4MEAT 16 WGRAIN PRIMO 9CT	72 Slice	731211

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F low fan for 15-17 minutes

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.

1 slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	370.00		
Fat	17.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	650.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	9.00g		
Protein	20.00g		
Vitamin A	72.00IU	Vitamin C	0.00mg
Calcium	282.00mg	Iron	2.40mg

Pizza-Buffalo Chicken

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3245

Ingredients

Description	Measurement	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	72 Slice	627101

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F low fan for 14-17 minutes

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

1 Slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	390.00
Fat	19.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	750.00mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	8.00g
Protein	20.00g
Vitamin A 75.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 2.20mg

Pizza-Cheese

Servings:	72.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3246

Ingredients

Description	Measurement	DistPart #
PIZZA 4CHS 16 WGRAIN PARBK 3-3CT	72 Slice	814291

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F high fan for 12-15 minutes.

NOTE: Rotate product half-way through bake time in convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.

1 Slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	248.00		
Fat	11.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	28.00mg		
Sodium	337.90mg		
Carbohydrates	24.00g		
Fiber	2.80g		
Sugar	4.00g		
Protein	12.40g		
Vitamin A	62.80IU	Vitamin C	0.00mg
Calcium	264.10mg	Iron	1.40mg

Pizza-Pepperoni

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3247

Ingredients

Description	Measurement	DistPart #
PIZZA TKY PEPP 16 WGRAIN 3-3CT	72 Slice	814301

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F high fan for 12-15 minutes.

NOTE: Rotate product half-way through bake time in convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

1 Slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories 360.00

Fat 16.00g

SaturatedFat 8.00g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 560.00mg

Carbohydrates 35.00g

Fiber 4.00g

Sugar 6.00g

Protein 19.00g

Vitamin A 74.00IU **Vitamin C** 0.00mg

Calcium 316.00mg **Iron** 2.20mg

Italian Tossed Salad

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3248

Ingredients

Description	Measurement	DistPart #
TURKEY HAM DCD 2-5 JENNO	72 5/21 Ounce	202150
ONION RING RED 1/4 2-5 RSS	12 Ounce	429198
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	735787
TOMATO GRAPE SWT 10 MRKN	24 Ounce	129631

Preparation Instructions

1 Serving place 2 cup of romaine lettuce in a 12oz clamshell bowl
top with 5 sliced cherry/grape tomatoes
next add 3 oz of turkey ham-use a level 4oz ladle
add 1/2 oz of red onions slices
Optional condiment
1 packet Parmesan cheese
1 packet croutons
1 package of fat free Italian dressing

Nutrition Facts

Servings Per Recipe: 24.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	185.90
Fat	4.90g
SaturatedFat	1.60g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	541.50mg
Carbohydrates	20.00g
Fiber	5.20g
Sugar	8.50g
Protein	16.10g
Vitamin A 11499.40IU	Vitamin C 85.86mg

Calcium 98.00mg **Iron** 3.19mg

Cheesey Meatloaf

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3249

Ingredients

Description	Measurement	DistPart #
MEATLOAF CKD SLCD W/CHS 100-2.9Z	100 Piece	765641
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	200 Each	751701

Preparation Instructions

Serve 1 slice per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 330.00

Fat 12.00g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 570.00mg

Carbohydrates 34.00g

Fiber 3.00g

Sugar 11.00g

Protein 18.00g

Vitamin A 200.00IU **Vitamin C** 9.00mg

Calcium 100.00mg **Iron** 3.60mg

Double Hamburger w/cheese on WG Bun

Servings:	170.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3250

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	340 Each	658622
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	170 Each	517810

Preparation Instructions

Serve:

Place 2 hamburger patty on bottom portion of bun, place 1 slice of cheese on top of patty and place with top bun.

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 370.00

Fat 18.00g

SaturatedFat 7.00g

Trans Fat 1.00g

Cholesterol 80.00mg

Sodium 325.00mg

Carbohydrates 25.00g

Fiber 5.00g

Sugar 3.00g

Protein 25.00g

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

Calcium 40.00mg **Iron** 3.24mg

Hot Dog Bar-chili cheese dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3251

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	265039
SAUCE CHS CHED POUCH 6-106Z LOL	10 Cup	135261
CHILI BEEF W/BEAN 6-5 COMM	80 Ounce	344012
Hot dog Bun, Whole Wheat White	80 Each	Wilkens Food Service

Preparation Instructions

Serve:

1 hotdog in 1 bun

Add 1 oz (#16 scoop) of chili then Top with 1 oz (#16 Scoop) Cheese Sauce

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 376.07

Fat 21.86g

SaturatedFat 8.54g

Trans Fat 0.50g

Cholesterol 50.32mg

Sodium 969.45mg

Carbohydrates 31.07g

Fiber 3.69g

Sugar 3.86g

Protein 14.73g

Vitamin A 214.82IU **Vitamin C** 3.26mg

Calcium 122.14mg **Iron** 1.28mg

BAKED MOSTACCIOLI

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3252

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	592714
SEASONING ITAL HRB 6Z TRDE	3 Tablespoon	428574
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	674312
Whole Wheat Penne	100 Cup	Wilkens Food Service
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	645170
Diced Yellow Onions	1 Pound	Wilkens Food Service

Preparation Instructions

COOKING INSTRUCTIONS:

- MIX IN A 6' FULL STEAM TABLE PAN: WARM CARMELIZED ONIONS AND COOKED GROUND BEEF CRUMBLES .
- ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING, THROUGHLY MIX WITH ONIONS AND BEEF CRUMBLES
- PLACE BEEF CRUMBLES AND WARM MARINARIA SAUCE TOGETHER.
- PLACE DRAINED AND RINSE PASTA WITH COLD WATER, IN LARGE MIXING BOWL MIX IN A 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
- MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE THEN ADD TO THE COOKED & RINSED PASTA.
- DIVIDE MIXTURE INTO 4 PORTIONS ADD TO 4" STEAM TABLE PANS, ADD 3 1/4 CUPS OF MOZZARELLA CHEESE AND STIR, PLACE THE REMAINING 3 1/4 CUPS OF CHEESE TO TOP OF PAN.
- PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 1 1/2 CUP PORTION OF BAKED MOSTACCIOLI

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	591.81		
Fat	19.08g		
SaturatedFat	6.58g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	698.37mg		
Carbohydrates	79.09g		
Fiber	13.51g		
Sugar	9.13g		
Protein	34.51g		
Vitamin A	516.74IU	Vitamin C	7.49mg
Calcium	272.66mg	Iron	1.32mg

Roasted Turkey served w/Cornbread & gravy

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3254

Ingredients

Description	Measurement	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	563652
CORNBREAD PRE-CUT 4-30CT CP	100 Piece	579785
Brown Gravy	100 Ounce	15612

Preparation Instructions

Prepare portion size-

1. Place 2 slices of cooked turkey on tray add 1 Tbl of gravy-Use #30 scoop
2. Add 1 slice of corn bread to tray

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 300.00

Fat 11.50g

SaturatedFat 2.50g

Trans Fat 0.24g

Cholesterol 75.00mg

Sodium 650.00mg

Carbohydrates 27.00g

Fiber 0.40g

Sugar 11.00g

Protein 20.50g

Vitamin A 71.47IU **Vitamin C** 0.00mg

Calcium 20.00mg **Iron** 1.08mg

Chef Salad

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3255

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	735787
TOMATO CHERRY 11 MRKN	120 Each	569551
Cucumber	96 Slice	16P98
Carrots, baby	72 Each	18D69
CHEESE CHED MLD SHRD 4-5# COMM	24 Ounce	150250
TURKEY HAM DCD 2-5 JENNO	72 Ounce	202150

Preparation Instructions

Place 2 cups of romaine lettuce in 12 oz round black bowl
Add to top 3 oz of turkey ham- (Use a level 4 oz ladle)
Add 5 sliced cherry tomatoes
Add 4 slices of cucumbers
Add 3 baby carrots
and top with 1/2 oz (1 Tablespoon) Use # 30 Scoop of shredded cheese.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 341.91

Fat 9.05g

SaturatedFat 4.44g

Trans Fat 0.00g

Cholesterol 74.20mg

Sodium 894.84mg

Carbohydrates 45.68g

Fiber 3.32g

Sugar 3.00g

Protein 17.79g

Vitamin A	10899.64IU	Vitamin C	75.99mg
Calcium	166.25mg	Iron	2.81mg

Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3258

Ingredients

Description	Measurement	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	37 1/2 Cup	570710

Preparation Instructions

Portion size of 4 oz

1- #10 can =29 servings

6-#10 Cans = 176 servings

Serving size per students

4oz-(Use #8 SCOOP)

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	195.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	825.00mg		
Carbohydrates	43.50g		
Fiber	7.50g		
Sugar	15.00g		
Protein	10.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.70mg

Fruit Salad Entree

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3259

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	322 Ounce	811500
BLUEBERRY IQF 4-5 GFS	10 Cup	166720
STRAWBERRY WHL IQF 4-5 GFS	10 Cup	244630
APPLE SLCD RED PLD IQF 4-5 GFS	10 Cup	818895
GRAPES GREEN SEEDLESS 17AVG	10 Cup	197858
GRAPES RED LUNCH BUNCH 5 MRKN	10 Ounce	121893

Preparation Instructions

Make the day before

Place in 6" steam table pan

1 bag Blueberries, 1 bag diced strawberries, 1 bag of diced apples, 10 cups green and 10 cups red grapes

Add 2 1/2 pouches of yogurt to the fruit mixture and

blend until all fruit is coated evenly with yogurt

Cover with plastic wrap and place lid on top

Place covered Fruit Salad in cooler to serve the next day.

1 serving per student

Place 2 cups of fruit salad in a 12oz square bowl with lid

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 306.88

Fat 1.89g

SaturatedFat 1.04g

Trans Fat 0.00g

Cholesterol 5.03mg

Sodium 122.74mg

Carbohydrates 65.83g

Fiber	2.87g		
Sugar	50.09g		
Protein	7.56g		
Vitamin A	1073.25IU	Vitamin C	46.08mg
Calcium	215.88mg	Iron	0.55mg

Apple Chicken Cranberry Wrap

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3264

Ingredients

Description	Measurement	DistPart #
APPLE SLCD FRSH	200 Ounce	530831
DRESSING VINAG FUJI APPL 6-.5GAL PMLL	12 1/2 Cup	121261
LETTUCE ROMAINE CHOP 6-2 RSS	100 Cup	735787
CRANBERRY DRIED SWTND 10 OCSPR	12 1/2 Cup	729469
WALNUT PCS MED 30 GFS	12 1/2 Cup	585041
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	300 Ounce	570533
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	100 Each	720526

Preparation Instructions

1. Place 1 tortilla(12") flat on parchment lined sheet tray
2. Spread 2 Tablespoons of Fuji Apple Dressing on tortilla up to 1/4 away from edge.
3. Place 1 cup of chopped romaine lettuce; horizontally across tortilla in an even layer.
4. Add 3oz of chicken, 2oz of sliced apples, 1 Tablespoon (.5oz) of cranberries and top with 1oz of walnuts
5. Fold up the two horizontal ends 1/2 of the way in towards the middle, jsut past the ingredients. Fold the bottom of tortilla (end closest to you) up past the toppings, slightly pull back and roll away from you until the fold is under the complete wrap.
6. Cut on the bias or diagonally and place in clear calmshell.

Serving Size

1 12" tortill a wrap cut in half.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 677.24

Fat 37.00g

SaturatedFat 7.25g

Trans Fat 0.00g

Cholesterol 55.00mg

Sodium	470.00mg
Carbohydrates	60.50g
Fiber	5.14g
Sugar	22.98g
Protein	24.00g
Vitamin A 5000.00IU	Vitamin C 121.80mg
Calcium 64.00mg	Iron 4.08mg

Apple Chicken Cranberry Wrap

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3269

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	21 Ounce	570533
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	7 Each	720526
APPLE SLCD FRSH	14 Ounce	530831
DRESSING VINAG FUJI APPL 6-.5GAL PMLL	7/8 Cup	121261
LETTUCE ROMAINE CHOP 6-2 RSS	7 Cup	735787
WALNUT HLVS & PCS 4-2.5 GFS	7/8 Cup	134860
DRIED CRANBERRIES PREM 4 P/L	7/8 Cup	741950

Preparation Instructions

1. Place 1 tortilla(12") flat on parchment lined sheet tray
2. Spread 2 Tablespoons of Fuji Apple Dressing on tortilla up to 1/4 away from edge.
3. Place 1 cup of chopped romaine lettuce; horizontally across tortilla in an even layer.
4. Add 2.3oz of chicken, 2oz of sliced apples, .5oz of cranberries and top with 1oz of walnuts
5. Fold up the two horizontal ends 1/4 of the way in towards the middle. Fold the bottom of tortilla (end closest to you) up past the toppings, slightly pull back and roll away from you until the fold is under the complete wrap.
6. Cut on the bias or diagonally and place in clear calmsell.

Serving Size

1 12" tortilla wrap cut in half.

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 686.14

Fat 37.09g

SaturatedFat 7.26g

Trans Fat 0.00g

Cholesterol 55.00mg

Sodium 476.57mg

Carbohydrates	62.14g
Fiber	4.77g
Sugar	22.69g
Protein	24.01g
Vitamin A 5000.00IU	Vitamin C 121.80mg
Calcium 64.08mg	Iron 4.08mg

KHS-Sesame Asian Noodle Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3271

Ingredients

Description	Measurement	DistPart #
SPICE GINGER GRND 12Z BADIA	1 Tablespoon	430983
VINEGAR RICE WINE SEAS 4-1GAL ROLN	3 Cup	661651
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	466425
JUICE ORNG 100 UNSWT 12-46FLZ HV	1 Cup	100617
OIL SESAME PURE 10-56Z ROLN	3 Cup	348630
HONEY CLOVER 4-6 GFS	1/2 Cup	225614
OIL CANOLA CLR 3-1GAL CHFPRDE	3 Cup	482071
SPICE GARLIC POWDER 16Z BADIA	1 Teaspoon	708481
PASTA SPAG 51 WGRAIN 2-10	12 1/2 Pound	221460
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	5 Pound	147270
CARROT SHRD MED 2-5 RSS	2 Pound	313408
CABBAGE RED 5 P/L	2 Pound	596965
ONION RING RED 1/4 2-5 RSS	12 Ounce	429198
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	300 Ounce	570533
SPICE SESAME SEED HULLED 19Z TRDE	50 Ounce	513806

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 505.04

Fat		21.01g	
SaturatedFat		2.94g	
Trans Fat		0.00g	
Cholesterol		55.00mg	
Sodium		385.05mg	
Carbohydrates		49.52g	
Fiber		5.67g	
Sugar		5.94g	
Protein		27.96g	
Vitamin A	0.99IU	Vitamin C	3.58mg
Calcium	44.94mg	Iron	3.37mg

Sesame Asian Noodle Bowl

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3297

Ingredients

Description	Measurement	DistPart #
SPICE GINGER GRND 16Z TRDE	7/120 tsp.	513695
SPICE GARLIC POWDER 21Z TRDE	7/120 tsp.	224839
VINEGAR RICE WINE SEAS 4-1GAL ROLN	21/100 Cup	661651
SAUCE SOY LITE 6-.5GAL KIKK	7/50 Cup	466425
JUICE ORNG 100 UNSWT 12-46FLZ HV	7/100 Cup	100617
OIL SESAME PURE 10-56Z ROLN	21/100 Cup	348630
HONEY CLOVER 4-6 GFS	7/200 Cup	225614
OIL CANOLA CLR 3-1GAL CHFPRDE	21/100 Cup	482071
PASTA SPAG 51 WGRAIN 2-10	7/8 Pound	221460
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	7/20 Pound	147270
CARROT SHRD MED 2-5 RSS	7/50 Pound	313408
CABBAGE RED 5 P/L	7/50 Pound	596965
ONION RING RED 1/4 2-5 RSS	21/25 Ounce	429198
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	21 Ounce	570533
SPICE SESAME SEED HULLED 19Z TRDE	3 1/2 Ounce	513806

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 7.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories 506.90

Fat	21.02g		
SaturatedFat	2.94g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	385.04mg		
Carbohydrates	49.94g		
Fiber	5.69g		
Sugar	6.13g		
Protein	28.00g		
Vitamin A	0.99IU	Vitamin C	3.58mg
Calcium	45.04mg	Iron	3.38mg

KHS-Teriyaki Chicken Asian Noodle Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3661

Ingredients

Description	Measurement	DistPart #
ENTREE CHIX TERYK BBQ W/SCE 6-7# YANG	2 2/5 Ounce	651122
VEG BLND KYOTO 6-2.5 GFS	1/2 Cup	147260
BASE CHIX LO SOD NO MSG 6-1 MINR	3/4 Teaspoon	580589
Whole Grain Chow Mein	4 4/5 Ounce	

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	346.41		
Fat	11.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	622.19mg		
Carbohydrates	37.19g		
Fiber	5.00g		
Sugar	11.50g		
Protein	23.50g		
Vitamin A	375.00IU	Vitamin C	7.50mg
Calcium	20.00mg	Iron	1.08mg

do not use-Yang's Mandarin Orange Chicken & Asian Fried Rice

Servings:	100.00	Category:	Entree
Serving Size:	3.16 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3832

Ingredients

Description	Measurement	DistPart #
Vegetable Fried Rice	27 Pound	Wilkens Food Service
STIR FRY CHIX TANGR WGRAIN 6-7.2	25 Pound	791710

Preparation Instructions

To assemble:

Place 1/2Cup of Fried rice on tray(USE #8 Scoop)

Top with 3.90 oz of Tangerine Chicken (USE # 8 Scoop)

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.16 Ounce

Amount Per Serving

Calories 1102.07

Fat 30.02g

SaturatedFat 3.19g

Trans Fat 0.00g

Cholesterol 46.15mg

Sodium 1858.54mg

Carbohydrates 168.20g

Fiber 19.33g

Sugar 26.29g

Protein 44.60g

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

Calcium 0.00mg **Iron** 1.48mg

Hot Turkey served w/Stuffing & gravy

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3834

Ingredients

Description	Measurement	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	563652
STUFFING MIX CRNBRD 12-31.125Z GCHC	37 1/2 Cup	455761
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	25 Cup	552061
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	100 Each	751701

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 363.68

Fat 6.86g

SaturatedFat 1.70g

Trans Fat 0.00g

Cholesterol 47.03mg

Sodium 1221.26mg

Carbohydrates 49.05g

Fiber 1.75g

Sugar 8.26g

Protein 24.36g

Vitamin A 2.44IU **Vitamin C** 0.48mg

Calcium 76.04mg **Iron** 2.43mg

Classic Chicken Popper Mashed Potato Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3835

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	327120
POTATO MASH INST 6-26Z BRILLIANT	40 Cup	675031
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	50 Ounce	359572
Chicken Gravy	17 Cup	Wilkens Food Service
Corn cnd	2 #10 CAN	100313

Preparation Instructions

PLACE IN 16oz Black Square Bowl
Mashed potatoes 1/2 Cup (3.02oz) USE #8 per bowl
Chicken Poppers- 12 ea
Corn- 1/4 Cup (2oz) USE #16 Scoop/ladle
Chicken gravy-1/4 Cup (2oz)-USE # 16 scoop/ladle
Shredded Cheddar cheese 1/8 Cup (1oz)-USE #30 scoop/ladle

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	388.40		
Fat	19.33g		
SaturatedFat	5.73g		
Trans Fat	0.00g		
Cholesterol	34.32mg		
Sodium	653.07mg		
Carbohydrates	33.05g		
Fiber	4.93g		
Sugar	2.64g		
Protein	20.69g		
Vitamin A	310.28IU	Vitamin C	3.98mg

Calcium 123.94mg **Iron** 2.31mg

Yang's Mandarin Orange Chicken & Asian Fried Rice

Servings:	192.00	Category:	Entree
Serving Size:	3.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3836

Ingredients

Description	Measurement	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	696 Ounce	550512
Vegetable Fried Rice	192 Serving	Wilkins Food Service

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 3.60 Ounce

Amount Per Serving

Calories 361.04

Fat 9.02g

SaturatedFat 1.00g

Trans Fat 0.00g

Cholesterol 40.28mg

Sodium 621.94mg

Carbohydrates 52.13g

Fiber 4.00g

Sugar 13.07g

Protein 18.08g

Vitamin A 0.00IU **Vitamin C** 1.21mg

Calcium 0.00mg **Iron** 0.73mg

Southern Oven Fried Chicken

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3837

Ingredients

Description	Measurement	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	480 Ounce	258610

Preparation Instructions

K-3 - 1 drum = 2 m/ma & 0.75 oz. grain

5-13 - 1 breast pc. = 2.25 m/ma & 0.75 oz. grain

9-12 - 1 thigh = 3.25 m/ma & 1 oz. grain

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	190.00
Fat	11.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	470.00mg
Carbohydrates	6.00g
Fiber	1.00g
Sugar	0.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.08mg

Soft Pretzel

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3954

Ingredients

Description	Measurement	DistPart #
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	100 Each	142411
SAUCE CHS CHED DIP CUP 140-3Z LOL	100 Each	528690

Preparation Instructions

DO NOT SPRINKLE THE SALT ON THE PREZTEL!

SERVING SIZE:

1-2.2OZ SOFT PRETZEL WITH 1-3OZ ULTIMATE CHEDDAR CHEESE CUP PER STUDENT

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 330.00

Fat 10.50g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 720.00mg

Carbohydrates 44.00g

Fiber 3.00g

Sugar 11.00g

Protein 15.00g

Vitamin A 0.00IU **Vitamin C** 1.20mg

Calcium 353.00mg **Iron** 1.80mg

PRO-Soft Pretzel

Servings:	200.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3957

Ingredients

Description	Measurement	DistPart #
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	200 Each	607122
SAUCE CHS CHED DIP CUP 140-3Z LOL	200 Each	528690

Preparation Instructions

DO NOT SPRINKLE THE SALT ON THE PRETZEL!

SERVING SIZE:

1-1OZ SOFT PRETZEL WITH 1-3OZ ULTIMATE CHEDDAR CHEESE CUP PER STUDENT.

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 260.00

Fat 10.50g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 670.00mg

Carbohydrates 28.00g

Fiber 1.00g

Sugar 10.00g

Protein 12.00g

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

Calcium 333.00mg **Iron** 0.72mg

Loaded Baked Potato Bar

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3963

Ingredients

Description	Measurement	DistPart #
ONION GREEN DCD 1/4 2-3 P/L	50 Ounce	319228
POTATO BAKER IDAHO 2 6Z 50 MRKN	100 Each	328731
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261
CHILI BEEF W/BEAN 6-5 COMM	12 1/2 Cup	344012
SOUR CREAM PKT 400-1Z GCHC	100 Each	836750
BACON CRUMBLES CKD 12-1 GFS	100 Ounce	357220
SALSA 103Z 6-10 REDG	37 1/2 Cup	452841
BROCCOLI CUTS 30 COMM	100 Ounce	256211

Preparation Instructions

Need to choose either m/ma or starchy vegetable

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 324.81

Fat 10.13g

Saturated Fat 6.29g

Trans Fat 0.00g

Cholesterol 35.66mg

Sodium 644.21mg

Carbohydrates 44.82g

Fiber 10.46g

Sugar 7.36g

Protein 16.03g

Vitamin A 724.92IU **Vitamin C** 7.09mg

Calcium 203.85mg **Iron** 1.27mg

Chicken Fajita

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4125

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	6 Pound	516371
Tap Water for Recipes	3 Gallon	000001WTR
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon	513881
SEASONING ANCHO CHILI 21Z TRDE	1/2 Cup	748570
CILANTRO CLEANED 4-1 RSS	1 Cup	219550
OIL SALAD CANOLA NT 3-1GAL GFS	2 Cup	432000
ONION DCD 1/2 2-5 RSS	12 1/2 Cup	426059
SQUASH BTRNUT DCD 1 4-4 P/L	16 Pound	668831
PEPPERS RED DOMESTIC 23 MRKN	4 Pound	560715
CORN CUT IQF 30 GFS	16 Cup	285620
CHILIES GREEN DCD 12-26Z ORTG	8 Cup	131460
TOMATO DCD NSA 6-10 ANGELA MIA	8 Cup	827614
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Tablespoon	225037
SPICE CUMIN GRND 15Z TRDE	1/4 Cup	273945
CHIX THGH STRP FAJT CKD 1/2 NAE 2-5	18 3/4 Pound	505765
TORTILLA FLOUR 10 ULTRGR 12-12CT	100 Each	690141

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	438.33
Fat	16.47g
SaturatedFat	3.82g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	978.20mg
Carbohydrates	52.79g
Fiber	5.30g
Sugar	4.60g
Protein	22.20g
Vitamin A 1463.87IU	Vitamin C 21.40mg
Calcium 146.16mg	Iron 2.41mg

Nacho Grande

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4172

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	203 Ounce	674312
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	135261
CHIP TORTL RND YEL 5-1.5 KE	1100 Piece	163020
Beans, Refried, Low sodium, canned	3 #10 CAN	100362
Tomato, Red, ripe-med	12 1/2 Pound	Wilkens Food Service
CILANTRO CLEANED 4-1 RSS	3 Pound	219550
SEASONING TACO 21Z TRDE	4 Cup	413429

Preparation Instructions

Place beef crumbles in a 6" steam table pan mix in 1/4 cup taco seasoning-follow cooking instructions

To Assemble for Serving-

Place 11 tortilla chips in boat,

add refried beans-1/2 Cup use #8 scoop

then add 2.03 oz beef using #10 Scoop,

Next add 1/4Cup cheese sauce using #10 scoop,

Top with 1/8 Cup diced tomatoes using #16 scoop

Topped with 1 Tbl. Cilantro-

Can be served with sour Cream

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 1665.46

Fat 63.61g

SaturatedFat 13.05g

Trans Fat 0.00g

Cholesterol 45.38mg

Sodium 2075.43mg

Carbohydrates	227.87g
Fiber	22.29g
Sugar	1.59g
Protein	38.41g
Vitamin A 960.15IU	Vitamin C 0.00mg
Calcium 649.00mg	Iron 5.40mg

Wild Mike's Cheese Bites

Servings:	60.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4185

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

BBQ Chicken Meatball w/Ranch Rice

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4460

Ingredients

Description	Measurement	DistPart #
FC Chicken Meatball	300 Ounce	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	50 Cup	699181
CARROTS CHL BABY WHL 100/2.6 OZ PG	25 Cup	03680
CELERY CHL STICKS 5 LB CS	25 Cup	02493
SPICE GARLIC POWDER 6 TRDE	2 1/2 Cup	513857
LEMON JUICE 100 12-32FLZ GFS	6 1/4 Cup	311227
DRESSING MIX RNCH 18-3.2Z FTHLL	3/4 Cup	473308
Diced Tomatoes cnd	1 #10 CAN	100329
Vegetable broth	2 1/2 Cup	Wilkens Food Service
SAUCE BBQ 4-1GAL SWTBRAY	12 1/2 Cup	655937
SPICE BLND ORIG 3-21Z MDASH	2 1/2 Cup	265103

Preparation Instructions

1) Cook the meatballs in the BBQ Sauce-

Keep meatballs covered in steam table pan and place in hot holding until serving time.

2) To Prepare the Rice in 2-6" steam table pan per manufacturers instructions. Mix together half of following ingredients: 25 cups of dry rice add in 1 1/4C-vegetable broth, 12 1/2 Cups:diced carrots, diced celery, 1/3Cup dry ranch mix, 3 1/8Cup lemon juice, 1 1/4Cup of seasoning(no salt), 1 1/4Cup garlic powder and 1/2 can drained diced tomatoes to each pan and cover with lid. Repeat this step for the second 6" pan each pan will make 50 servings of 1/2 cup of rice

3) Cover pans with foil and a lid place in preheated oven at 350 degrees F bake for 20-30 minutes or Until internal temperature reaches 165 degrees F for 15 seconds or longer.

Keep Covered in 6" steam table and place in hot holding to keep warm until serving time

Rice 1/2 cup serving(USE #8 scoop or 4 oz ladle two times to equal 1 cup serving)

Assemble portion.

Place 1/2 cup of ranch rice in 16oz black bowl (square) top with 3 BBQ chicken meatballs on top

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 627.47

Fat 11.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 55.00mg

Sodium 718.20mg

Carbohydrates 105.39g

Fiber 2.26g

Sugar 18.35g

Protein 24.26g

Vitamin A 0.00IU **Vitamin C** 3.60mg

Calcium 28.30mg **Iron** 4.24mg

Breaded Chicken Patty Sandwich

Servings:	128.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4512

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	128 Each	525480
Hamburger bun, Whole Grain, White	128 Each	Wilkens Food Service

Preparation Instructions

To Prepare:

place bottom of hamburger bun on tray, add cooked chicken patty and place top of bun on top of chicken patty

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 330.00

Fat 10.50g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 540.00mg

Carbohydrates 33.00g

Fiber 6.00g

Sugar 5.00g

Protein 22.00g

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

Calcium 0.00mg **Iron** 1.08mg

Spicy Breaded Chicken Patty Sandwich

Servings:	148.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4515

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	148 Each	327080
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	148 Each	676151

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 148.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 370.00

Fat 16.50g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 495.00mg

Carbohydrates 36.00g

Fiber 7.00g

Sugar 3.00g

Protein 19.00g

Vitamin A 100.00IU **Vitamin C** 0.00mg

Calcium 80.00mg **Iron** 3.42mg

Breakfast Anytime K-12

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4530

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX CINN WGRAIN 176-.77Z	400 Piece	611201
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	184970

Preparation Instructions

4 Stick and 1 patty per serving portion

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 270.00

Fat 8.50g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 770.00mg

Carbohydrates 53.00g

Fiber 2.00g

Sugar 12.00g

Protein 14.00g

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

Calcium 80.00mg **Iron** 3.42mg

Mesquite Glazed Drumstick

Servings:	105.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4640

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	105 Piece	591160
CORN COB EARS LITTLE 2.75 96CT GFS	105 Each	119385

Preparation Instructions

1 drumstick per portion

1 corn cobbett

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 250.00

Fat 11.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 90.00mg

Sodium 320.00mg

Carbohydrates 21.00g

Fiber 1.00g

Sugar 5.00g

Protein 3.00g

Vitamin A 0.00IU **Vitamin C** 3.60mg

Calcium 9.00mg **Iron** 1.00mg

Loaded French Fries

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4643

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261
CHILI BEEF W/BEAN 6-5 COMM	25 Cup	344012
BACON CRUMBLES CKD 12-1 GFS	6 1/4 Cup	357220
Green Onion	6 1/4 Cup	Wilkens Food Service
Fries 3/8 S/C Ovations 6-5 Mcc	237 Ounce	868961
SOUR CREAM PKT 400-1Z GCHC	100 Each	836750

Preparation Instructions

Assemble Serving build your own- All or Any combination of these ingredients.

Place 1/2 cup french fries in boat,
top with 1/8 cup (Use #30 scoop) of Chili,
place 3oz Use #8 scoop or 4oz ladle of broccoli florets,
then add 1/8 cup (Use #16 Scoop) of Cheddar cheese sauce,
.5oz use #16 scoop cup salsa,
next add 2 Tbl Use #30 scoop of bacon bits
Then add 1 Tbl green onions,

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 254.02

Fat 13.71g

Saturated Fat 6.32g

Trans Fat 0.00g

Cholesterol 36.33mg

Sodium 502.36mg

Carbohydrates 21.64g

Fiber 1.42g

Sugar 1.46g

Protein	9.06g
Vitamin A 253.69IU	Vitamin C 4.41mg
Calcium 151.69mg	Iron 0.58mg

Soft Beef Tacos

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4644

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each	882690
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	674312
CHEESE AMER SHRD FTNR 4-5 BONGARDS - Bongards - W	12 1/2 Cup	359572
Romaine Lettuce	12 1/2 Cup	Wilkens Food Service
Tomato, Red, ripe-med	12 1/2 Cup	Wilkens Food Service
SEASONING TACO 21Z TRDE	4 Cup	413429

Preparation Instructions

To Assemble:

Place 6" flour tortilla on tray

Place 2.03oz of beef tacomeat in center of tortilla-Use #10 scoop

Add 1/8 Cup lettuce, 1/8 Cup diced tomatoes topped with 1oz shredded cheese-Use #30 scoop

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 236.72

Fat 10.63g

SaturatedFat 5.25g

Trans Fat 0.00g

Cholesterol 28.13mg

Sodium 691.28mg

Carbohydrates 19.84g

Fiber 2.25g

Sugar 2.59g

Protein 13.96g

Vitamin A 1021.04IU **Vitamin C** 0.00mg

Calcium 38.79mg **Iron** 2.15mg

Texas Western BBQ Pulled Pork on Garlic Texas Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4648

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	498702
BREAD GARL TST SLC WGRAIN 12-12CT GFS	200 Slice	277862

Preparation Instructions

To assemble:

Place 2 slices of toasted garlic bread on tray

Add 4oz of pulled pork on top of garlic toast.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 459.00

Fat 24.00g

SaturatedFat 8.00g

Trans Fat 0.00g

Cholesterol 71.00mg

Sodium 533.00mg

Carbohydrates 39.00g

Fiber 2.00g

Sugar 16.00g

Protein 22.00g

Vitamin A 1650.00IU **Vitamin C** 25.20mg

Calcium 80.00mg **Iron** 4.50mg

KHS-Ultimate Mac & Cheese w/ beef crumbles and toppings

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4667

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	300 Ounce	135261
PASTA ELBOW MACAR 51 WGRAIN 2-10	200 Ounce	229941
BEEF CRMBL CKD 6-5 SMRTPCKS	220 Ounce	674312
BACON CRUMBLES CKD 12-1 GFS	5 Cup	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	786543
CHIVE FRESH 1# MRKN	5 Cup	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	786802

Preparation Instructions

To make mac & cheese

Place cooked and drained elbow pasta in a 6" steam table pan

Add the cheese to the pasta and mix until pasta is completely coated.

Serving size is Place in B24SB black square container w/ lid, 1 Cup (8oz) use #8 scoop twice.

Top with 2oz of beef crumbles use #10 scoop

1oz of tomatoes use #30 scoop

1/2oz of bacon crumbles #60 scoop

1/2 oz chives #60 scoop

1/2 oz jalapeno 3 slices

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 508.84

Fat 20.90g

SaturatedFat 10.45g

Trans Fat 0.00g

Cholesterol	61.50mg
Sodium	876.63mg
Carbohydrates	46.91g
Fiber	4.13g
Sugar	2.77g
Protein	28.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 336.00mg	Iron 3.03mg

Nacho Grande Turkey

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4702

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	135261
CHIP TORTL RND YEL 5-1.5 KE	1100 Piece	163020
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	786543
SEASONING TACO SLT FR 19.5Z TRDE	1/4 Cup	605062
Beans, Refried, Low sodium, canned	25 Cup	100362
TURKEY TACO MEAT FC 4-7 JENNO	303 Ounce	768230

Preparation Instructions

Place beef crumbles in a 6" steam table pan mix in 1/4 cup taco seasoning-follow cooking instructions

To Assemble for Serving-

Place 11 tortilla chips in boat, add 2oz of refried beans, then add 2.03 oz beef using #10 Scoop, Next add 2oz cheese sauce using #10 scoop, Top with 1oz diced tomatoes using #16 scoop

Can be served with sour Cream

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 1652.45

Fat 61.00g

SaturatedFat 11.50g

Trans Fat 0.00g

Cholesterol 70.00mg

Sodium 1899.38mg

Carbohydrates 228.37g

Fiber 22.50g

Sugar 0.62g

Protein 43.62g

Vitamin A 24.00IU **Vitamin C** 0.07mg

Calcium 692.70mg **Iron** 5.51mg

Tony's Cheese Pizza

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4703

Ingredients

Description	Measurement	DistPart #
PIZZA CHS 4 RND WGRAIN 72-4.46Z TONY	72 Each	504610

Preparation Instructions

BAKE

Product must be cooked from frozen state.

COOKING GUIDELINES: COOK BEFORE EATING.

Place 24 pizzas in 18" x 26" lightly greased baking sheet.

CONVECTION OVEN: Cook at 350°F for 18 to 21 minutes.

NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments.

Rotate pans one half turn half way through cooking to prevent cheese from burning.

Refrigerate or discard any unused portion.

Serving Per Student-1 Individual cheese pizza

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Gram

Amount Per Serving

Calories	280.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	410.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	8.00g
Protein	15.00g
Vitamin A 60.00IU	Vitamin C 0.00mg
Calcium 280.00mg	Iron 1.80mg

Individual Pan Pepperoni Pizza

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4709

Ingredients

Description	Measurement	DistPart #
Personal 5" Deep Dish Pepperoni Pizza	450 2/5 Ounce	Wilkens Food Service

Preparation Instructions

1 individual pizza per serving

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 360.00

Fat 16.00g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 570.00mg

Carbohydrates 34.00g

Fiber 3.00g

Sugar 4.00g

Protein 20.00g

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

Calcium 0.00mg **Iron** 0.00mg

Egg & Cheese Breakfast Wrap

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4712

Ingredients

Description	Measurement	DistPart #
WRAP BKFST EGG CHS 75-3.1Z CARG	75 Each	449422

Preparation Instructions

1 wrap per serving

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	180.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	170.00mg		
Sodium	410.00mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	10.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.72mg

Lumberjack

Servings:	56.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4714

Ingredients

Description	Measurement	DistPart #
Lumberjack	320 Ounce	3236

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 401.00

Fat 20.05g

SaturatedFat 5.01g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 621.55mg

Carbohydrates 0.00g

Fiber 0.00g

Sugar 0.00g

Protein 14.04g

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

Calcium 0.00mg **Iron** 0.00mg

Egg & Bacon Sandwich

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4716

Ingredients

Description	Measurement	DistPart #
PIZZA EGG/TKY BCN WGRAIN 96-3.09Z	96 Each	552690

Preparation Instructions

1 sandwich per serving

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 210.00

Fat 9.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 360.00mg

Carbohydrates 25.00g

Fiber 0.00g

Sugar 3.00g

Protein 9.00g

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

Calcium 130.00mg **Iron** 1.40mg

PB&J Sandwich-Grape

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4717

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	144 Each	527462

Preparation Instructions

Thaw at room temperature for 30-60 minutes in a single layer
After thawing, sandwiches should be served within 8-10 hours
Do not microwave
Serve 2- 2.6 ounce Sandwich per student

Nutrition Facts

Servings Per Recipe: 72.00
Serving Size: 1.00 Gram

Amount Per Serving

Calories	600.00		
Fat	34.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	560.00mg		
Carbohydrates	64.00g		
Fiber	8.00g		
Sugar	28.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.00mg	Iron	2.00mg

PB & J Sandwich Strawberry

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4718

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	144 Each	536012

Preparation Instructions

Thaw at room temperature for 30-60 minutes in a single layer on sheet tray

After thawing, sandwiches should be served within 8-10 hours. do not microwave.

Serving size is 2- 2.6 oz sandwich per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	600.00
Fat	34.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	560.00mg
Carbohydrates	64.00g
Fiber	8.00g
Sugar	28.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.00mg	Iron 2.00mg

Corn Dog

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5805

Ingredients

Description	Measurement	DistPart #
Whole Grain chicken Corn Dog	400 Ounce	4181

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 240.00

Fat 8.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 390.00mg

Carbohydrates 0.00g

Fiber 0.00g

Sugar 0.00g

Protein 9.00g

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

Calcium 0.00mg **Iron** 0.00mg

KHS-Pizza Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6213

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	50 Ounce	592714
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	13 1/2 Ounce	276662
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
CHEESE MOZZ LMPS SHRD FTTH 4-5#	50 Ounce	265041
4" WG WHITE HAMBURGER BUN	100 bun	1711

Preparation Instructions

To Assemble:

- 1)Place bottom of hamburger bun on tray, add cooked hamburger patty
 - 2)evenly spread .5 oz of marinara sauce on top of patty use #70
 - 3)place 2 slices of pepperoni on top of marinara sauce
 - 4) place .5 oz of mozzarella cheese use #70 scoop
 - 5) Place in warming conveyor to melt the cheese
 - 6)place top of hamburger bun on top of cheese
- Serve 1 hamburger per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	498.73
Fat	28.13g
SaturatedFat	11.11g
Trans Fat	0.00g
Cholesterol	100.24mg
Sodium	814.09mg
Carbohydrates	27.18g
Fiber	2.36g
Sugar	4.71g
Protein	35.52g

Vitamin A	69.29IU	Vitamin C	1.07mg
Calcium	12.86mg	Iron	8.04mg

KHS-Big Kay's Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6226

Ingredients

Description	Measurement	DistPart #
CHEESE CHED SLCD 8-1.5# BONGARDS	100 Slice	534040
BACON TKY CKD 12-50CT JENNO	200 Slice	834770
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
Pretzel Roll, 2.7oz WG	100 Serving	Wilkens Food Service

Preparation Instructions

To assemble:

- 1) place bottom of bun on tray, add cooked hamburger patty
 - 2) place 1 slice of cheddar cheese
 - 3) add 2 slices of bacon
 - 4) Place top of bun on to complete the burger
- 1 complete burger per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	620.00		
Fat	36.00g		
SaturatedFat	15.00g		
Trans Fat	0.00g		
Cholesterol	120.00mg		
Sodium	760.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	40.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	0.00mg

KHS-BBQ Bacon Jalapeno Burger

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6228

Ingredients

Description	Measurement	DistPart #
CHEESE AMER/PEPR JK	100 Slice	257271
PEPPERS JALAP SLCD 4-106Z ELPAS	50 Tablespoon	786802
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
BACON TKY CKD 12-50CT JENNO	100 Slice	834770
4" WG WHITE HAMBURGER BUN	100 bun	1711
Barbeque Sauce Low Sodium	12 1/2 Cup	Wilkens Food Service

Preparation Instructions

To Assemble:

- 1)Place bottom bun on tray, add cooked patty to bun
 - 2)Add 1 slice of pepperjack cheese to hamburger patty
 - 3)Add 1 slice of crisp turkey bacon on top-slice in half
 - 4)Add 1oz of BBQ Sauce use# 70 scoop
 - 5)Place 3 slices of jalapeno to top of BBQ sauce
 - 6)Place top of hamburger bun on top of jalapenos
- 1 complete burger is a serving

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories 581.67

Fat 32.00g

SaturatedFat 12.50g

Trans Fat 0.00g

Cholesterol 110.00mg

Sodium 1078.13mg

Carbohydrates 28.58g

Fiber 2.00g

Sugar 6.17g

Protein	36.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	8.00mg

Chicken Mini Corn Dog Bites

Servings:	39.00	Category:	Entree
Serving Size:	4.02 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6713

Ingredients

Description	Measurement	DistPart #
Mini Corn Dog Bites-WG	156 7/9 Ounce	9055

Preparation Instructions

6 MINI CORN DOGS PER STUDENT

Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 4.02 Ounce

Amount Per Serving

Calories 270.00

Fat 12.00g

SaturatedFat 3.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 410.00mg

Carbohydrates 30.00g

Fiber 0.00g

Sugar 0.00g

Protein 10.00g

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

Calcium 0.00mg **Iron** 0.00mg

Southern Oven Fried Chicken Drumstick

Servings:	92.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6725

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	92 Piece	603391

Preparation Instructions

1 drumstick per student K-3

Nutrition Facts

Servings Per Recipe: 92.00

Serving Size: 3.00 Ounce

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

Sweet Potato Mashed

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6733

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Rockin'ola Strawberry & Blueberry Yogurt Parfait-K-6

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6833

Ingredients

Description	Measurement	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	6 Cup	244630
BLUEBERRY IQF 4-5 GFS	6 Cup	166720
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	811500
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	109568
Rockin'ola Pro granola	36 Ounce	8004216

Preparation Instructions

1 serving per student

Layer in 12oz parfait cup

- 1.) Add 1/4 Cup of graham cracker crumb to bottom of parfait cup-Use #16 scoop
- 2.) Add 3oz of Vanilla yogurt in bottom of cup USE #10 scoop
- 3.) Add 1/4 Cup berries on top of yogurt
- 4.) Add 3oz of Vanilla yogurt on top of berries USE #10 scoop
- 5.) Add another 1/4 Cup of berries
- 6.) Place insert in cup and add 1 bag of Rockin'ola Pro granola or 1/4 Cup(use#16 scoop) of bulk Rockin'ola Pro granola
- 7.) place domed lid on cup

Must serve chilled- keep in refrigerator until serving time- when on the line keep in pan with cooling pads.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 492.50

Fat 11.38g

SaturatedFat 0.75g

Trans Fat 0.00g

Cholesterol 3.75mg

Sodium	263.75mg
Carbohydrates	83.75g
Fiber	7.75g
Sugar	40.25g
Protein	16.25g
Vitamin A 750.00IU	Vitamin C 14.40mg
Calcium 259.00mg	Iron 11.26mg

Rockin'ola Strawberry Yogurt Parfait-K-6

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6858

Ingredients

Description	Measurement	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	12 Cup	244630
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	811500
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	109568
Rockin'ola Pro granola	36 Ounce	8004216

Preparation Instructions

1 serving per student

Layer in 12oz parfait cup

- 1.) Add 1/4 Cup of graham cracker crumb to bottom of parfait cup-Use #16 scoop
- 2.) Add 3oz of Vanilla yogurt in bottom of cup USE #10 scoop
- 3.) Add 1/4 cup strawberries on top of yogurt
- 4.) Add 3oz of Vanilla yogurt on top of berries USE #10 scoop
- 5.) Add another 1/4 cup of strawberries
- 6.) Place insert in cup and add 1 bag of Rockin'ola Pro granola or 1/4 Cup Use #16 scoop of bulk Rockin'ola Pro granola
- 7.) place domed lid on cup

Must serve chilled- keep in refrigerator until serving time- when on the line keep in pan with cooling pads.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 485.00

Fat 11.13g

SaturatedFat 0.75g

Trans Fat 0.00g

Cholesterol 3.75mg

Sodium 263.75mg

Carbohydrates 82.75g

Fiber 7.50g

Sugar 39.50g

Protein	16.25g
Vitamin A 750.00IU	Vitamin C 27.00mg
Calcium 264.00mg	Iron 11.44mg

Rockin'ola Strawberry & Vanilla Yogurt Parfait- JHS/KHS

Servings:	43.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6859

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	384 Fluid Ounce	811500
Rockin'ola Pro granola	86 Ounce	8004216
STRAWBERRY WHL IQF 4-5 GFS	21 1/2 Cup	244630
CRUMB CRACKER GRAHAM 10 KEEB	10 3/4 Cup	109568

Preparation Instructions

1. USE SQUARE BOWL (WILKENS) WITH LID
2. PLACE 1/4 Cup OF GRAHAM CRACKER CRUMBS TO BOTTOM OF SQUARE BOWL
3. PLACE 4 OZ OF VANILLA YOGURT-Use #8 Scoop ON TOP OF GRAHAM CRACKER CRUMBS
4. ADD 1/4 Cup OF STRAWBERRIES
5. PLACE 4 OZ OF VANILLA YOGURT-Use #8 Scoop ON TOP OF BERRIES
6. ADD 1/4 CUP OF BLUEBERRIES
7. SERVE 1/4 CUP OF ROCKIN'OLA GRANOLA(2oz)-use #16 scoop

Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	618.26		
Fat	13.84g		
SaturatedFat	1.12g		
Trans Fat	0.00g		
Cholesterol	5.58mg		
Sodium	318.88mg		
Carbohydrates	105.03g		
Fiber	8.83g		
Sugar	52.42g		
Protein	21.81g		
Vitamin A	1116.28IU	Vitamin C	27.00mg

Calcium 338.59mg **Iron** 14.77mg

Smoky Honey Rib Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6904

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	100 Each	451410
Hawaiian Hoagie Roll	100 Each	Wilkens Food Service

Preparation Instructions

To Prepare:

Place bottom of sub bun on tray, place 1 rib patty on sub bun and place top of bun to complete sandwich
1 per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 350.00

Fat 10.50g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 910.00mg

Carbohydrates 45.00g

Fiber 5.00g

Sugar 16.00g

Protein 19.00g

Vitamin A 400.00IU **Vitamin C** 1.20mg

Calcium 40.00mg **Iron** 1.80mg

Ultimate Mac & Cheese

Servings:	160.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6910

Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	160 Ounce	229941
SAUCE CHS CHED POUCH 6-106Z LOL	240 Fluid Ounce	135261

Preparation Instructions

Place 1 bag(160 - 1/2 cup servings) of cooked pasta in a "6 steam table pan, add in 2.25 bags of warm cheese sauce. Mix until all pasta is coated. Cover with plastic wrap and lid and store in hot holding until serving time. Do not hold longer than 30 minutes.

1/2 cup portion

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 180.00

Fat 6.00g

SaturatedFat 3.38g

Trans Fat 0.00g

Cholesterol 15.00mg

Sodium 300.00mg

Carbohydrates 22.75g

Fiber 2.00g

Sugar 1.00g

Protein 7.25g

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

Calcium 166.75mg **Iron** 0.90mg

Zesty Beef, Bean & Cheese Burrito

Servings:	60.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6953

Ingredients

Description	Measurement	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	60 Each	497221

Preparation Instructions

1- 5.0 oz Burrito per students

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 5.00 Ounce

Amount Per Serving

Calories	360.00		
Fat	15.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	460.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.44mg

Texas Western BBQ Pulled Pork on Garlic Texas Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7215

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	498702
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	277862

Preparation Instructions

To assemble:

Place 1 slice of toasted garlic bread on tray

Add 4oz of pulled pork on top of garlic bread

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	379.00
Fat	20.50g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	71.00mg
Sodium	383.00mg
Carbohydrates	28.00g
Fiber	1.00g
Sugar	16.00g
Protein	20.00g
Vitamin A 1650.00IU	Vitamin C 25.20mg
Calcium 80.00mg	Iron 3.78mg

Classic Hummus

Servings:	70.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-7466

Ingredients

Description	Measurement	DistPart #
Classic Hummus	25 Ounce	Wilkens Food Service
BEAN GARBANZO 6-10 GFS	2 #10 CAN	118753
Original with Sea Salt Wave	70 Bag	Wilkens Food Service

Preparation Instructions

Place 1/2 can of garbanzo beans in food processor add 1/4 of bag of hummus sauce.
Blend until creamy consistency. Transfer to 2" hotel pan
Repeat steps and add mixture to 2" hotel pan
Scoop 1/2 cup of hummus into 5oz plastic up and place lid on.
Store in in cooler overnight until serving time
Serve 1-1/2 cup hummus with 1 bag of pita chips.

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	182.72		
Fat	6.62g		
SaturatedFat	1.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	355.64mg		
Carbohydrates	25.66g		
Fiber	5.70g		
Sugar	3.57g		
Protein	4.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.34mg	Iron	0.53mg

Breakfast Bagel-K-3

Servings:	100.00	Category:	Entree
Serving Size:	3.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-7632

Ingredients

Description	Measurement	DistPart #
Mini Bagels WG	100 Ounce	Wilkens Food Service
EGG SCRMBD PTY RND 3.25 200-1Z GFS	100 Each	462519
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	100 Ounce	100036
BACON TKY CKD 12-50CT JENNO	100 Slice	834770

Preparation Instructions

To assemble:

On a sheet tray lined with parchment paper-

Place on top of bottom half of bagel: 1 cooked egg patty, 1 slice of cheese and 1 slice of bacon sliced in half and put top half of bagel on top.

Place in oven for 1-2 minutes to melt cheese.

Place a plastic bag over sheet tray and put in hot holding until serving time. Do not leave in more that 30 minutes.

1 complete sandwich per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.50 Ounce

Amount Per Serving

Calories 215.00

Fat 10.00g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 95.00mg

Sodium 310.30mg

Carbohydrates 18.00g

Fiber 2.00g

Sugar 4.00g

Protein 13.00g

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

Calcium 15.00mg **Iron** 0.00mg

Breakfast Bagel-K-12

Servings:	84.00	Category:	Entree
Serving Size:	4.13 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-7642

Ingredients

Description	Measurement	DistPart #
Bagel, WG, sliced	184 4/5 Ounce	Wilkens Food Service
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	84 Each	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	84 Slice	100036
BACON TKY CKD 12-50CT JENNO	84 Slice	834770

Preparation Instructions

To assemble:

On a sheet tray lined with parchment paper-

Place on top of bottom half of bagel: 1 cooked egg patty, 1 slice of cheese and 1 slice of bacon sliced in half and put top half of bagel on top.

Place in oven for 1-2 minutes to melt cheese.

Place a plastic bag over sheet tray and put in hot holding until serving time. Do not leave in more that 30 minutes.

1 complete sandwich per student

Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 4.13 Ounce

Amount Per Serving

Calories 270.00

Fat 8.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 112.50mg

Sodium 495.15mg

Carbohydrates 36.00g

Fiber 4.00g

Sugar 5.00g

Protein 13.00g

Vitamin A 100.00IU **Vitamin C** 0.00mg

Calcium 20.00mg **Iron** 0.36mg

Personal Deep Dish Cheese Pizza

Servings:	80.00	Category:	Entree
Serving Size:	5.49 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7947

Ingredients

Description	Measurement	DistPart #
5"Deep Dish Cheese Pizza	439 1/5 Ounce	841180

Preparation Instructions

Portion size: 1 individual deep dish pizza

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 5.49 Ounce

Amount Per Serving

Calories 360.00

Fat 17.00g

SaturatedFat 8.00g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 510.00mg

Carbohydrates 34.00g

Fiber 3.00g

Sugar 4.00g

Protein 20.00g

Vitamin A 0.10IU **Vitamin C** 0.10mg

Calcium 0.45mg **Iron** 0.15mg

Pizza Cheese Crunchers

Servings:	71.00	Category:	Entree
Serving Size:	5.48 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7967

Ingredients

Description	Measurement	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	395 1/2 Ounce	143271
SAUCE MARINARA A/P 6-10 REDPK	142 Ounce	592714

Preparation Instructions

Keep Frozen until ready to prepare:

Convection oven: preheat to 350 degrees F.

Place in a single layer on parchment lined perforated sheet tray.

Bake for 15-16 minutes, if cooking more than one tray may take longer to cook.

or Until internal temperature reaches 165 degrees f for 15 seconds or longer.

4 pieces per portion Serve with 1/2 cup of marinara sauce

Nutrition Facts

Servings Per Recipe: 71.00

Serving Size: 5.48 Ounce

Amount Per Serving

Calories	448.60		
Fat	21.43g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	898.62mg		
Carbohydrates	45.29g		
Fiber	7.43g		
Sugar	5.86g		
Protein	21.43g		
Vitamin A	277.24IU	Vitamin C	4.33mg
Calcium	11.88mg	Iron	0.10mg

KHS-BAKED MOSTACCIOLI w/Lentil pasta

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8161

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	674312
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	645170
Diced Yellow Onions	1 Pound	Wilkins Food Service
Lentil Penne	800 Ounce	Wilkins Food Service
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Tablespoon	413453
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	160 Each	235411

Preparation Instructions

COOKING INSTRUCTIONS:

1. CARMELIZE 16OZ OF DICED ONION, MIX A 1/4 CUP OF OIL TO THE ONIONS AND SPREAD EVENLY ON A SHEET TRAY BAKE AT 350 DEGREES FOR 20 MINUTES OR UNTIL ONIONS CARMELIZE(LIGHT BROWN COLOR)
2. COOK PASTA IN BOILING WATER FOR 6-8 MINUTES BE SURE THE PASTA IS AL DENTE (A LITTLE FIRM TO TASTE), ONCE COOKED DRAINED AND RINSE PASTA WITH COLD WATER(THIS STOPS THE COOKING PROCESS) PLACE IN A LARGE MIXING BOWL MIX AND ADD 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
3. PLACE IN A LARGE MIXING BOWL-1 BAG OF GROUND BEEF CRUMBLES, ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING AND ADD 1/2 CUP OF WATER MIX TOGETHER PLACE IN A TILT SKILLET/BRAIZER OR IN STEAM TABLE PAN IN PREHEATED OVEN AT 350 DEGREES FOR 20 MINUTES.
4. NEXT MIX BEEF CRUMBLES MIXTURE WITH 3 CANS OF MARINARIA SAUCE TOGETHER.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE WITH THE COOKED & RINSED PASTA.
6. DIVIDE MIXTURE INTO 8 PORTIONS ADD TO 2" STEAM TABLE PANS, ADD 1 1/3rd CUPS OF MOZZARELLA CHEESE WITH THE PASTA. PLACE THE REMAINING 1 1/3RD CUPS OF CHEESE TO TOP OF PAN.

7. PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 1 CUP PORTION OF BAKED MOSTACCIOLI

SERVE WITH A BOSCO CHEESE STICK

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	563.17
Fat	15.36g
SaturatedFat	6.61g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	670.23mg
Carbohydrates	70.09g
Fiber	7.32g
Sugar	4.83g
Protein	37.19g
Vitamin A 322.96IU	Vitamin C 4.68mg
Calcium 392.97mg	Iron 1.72mg

BAKED MOSTACCIOLI

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8162

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	592714
SEASONING ITAL HRB 6Z TRDE	3 Tablespoon	428574
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	674312
Whole Wheat Penne	100 Cup	Wilkens Food Service
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	645170
Diced Yellow Onions	1 Pound	Wilkens Food Service

Preparation Instructions

COOKING INSTRUCTIONS:

1. MIX IN A 6' FULL STEAM TABLE PAN: WARM CARMELIZED ONIONS AND COOKED GROUND BEEF CRUMBLES .
2. ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING, THROUGHLY MIX WITH ONIONS AND BEEF CRUMBLES
3. PLACE BEEF CRUMBLES AND WARM MARINARIA SAUCE TOGETHER.
4. PLACE DRAINED AND RINSE PASTA WITH COLD WATER, IN LARGE MIXING BOWL MIX IN A 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE THEN ADD TO THE COOKED & RINSED PASTA.
6. DIVIDE MIXTURE INTO 4 PORTIONS ADD TO 4" STEAM TABLE PANS, ADD 3 1/4 CUPS OF MOZZARELLA CHEESE AND STIR, PLACE THE REMAINING 3 1/4 CUPS OF CHEESE TO TOP OF PAN.
7. PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 1 1/2 CUP PORTION OF BAKED MOSTACCIOLI

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	536.81		
Fat	15.58g		
SaturatedFat	5.08g		
Trans Fat	0.00g		
Cholesterol	27.50mg		
Sodium	638.37mg		
Carbohydrates	79.09g		
Fiber	13.51g		
Sugar	9.13g		
Protein	29.51g		
Vitamin A	516.74IU	Vitamin C	7.49mg
Calcium	272.66mg	Iron	0.78mg

BAKED MOSTACCIOLI

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8375

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3/5 #10 CAN	592714
SEASONING ITAL HRB 6Z TRDE	3/5 Tablespoon	428574
SEASONING GARLIC HRB NO SALT 19Z TRDE	2/5 Tablespoon	565164
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/10 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	20 Ounce	674312
Whole Wheat Penne	20 Cup	Wilkens Food Service
CHEESE MOZZ SHRD 4-5 LOL	5 Cup	645170
Diced Yellow Onions	1/5 Pound	Wilkens Food Service

Preparation Instructions

COOKING INSTRUCTIONS:

1. MIX IN A 6' FULL STEAM TABLE PAN: WARM CARMELIZED ONIONS AND COOKED GROUND BEEF CRUMBLES .
2. ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING, THROUGHLY MIX WITH ONIONS AND BEEF CRUMBLES
3. PLACE BEEF CRUMBLES AND WARM MARINARIA SAUCE TOGETHER.
4. PLACE DRAINED AND RINSE PASTA WITH COLD WATER, IN LARGE MIXING BOWL MIX IN A 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE THEN ADD TO THE COOKED & RINSED PASTA.
6. DIVIDE MIXTURE INTO 4 PORTIONS ADD TO 4" STEAM TABLE PANS, ADD 3 1/4 CUPS OF MOZZARELLA CHEESE AND STIR, PLACE THE REMAINING 3 1/4 CUPS OF CHEESE TO TOP OF PAN.
7. PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 1 1/2 CUP PORTION OF BAKED MOSTACCIOLI

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	536.81		
Fat	15.58g		
SaturatedFat	5.08g		
Trans Fat	0.00g		
Cholesterol	27.50mg		
Sodium	638.37mg		
Carbohydrates	79.09g		
Fiber	13.51g		
Sugar	9.13g		
Protein	29.51g		
Vitamin A	516.74IU	Vitamin C	7.49mg
Calcium	272.66mg	Iron	0.78mg

BBQ Chicken Meatball w/Ranch Rice

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8376

Ingredients

Description	Measurement	DistPart #
FC Chicken Meatball	60 Ounce	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	10 Cup	699181
SAUCE BBQ SWEET 6-80FLZ SWTBRAY	2 1/2 Cup	212071
CARROTS CHL BABY WHL 100/2.6 OZ PG	5 Cup	03680
CELERY CHL STICKS 5 LB CS	5 Cup	02493
SEASONING NO SALT 3M PKT MDASH	1/2 Cup	576247
SPICE GARLIC POWDER 6 TRDE	1/2 Cup	513857
LEMON JUICE 100 12-32FLZ GFS	1 1/4 Cup	311227
DRESSING MIX RNCH 18-3.2Z FTHLL	3/20 Cup	473308
Diced Tomatoes cnd	1/5 #10 CAN	100329
Vegetable broth	1/2 Cup	Wilkens Food Service

Preparation Instructions

1) Cook the meatballs in the BBQ Sauce-

Keep meatballs covered in steam table pan and place in hot holding until serving time.

2) Prepare Rice in 2-6" steam table pan per manufacturers instructions. Once Rice is cooked divide into two- 6" steam table pans and mix in Half of following ingredients: each; 1 1/4C-vegetable broth, 12 1/2 Cups:diced carrots, diced celery, 1/3Cup dry ranch mix, 3 1/8Cup lemon juice, 1 1/4Cup of seasoning(no salt), 1 1/4Cup garlic powder and 1/2 can drained diced tomatoes to each pan and cover with lid.

Bake in preheated oven at 350 degrees F for 15- 20 minutes or Until internal temperature reaches 165 degrees F for 15 seconds or longer.

Keep Covered in 6" steam table and place in hot holding to keep warm until serving time

Rice 1/2 cup serving(USE #8 scoop or 4 oz ladle two times to equal 1 cup serving)

Assemble portion.

Place 1/2 cup of ranch rice in 16oz black bowl (square) top with 3 BBQ chicken meatballs on top

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 627.47

Fat 11.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 55.00mg

Sodium 718.20mg

Carbohydrates 104.39g

Fiber 2.26g

Sugar 18.35g

Protein 24.26g

Vitamin A 0.00IU **Vitamin C** 3.60mg

Calcium 28.30mg **Iron** 4.24mg

Cornbread

Servings:	120.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8569

Ingredients

Description	Measurement	DistPart #
CORNBREAD PRE-CUT 4-30CT CP	120 Piece	579785

Preparation Instructions

1 slice per portion

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	210.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.24g		
Cholesterol	40.00mg		
Sodium	260.00mg		
Carbohydrates	25.00g		
Fiber	0.40g		
Sugar	11.00g		
Protein	3.00g		
Vitamin A	71.47IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Sweet Potato Mashed

Servings:	134.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8578

Ingredients

Description	Measurement	DistPart #
POTATO PRLS SWT 10-26.7Z BAMER	33 3/4 Cup	447825

Preparation Instructions

1/4 Cup serving size

Nutrition Facts

Servings Per Recipe: 134.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories 130.97

Fat 1.51g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 211.57mg

Carbohydrates 29.22g

Fiber 3.02g

Sugar 13.10g

Protein 2.01g

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

Calcium 0.00mg **Iron** 0.00mg

Far East Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8580

Ingredients

Description	Measurement	DistPart #
VEG BLND FAR EAST 12-2 GFS	48 Cup	491209

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

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

Refried Beans

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8581

Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	5 5/11 #10 CAN	293962

Preparation Instructions

1/2 cup serving size per portion.

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 131.57

Fat 1.88g

SaturatedFat 0.47g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 498.10mg

Carbohydrates 21.62g

Fiber 5.64g

Sugar 0.94g

Protein 7.52g

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

Calcium 42.29mg **Iron** 1.88mg

Steamed Carrots

Servings:	157.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8582

Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, low sodium, canned	6 #10 CAN	100309

Preparation Instructions

1/2 cup per serving.

Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.92		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.15mg		
Carbohydrates	4.20g		
Fiber	1.05g		
Sugar	2.10g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Broccoli florets

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8583

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	30 Pound	110473

Preparation Instructions

1/2 cup serving per portion

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 35.53

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 30.07mg

Carbohydrates 6.83g

Fiber 4.10g

Sugar 1.37g

Protein 4.10g

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

Calcium 0.00mg **Iron** 0.00mg

Corn

Servings:	159.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8584

Ingredients

Description	Measurement	DistPart #
Corn cnd	6 #10 CAN	100313

Preparation Instructions

1/2 cup serving per portion.

Nutrition Facts

Servings Per Recipe: 159.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	63.45		
Fat	0.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	14.64mg		
Carbohydrates	14.64g		
Fiber	1.95g		
Sugar	2.93g		
Protein	1.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Green Beans

Servings:	168.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8585

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	6 #10 CAN	100307

Preparation Instructions

1/2 cup serving size per portion.

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	14.78		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	129.33mg		
Carbohydrates	2.77g		
Fiber	1.85g		
Sugar	0.92g		
Protein	0.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Roasted Brussel Sprouts

Servings:	32.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8586

Ingredients

Description	Measurement	DistPart #
SPROUTS BRUSSEL 3-2 RSS	128 Each	241502
SPICE BLND ORIG 3-21Z MDASH	2 Tablespoon	265103
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	732900

Preparation Instructions

Pre heat oven to 400 degrees F.

Place brussel sprouts in a large mixing bowl add 3/4 cup oil blend and 3 tablespoons of mrs. dash original blend and toss until brussel sprouts are coated.

Pour mixture onto parchment lined perforated sheet tray and roast in oven for 30- 45 minutes. shaking pan every 5-7 minutes for even browning. Brussel sproats should be brown not black. Serve immediately.

4 brussel sprouts per servings=1/2 cup

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories 85.00

Fat 5.25g

SaturatedFat 0.38g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 20.00mg

Carbohydrates 8.00g

Fiber 3.00g

Sugar 2.00g

Protein 2.00g

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

Calcium 20.00mg **Iron** 0.00mg

Mashed Potatoes

Servings:	262.00	Category:	Vegetable
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8587

Ingredients

Description	Measurement	DistPart #
POTATO MASH INST 6-26Z BRILLIANT	729 Ounce	675031
BUTTER SUB 24-4Z BTRBUDS	5 Package	209810

Preparation Instructions

3/8 cup serving size use #10 scoop

CN = 3.02oz

Nutrition Facts

Servings Per Recipe: 262.00

Serving Size: 3.00 Cup

Amount Per Serving

Calories 306.83

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 521.38mg

Carbohydrates 61.58g

Fiber 4.35g

Sugar 0.00g

Protein 8.70g

Vitamin A 8.26IU **Vitamin C** 27.65mg

Calcium 36.91mg **Iron** 2.39mg

PRO & STE-Yang's Mandarin Orange Chicken & Asian Fried Rice

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8604

Ingredients

Description	Measurement	DistPart #
Vegetable Fried Rice	13 1/2 Pound	Wilkens Food Service
STIR FRY CHIX TANGR WGRAIN 6-7.2	12 1/2 Pound	791710

Preparation Instructions

To assemble:

Place 1/4 Cup of Fried rice on tray(USE #16 Scoop)

Top with 3.90 oz of Tangerine Chicken (USE # 8 Scoop)

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00 Ounce

Amount Per Serving

Calories 551.04

Fat 15.01g

SaturatedFat 1.59g

Trans Fat 0.00g

Cholesterol 23.08mg

Sodium 929.27mg

Carbohydrates 84.10g

Fiber 9.67g

Sugar 13.15g

Protein 22.30g

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

Calcium 0.00mg **Iron** 0.74mg

PRO & STE-Nacho Grande

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8605

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	150 Ounce	674312
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261
CHIP TORTL RND YEL 5-1.5 KE	600 Piece	163020
Beans, Refried, Low sodium, canned	1 1/2 #10 CAN	100362
Tomato, Red, ripe-med	6 1/4 Pound	Wilkens Food Service
CILANTRO CLEANED 4-1 RSS	1 1/2 Pound	219550
SEASONING TACO 21Z TRDE	2 Cup	413429

Preparation Instructions

Place beef crumbles in a 6" steam table pan mix in 1/4 cup taco seasoning-follow cooking instructions

To Assemble for Serving-

Place 6 tortilla chips in boat,

add refried beans-1/4 Cup use #16 scoop

then add 1 oz beef using #16 Scoop,

Next add 1/8Cup cheese sauce using #30 scoop,

Top with 1/16 Cup diced tomatoes using #24 scoop

Topped with 1/2 Tbl. Cilantro-

Can be served with sour Cream

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 924.40

Fat 35.75g

SaturatedFat 7.50g

Trans Fat 0.00g

Cholesterol 28.75mg

Sodium 1116.82mg

Carbohydrates	123.93g		
Fiber	12.14g		
Sugar	0.80g		
Protein	22.63g		
Vitamin A	480.08IU	Vitamin C	0.00mg
Calcium	344.50mg	Iron	3.14mg

PRO STE-Classic Chicken Popper Mashed Potato Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8606

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	600 Each	327120
POTATO MASH INST 6-26Z BRILLIANT	20 Cup	675031
CHEESE AMER SHRD FTTH 4-5 BONGARDS - Bongards - W	25 Ounce	359572
Chicken Gravy	8 1/2 Cup	Wilkens Food Service
Corn cnd	1 #10 CAN	100313

Preparation Instructions

PLACE IN 16oz Black Square Bowl
Mashed potatoes 1/4 Cup (2oz) USE #16 per bowl
Chicken Poppers- 6 ea
Corn- 1/8 Cup (1oz) USE #30 Scoop/ladle
Chicken gravy-1/8 Cup (1oz)-USE # 30 scoop/ladle
Shredded Cheddar cheese 1/16 Cup (1oz)-USE #30 scoop/ladle

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 194.20

Fat 9.66g

SaturatedFat 2.86g

Trans Fat 0.00g

Cholesterol 17.16mg

Sodium 326.53mg

Carbohydrates 16.52g

Fiber 2.47g

Sugar 1.32g

Protein 10.34g

Vitamin A	155.14IU	Vitamin C	1.99mg
Calcium	61.97mg	Iron	1.15mg

PRO & STE-Ultimate Mac & Cheese

Servings:	100.00	Category:	Grain
Serving Size:	3.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8608

Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR WGRAIN 2-10 BARILL - Barilla - M	25 Pound	232471
SAUCE CHS CHED POUCH 6-106Z LOL	400 Ounce	135261

Preparation Instructions

To make mac & cheese

Place cooked and drained elbow pasta in a 6" steam table pan

Add the cheese to the pasta and mix until pasta is completely coated.

Serving size is 1/2 Cup (4oz)

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.50 Ounce

Amount Per Serving

Calories	560.00		
Fat	17.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	800.00mg		
Carbohydrates	6.00g		
Fiber	12.00g		
Sugar	4.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	418.00mg	Iron	0.00mg

PRO & STE-BBQ Chicken Meatball w/Ranch Rice

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8609

Ingredients

Description	Measurement	DistPart #
FC Chicken Meatball	300 Ounce	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	25 Cup	699181
SAUCE BBQ SWEET 6-80FLZ SWTBRAY	12 1/2 Cup	212071
CARROTS CHL BABY WHL 100/2.6 OZ PG	12 1/2 Cup	03680
CELERY CHL STICKS 5 LB CS	12 1/2 Cup	02493
SEASONING NO SALT 3M PKT MDASH	1 1/4 Cup	576247
SPICE GARLIC POWDER 6 TRDE	1 1/4 Cup	513857
LEMON JUICE 100 12-32FLZ GFS	3 1/8 Cup	311227
DRESSING MIX RNCH 18-3.2Z FTHLL	3/8 Cup	473308
Diced Tomatoes cnd	1/2 #10 CAN	100329
Vegetable broth	1 1/4 Cup	Wilkens Food Service

Preparation Instructions

1) Cook the meatballs in the BBQ Sauce-

Keep meatballs covered in steam table pan and place in hot holding until serving time.

2) Prepare Rice in 2-6" steam table pan per manufacturers instructions. Once Rice is cooked divide into two- 6" steam table pans and mix in Half of following ingredients: each; 1 1/4C-vegetable broth, 12 1/2 Cups:diced carrots, diced celery, 1/3Cup dry ranch mix, 3 1/8Cup lemon juice, 1 1/4Cup of seasoning(no salt), 1 1/4Cup garlic powder and 1/2 can drained diced tomatoes to each pan and cover with lid.

Bake in preheated oven at 350 degrees F for 15- 20 minutes or Until internal temperature reaches 165 degrees F for 15 seconds or longer.

Keep Covered in 6" steam table and place in hot holding to keep warm until serving time

Rice 1/2 cup serving(USE #8 scoop or 4 oz ladle two times to equal 1 cup serving)

Assemble portion.

Place 1/2 cup of ranch rice in 16oz black bowl (square) top with 3 BBQ chicken meatballs on top

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	438.74		
Fat	11.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	610.01mg		
Carbohydrates	63.70g		
Fiber	1.63g		
Sugar	17.18g		
Protein	20.13g		
Vitamin A	0.00IU	Vitamin C	1.80mg
Calcium	28.15mg	Iron	2.80mg

Far East Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8613

Ingredients

Description	Measurement	DistPart #
VEG BLND FAR EAST 12-2 GFS	24 Cup	491209

Preparation Instructions

1/4 cup serving per portion use # 1/4 cup scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories 10.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 7.50mg

Carbohydrates 1.25g

Fiber 0.50g

Sugar 0.50g

Protein 0.25g

Vitamin A 187.50IU **Vitamin C** 3.75mg

Calcium 5.00mg **Iron** 0.09mg

PRO & STE-Refried Beans

Servings:	150.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8616

Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	3 #10 CAN	293962

Preparation Instructions

1/4 cup serving size per portion.

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories 72.43

Fat 1.03g

SaturatedFat 0.26g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 274.19mg

Carbohydrates 11.90g

Fiber 3.10g

Sugar 0.52g

Protein 4.14g

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

Calcium 23.28mg **Iron** 1.03mg

Steamed Carrots-PRO & STE

Servings:	157.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8617

Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, low sodium, canned	3 #10 CAN	100309

Preparation Instructions

1/2 cup per serving.

Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	9.46		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	73.57mg		
Carbohydrates	2.10g		
Fiber	0.53g		
Sugar	1.05g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

PRO & STE-Broccoli florets

Servings:	120.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8618

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	15 Pound	110473

Preparation Instructions

1/4 cup serving per portion

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories 17.77

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 15.03mg

Carbohydrates 3.42g

Fiber 2.05g

Sugar 0.68g

Protein 2.05g

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

Calcium 0.00mg **Iron** 0.00mg

PRO & STE-Corn

Servings:	159.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8619

Ingredients

Description	Measurement	DistPart #
Corn cnd	3 #10 CAN	100313

Preparation Instructions

1/4 cup serving per portion.

Nutrition Facts

Servings Per Recipe: 159.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	31.72		
Fat	0.49g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.32mg		
Carbohydrates	7.32g		
Fiber	0.98g		
Sugar	1.46g		
Protein	0.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

PRO & STE-Green Beans

Servings:	168.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8620

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	3 #10 CAN	100307

Preparation Instructions

1/4 cup serving size per portion.

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories 7.39

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 64.67mg

Carbohydrates 1.39g

Fiber 0.92g

Sugar 0.46g

Protein 0.46g

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

Calcium 0.00mg **Iron** 0.00mg

PRO & STE-Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.25 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8621

Ingredients

Description	Measurement	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	12 1/2 Cup	570710

Preparation Instructions

Portion size of 4 oz

1- #10 can =29 servings

6-#10 Cans = 176 servings

Serving size per students

1/2 cup (Use #8 SCOOP)

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.25 Serving

Amount Per Serving

Calories	65.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	275.00mg		
Carbohydrates	14.50g		
Fiber	2.50g		
Sugar	5.00g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.90mg

PRO & STE-Mashed Potatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8625

Ingredients

Description	Measurement	DistPart #
POTATO MASH INST 6-26Z BRILLIANT	139 5/16 Ounce	675031

Preparation Instructions

1/4 cup serving size

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	152.37
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	250.32mg
Carbohydrates	30.47g
Fiber	2.18g
Sugar	0.00g
Protein	4.35g
Vitamin A 4.14IU	Vitamin C 13.84mg
Calcium 18.48mg	Iron 1.20mg

Breakfast English Muffin Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8781

Ingredients

Description	Measurement	DistPart #
English Muffin	100 Each	2206
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	184970
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	100 Each	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	100036

Preparation Instructions

To assemble

Place thawed english muffin sheet tray, add cooked sausage patty then cooked egg patty then 1 slice of cheese and top with english muffin top. Cover sheet tray with cooking bag.

Place in hot holding for no longer than 30 minutes.

1 complete breakfast sandwich per serving portion

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.80		
Fat	8.05g		
SaturatedFat	2.03g		
Trans Fat	0.00g		
Cholesterol	130.15mg		
Sodium	450.00mg		
Carbohydrates	26.02g		
Fiber	1.00g		
Sugar	1.02g		
Protein	14.06g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Assorted Cereal

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8782

Ingredients

Description	Measurement	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	10 Package	585321
CEREAL LUCKY CHARMS BKFST KIT 60CT	10 Each	525290
CEREAL TRIX RS BKFST KIT 60CT	10 Each	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	10 Package	533130
CEREAL FRSTD FLKS RS BKFST KIT 44CT	10 Package	872040
CEREAL APPL JK R/S BKFST KIT 36CT	10 Package	676160

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	208.83
Fat	3.43g
SaturatedFat	0.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	227.33mg
Carbohydrates	42.67g
Fiber	2.85g
Sugar	14.50g
Protein	3.02g
Vitamin A 600.00IU	Vitamin C 56.60mg
Calcium 116.67mg	Iron 4.02mg

Mini Chocolate Donut Kit

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8933

Ingredients

Description	Measurement	DistPart #
Mini Chocolate Donuts	158 2/5 Ounce	Wilkens Food Service
BlueRaspberry-Lemon	211 1/5 fl. oz	Wilkens Food Service

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories 410.00

Fat 15.00g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 300.00mg

Carbohydrates 63.00g

Fiber 2.00g

Sugar 37.00g

Protein 5.00g

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

Calcium 0.00mg **Iron** 0.00mg

Mini Powdered Donut Kit

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8934

Ingredients

Description	Measurement	DistPart #
Mini Powdered Donuts	144 Ounce	Wilkens Food Service
SourCherry-Lemon	211 1/5 fl. oz	Wilkens Food Service

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories 360.00

Fat 11.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 345.00mg

Carbohydrates 63.00g

Fiber 2.00g

Sugar 40.00g

Protein 4.00g

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

Calcium 0.00mg **Iron** 0.00mg

Trix Strawberry Banana Bash Kit

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8935

Ingredients

Description	Measurement	DistPart #
Strawberry Banana Bash Yogurt	192 fl. oz	Wilkens Food Service
JUICE BOX PNCH 100 125ML 40CT	48 Each	733230
Rockin'ola Pro granola	48 Ounce	8004216

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories 260.00

Fat 4.83g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 5.00mg

Sodium 108.33mg

Carbohydrates 46.00g

Fiber 2.67g

Sugar 27.33g

Protein 10.00g

Vitamin A 500.00IU **Vitamin C** 60.00mg

Calcium 22.67mg **Iron** 6.67mg

PRO & STE-Breakfast Anytime

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9204

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX CINN WGRAIN 176-.77Z	400 Piece	611201
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	184970

Preparation Instructions

4 Stick and 1 patty per serving portion

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 270.00

Fat 8.50g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 770.00mg

Carbohydrates 53.00g

Fiber 2.00g

Sugar 12.00g

Protein 14.00g

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

Calcium 80.00mg **Iron** 3.42mg

Pro & STE-Individual Pan Pepperoni Pizza

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9205

Ingredients

Description	Measurement	DistPart #
Personal 5" Deep Dish Pepperoni Pizza	450 2/5 Ounce	Wilkens Food Service

Preparation Instructions

1 individual pizza per serving

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 360.00

Fat 16.00g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 570.00mg

Carbohydrates 34.00g

Fiber 3.00g

Sugar 4.00g

Protein 20.00g

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

Calcium 0.00mg **Iron** 0.00mg

PRO & STE-Breaded Chicken Patty Sandwich

Servings:	128.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9206

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	128 Each	525480
Hamburger bun, Whole Grain, White	128 Each	Wilkens Food Service

Preparation Instructions

To Prepare:

place bottom of hamburger bun on tray, add cooked chicken patty and place top of bun on top of chicken patty

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 330.00

Fat 10.50g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 540.00mg

Carbohydrates 33.00g

Fiber 6.00g

Sugar 5.00g

Protein 22.00g

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

Calcium 0.00mg **Iron** 1.08mg

PRO & STE-Roasted Brussel Sprouts

Servings:	32.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9207

Ingredients

Description	Measurement	DistPart #
SPROUTS BRUSSEL 3-2 RSS	128 Each	241502
SPICE BLND ORIG 3-21Z MDASH	2 Tablespoon	265103
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	732900

Preparation Instructions

Pre heat oven to 400 degrees F.

Place brussel sprouts in a large mixing bowl add 3/4 cup oil blend and 3 tablespoons of mrs. dash original blend and toss until brussel sprouts are coated.

Pour mixture onto parchment lined perforated sheet tray and roast in oven for 30- 45 minutes. shaking pan every 5-7 minutes for even browning. Brussel sproats should be brown not black. Serve immediately.

4 brussel sprouts per servings=1/2 cup

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories 85.00

Fat 5.25g

SaturatedFat 0.38g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 20.00mg

Carbohydrates 8.00g

Fiber 3.00g

Sugar 2.00g

Protein 2.00g

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

Calcium 20.00mg **Iron** 0.00mg

PRO & STE-Roasted Turkey served w/Cornbread & gravy

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9208

Ingredients

Description	Measurement	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	563652
CORNBREAD PRE-CUT 4-30CT CP	100 Piece	579785
Brown Gravy	100 Ounce	15612

Preparation Instructions

Prepare portion size-

1. Place 2 slices of cooked turkey on tray add 1 Tbl of gravy-Use #30 scoop
2. Add 1 slice of corn bread to tray

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00		
Fat	11.50g		
SaturatedFat	2.50g		
Trans Fat	0.24g		
Cholesterol	75.00mg		
Sodium	650.00mg		
Carbohydrates	27.00g		
Fiber	0.40g		
Sugar	11.00g		
Protein	20.50g		
Vitamin A	71.47IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

PRO & STE-Mesquite Glazed Drumstick

Servings:	105.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9209

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	105 Piece	591160
CORN COB EARS LITTLE 2.75 96CT GFS	105 Each	119385

Preparation Instructions

1 drumstick per portion

1 corn cobbett

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 250.00

Fat 11.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 90.00mg

Sodium 320.00mg

Carbohydrates 21.00g

Fiber 1.00g

Sugar 5.00g

Protein 3.00g

Vitamin A 0.00IU **Vitamin C** 3.60mg

Calcium 9.00mg **Iron** 1.00mg

PRO & STE-Loaded French Fries

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9211

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	1 3/10 Cup	135261
CHILI BEEF W/BEAN 6-5 COMM	2 1/2 Cup	344012
BACON CRUMBLES CKD 12-1 GFS	3/5 Cup	357220
SALSA 103Z 6-10 REDG	1 4/5 Cup	452841
Green Onion	3/5 Cup	Wilkens Food Service
Fries 3/8 S/C Ovations 6-5 Mcc	24 Ounce	868961
SOUR CREAM PKT 400-1Z GCHC	20 Each	836750

Preparation Instructions

Assemble Serving build your own- All or Any combination of these ingredients.

Place 1/2 cup french fries in boat,

top with 1/8 cup (Use #30 scoop) of Chili, place 3oz Use #8 scoop or 4oz ladle of broccoli florets,

then add 1/8 cup (Use #16 Scoop) of Cheddar cheese sauce, 1.5oz use #8 scoop cup salsa, next add 2 Tbl Use #30 scoop of bacon bits

Then add 1 Tbl green onions,

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 165.36

Fat 9.42g

SaturatedFat 4.95g

Trans Fat 0.00g

Cholesterol 28.26mg

Sodium 328.67mg

Carbohydrates 13.39g

Fiber 0.71g

Sugar 1.71g

Protein	5.03g		
Vitamin A	312.28IU	Vitamin C	3.19mg
Calcium	105.99mg	Iron	0.29mg

PRO & STE-Soft Beef Tacos

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9212

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each	882690
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	674312
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	12 1/2 Cup	359572
Romaine Lettuce	12 1/2 Cup	Wilkens Food Service
Tomato, Red, ripe-med	12 1/2 Cup	Wilkens Food Service
SEASONING TACO 21Z TRDE	4 Cup	413429

Preparation Instructions

To Assemble:

Place 6" flour tortilla on tray

Place 2.03oz of beef tacomeat in center of tortilla-Use #10 scoop

Add 1/8 Cup lettuce, 1/8 Cup diced tomatoes topped with 1oz shredded cheese-Use #30 scoop

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 236.72

Fat 10.63g

SaturatedFat 5.25g

Trans Fat 0.00g

Cholesterol 28.13mg

Sodium 691.28mg

Carbohydrates 19.84g

Fiber 2.25g

Sugar 2.59g

Protein 13.96g

Vitamin A 1021.04IU **Vitamin C** 0.00mg

Calcium 38.79mg **Iron** 2.15mg

PRO & STE-Texas Western BBQ Pulled Pork on Garlic Texas Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9213

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	498702
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	277862

Preparation Instructions

To assemble:

Place 1 slice of toasted garlic bread on tray

Add 4oz of pulled pork on top of garlic bread

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	379.00
Fat	20.50g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	71.00mg
Sodium	383.00mg
Carbohydrates	28.00g
Fiber	1.00g
Sugar	16.00g
Protein	20.00g
Vitamin A 1650.00IU	Vitamin C 25.20mg
Calcium 80.00mg	Iron 3.78mg

PRO-BAKED MOSTACCIOLI w/Lentil pasta

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9214

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	150 Ounce	674312
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	645170
Diced Yellow Onions	1 Pound	Wilkens Food Service
Lentil Penne	800 Ounce	Wilkens Food Service
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Tablespoon	413453
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	100 Each	235411

Preparation Instructions

COOKING INSTRUCTIONS:

1. MIX IN A 6' FULL STEAM TABLE PAN: WARM CARMELIZED ONIONS AND COOKED GROUND BEEF CRUMBLES .
2. ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING, THROUGHLY MIX WITH ONIONS AND BEEF CRUMBLES
3. PLACE BEEF CRUMBLES AND WARM MARINARIA SAUCE TOGETHER.
4. PLACE DRAINED AND RINSE PASTA WITH COLD WATER, IN LARGE MIXING BOWL MIX IN A 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE THEN ADD TO THE COOKED & RINSED PASTA.
6. DIVIDE MIXTURE INTO 4 PORTIONS ADD TO 4" STEAM TABLE PANS, ADD 3 1/4 CUPS OF MOZZARELLA CHEESE AND STIR, PLACE THE REMAINING 3 1/4 CUPS OF CHEESE TO TOP OF PAN.
7. PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 1/2 CUP PORTION OF BAKED MOSTACCIOLI

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 391.78

Fat 9.91g

SaturatedFat 4.17g

Trans Fat 0.00g

Cholesterol 24.38mg

Sodium 455.19mg

Carbohydrates 50.97g

Fiber 5.26g

Sugar 3.56g

Protein 25.51g

Vitamin A 258.37IU **Vitamin C** 3.75mg

Calcium 247.78mg **Iron** 0.94mg

STE-BAKED MOSTACCIOLI w/Lentil pasta

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9215

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3/10 #10 CAN	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/20 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	15 Ounce	674312
CHEESE MOZZ SHRD 4-5 LOL	2 1/2 Cup	645170
Diced Yellow Onions	1/10 Pound	Wilkens Food Service
Lentil Penne	80 Ounce	Wilkens Food Service
SEASONING SPAGHETTI ITAL 12Z TRDE	3/10 Tablespoon	413453
SPICE GARLIC GRANULATED 24Z TRDE	1/5 Tablespoon	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	10 Each	235411

Preparation Instructions

COOKING INSTRUCTIONS:

1. MIX IN A 6' FULL STEAM TABLE PAN: WARM CARMELIZED ONIONS AND COOKED GROUND BEEF CRUMBLES .
2. ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING, THROUGHLY MIX WITH ONIONS AND BEEF CRUMBLES
3. PLACE BEEF CRUMBLES AND WARM MARINARIA SAUCE TOGETHER.
4. PLACE DRAINED AND RINSE PASTA WITH COLD WATER, IN LARGE MIXING BOWL MIX IN A 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE THEN ADD TO THE COOKED & RINSED PASTA.
6. DIVIDE MIXTURE INTO 4 PORTIONS ADD TO 4" STEAM TABLE PANS, ADD 3 1/4 CUPS OF MOZZARELLA CHEESE AND STIR, PLACE THE REMAINING 3 1/4 CUPS OF CHEESE TO TOP OF PAN.
7. PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 1/2 CUP PORTION OF BAKED MOSTACCIOLI

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories			391.78
Fat			9.91g
SaturatedFat			4.17g
Trans Fat			0.00g
Cholesterol			24.38mg
Sodium			455.19mg
Carbohydrates			50.97g
Fiber			5.26g
Sugar			3.56g
Protein			25.51g
Vitamin A	258.37IU	Vitamin C	3.75mg
Calcium	247.78mg	Iron	0.94mg

Nacho Grande

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9337

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	203 Ounce	674312
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261
Beans, Refried, Low sodium, canned	1 1/2 #10 CAN	100362
Tomato, Red, ripe-med	12 1/2 Pound	Wilkens Food Service
CILANTRO CLEANED 4-1 RSS	3 Pound	219550
SEASONING TACO 21Z TRDE	4 Cup	413429
CHIP TORTL RND YEL 5-1.5 KE	1100 Piece	163020

Preparation Instructions

Mix in a 1/4 Cup of water to the beef crumbles in a 6" steam table pan mix in 1/4 cup taco seasoning-follow cooking instructions

To Assemble for Serving-

Place 11 tortilla chips in boat,

add refried beans-1/4 Cup use #16 scoop

then add 2.03 oz beef using #10 Scoop,

Next add 1/8Cup cheese sauce using #30 scoop,

Top with 1/8 Cup diced tomatoes using #16 scoop

Topped with 1 Tbl. Cilantro-

Can be served with sour Cream

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 1615.05

Fat 60.11g

SaturatedFat 10.80g

Trans Fat 0.00g

Cholesterol 35.38mg

Sodium	1874.91mg		
Carbohydrates	226.29g		
Fiber	22.27g		
Sugar	1.59g		
Protein	35.89g		
Vitamin A	960.15IU	Vitamin C	0.00mg
Calcium	544.50mg	Iron	5.40mg

Chicken Popper Garden Vegetable & Green Tossed Salad w/Bosco Cheesey BreadStick

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9544

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	20 Cup	735787
TOMATO CHERRY 11 MRKN	50 Each	569551
Cucumber	40 Slice	16P98
Carrots, baby	30 Each	18D69
BREADSTICK CHS STFD WGRAIN 6 144CT	10 Each	235411
CHEESE AMER SHRD FTTH 4-5 BONGARDS - Bongards - W	10 Ounce	359572
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	120 Each	327120

Preparation Instructions

Place 2 cups of romaine lettuce in 12 oz round black bowl
Add to top 12 ea chicken popper
Add 1/4 cup -5 cherry tomatoes
Add 1/4 cup-4 slices of cucumbers
Add 1/4 cup 3 baby carrots
and top with 1 Tablespoon-Use # 30 Scoop of shredded cheese.

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 700.35

Fat 28.42g

SaturatedFat 11.29g

Trans Fat 0.00g

Cholesterol 61.82mg

Sodium 1227.22mg

Carbohydrates 77.47g

Fiber	8.59g
Sugar	5.09g
Protein	32.23g
Vitamin A 11408.73IU	Vitamin C 74.80mg
Calcium 466.44mg	Iron 4.70mg

BAKED MOSTACCIOLI w/Lentil pasta

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9568

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	2 #10 CAN	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	90 Ounce	674312
CHEESE MOZZ SHRD 4-5 LOL	15 Cup	645170
Diced Yellow Onions	1 1/4 Cup	Wilkins Food Service
Lentil Penne	480 Ounce	Wilkins Food Service
SEASONING SPAGHETTI ITAL 12Z TRDE	2 Tablespoon	413453
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	60 Each	235411

Preparation Instructions

COOKING INSTRUCTIONS:

1. CARMELIZE 1.25 CUO OF DICED ONION, MIX A 1/8 CUP OF OIL TO THE ONIONS AND SPREAD EVENLY ON A SHEET TRAY BAKE AT 350 DEGREES FOR 20 MINUTES OR UNTIL ONIONS CARMELIZE(LIGHT BROWN COLOR)
2. COOK PASTA IN BOILING WATER FOR 6-8 MINUTES BE SURE THE PASTA IS AL DENTE (A LITTLE FIRM TO TASTE), ONCE COOKED DRAINED AND RINSE PASTA WITH COLD WATER(THIS STOPS THE COOKING PROCESS) PLACE IN A LARGE MIXING BOWL MIX AND ADD 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
3. PLACE IN A LARGE MIXING BOWL-1 BAG OF GROUND BEEF CRUMBLES, ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING AND ADD 1/2 CUP OF WATER MIX TOGETHER PLACE IN A TILT SKILLET/BRAIZER OR IN STEAM TABLE PAN IN PREHEATED OVEN AT 350 DEGREES FOR 20 MINUTES.
4. NEXT MIX BEEF CRUMBLES MIXTURE WITH 3 CANS OF MARINARIA SAUCE TOGETHER.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE WITH THE COOKED & RINSED PASTA.
6. DIVIDE MIXTURE INTO 8 PORTIONS ADD TO 2" STEAM TABLE PANS, ADD 1 1/3rd CUPS OF MOZZARELLA CHEESE WITH THE PASTA. PLACE THE REMAINING 1 1/3RD CUPS OF CHEESE TO TOP OF PAN.

7. PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 1 CUP PORTION OF BAKED MOSTACCIOLI

SERVE WITH A BOSCO CHEESE STICK

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	793.85
Fat	20.85g
SaturatedFat	8.38g
Trans Fat	0.00g
Cholesterol	48.75mg
Sodium	956.90mg
Carbohydrates	102.35g
Fiber	10.74g
Sugar	7.49g
Protein	51.24g
Vitamin A 534.92IU	Vitamin C 8.21mg
Calcium 456.09mg	Iron 1.85mg

BBQ Chicken Meatball w/Ranch Rice-HUFF

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9595

Ingredients

Description	Measurement	DistPart #
FC Chicken Meatball	180 Ounce	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	30 Cup	699181
CARROTS CHL BABY WHL 100/2.6 OZ PG	15 Cup	03680
CELERY CHL STICKS 5 LB CS	15 Cup	02493
SPICE GARLIC POWDER 6 TRDE	1 1/2 Cup	513857
LEMON JUICE 100 12-32FLZ GFS	3 3/4 Cup	311227
DRESSING MIX RNCH 18-3.2Z FTHLL	1/2 Cup	473308
Diced Tomatoes cnd	1/2 #10 CAN	100329
Vegetable broth	1 1/2 Cup	Wilkens Food Service
SAUCE BBQ 4-1GAL SWTBRAY	7 1/2 Cup	655937
SPICE BLND ORIG 3-21Z MDASH	1 1/2 Cup	265103

Preparation Instructions

1) Cook the meatballs in the BBQ Sauce-

Keep meatballs covered in steam table pan and place in hot holding until serving time.

2) To Prepare the Rice in 1-6" steam table pan per manufacturers instructions. Mix together the following ingredients: 30 cups of dry rice add in 1 1/2 C-vegetable broth, 15 Cups:diced carrots, diced celery, 1/2 Cup dry ranch mix, 3 3/4 Cup lemon juice, 1 1/2Cup of seasoning(no salt), 1 1/2Cup garlic powder and 1/2 can drained diced tomatoes to each pan and cover with lid. Repeat this step for the second 6" pan each pan will make 60 servings of 1/2 cup of rice

3) Cover pans with foil and a lid place in preheated oven at 350 degrees F bake for 20-30 minutes or Until internal temperature reaches 165 degrees F for 15 seconds or longer.

Keep Covered in 6" steam table and place in hot holding to keep warm until serving time

Rice 1/2 cup serving(USE #8 scoop or 4 oz ladle two times to equal 1 cup serving)

Assemble portion.

Place 1/2 cup of ranch rice in 16oz black bowl (square) top with 3 BBQ chicken meatballs on top

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	626.39
Fat	11.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	732.76mg
Carbohydrates	105.18g
Fiber	2.22g
Sugar	18.22g
Protein	24.22g
Vitamin A 0.00IU	Vitamin C 3.60mg
Calcium 28.30mg	Iron 4.24mg

KHS-Loaded French Fries

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9667

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	135261
CHILI BEEF W/BEAN 6-5 COMM	50 Cup	344012
BACON CRUMBLES CKD 12-1 GFS	12 1/2 Cup	357220
Green Onion	6 1/4 Cup	Wilkens Food Service
Fries 3/8 S/C Ovation 6-5 Mcc	474 Ounce	868961
SOUR CREAM PKT 400-1Z GCHC	100 Each	836750

Preparation Instructions

Assemble Serving build your own- All or Any combination of these ingredients.

Place 1 cup french fries in boat,

top with 3oz (Use #10 scoop) of Chili, place 3oz Use #8 scoop or 4oz ladle of broccoli florets,

then add 3oz (Use #10 Scoop) of Cheddar cheese sauce, next add 1oz Use #30 scoop of bacon bits

Then add 1 Tbl green onions,

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 445.54

Fat 22.43g

SaturatedFat 9.15g

Trans Fat 0.00g

Cholesterol 52.66mg

Sodium 952.23mg

Carbohydrates 40.79g

Fiber 2.59g

Sugar 1.68g

Protein 17.11g

Vitamin A 307.38IU **Vitamin C** 8.83mg

Calcium 258.37mg **Iron** 1.07mg

BAKED MOSTACCIOLI K-8

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9709

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	1 1/2 #10 CAN	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3 Fluid Ounce	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	674312
CHEESE MOZZ SHRD 4-5 LOL	12 1/2 Cup	645170
Diced Yellow Onions	1/2 Pound	Wilkins Food Service
Lentil Penne	400 Ounce	Wilkins Food Service
SEASONING SPAGHETTI ITAL 12Z TRDE	1 1/2 Tablespoon	413453
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	100 Each	235411

Preparation Instructions

COOKING INSTRUCTIONS:

1. CARMELIZE 8OZ OF DICED ONION, MIX A 2 Tbls CUP OF OIL TO THE ONIONS AND SPREAD EVENLY ON A SHEET TRAY BAKE AT 350 DEGREES FOR 20 MINUTES OR UNTIL ONIONS CARMELIZE(LIGHT BROWN COLOR)
2. COOK PASTA IN BOILING WATER FOR 6-8 MINUTES BE SURE THE PASTA IS AL DENTE (A LITTLE FIRM TO TASTE), ONCE COOKED DRAINED AND RINSE PASTA WITH COLD WATER(THIS STOPS THE COOKING PROCESS) PLACE IN A LARGE MIXING BOWL MIX AND ADD 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
3. PLACE IN A LARGE MIXING BOWL-1 1/4 BAG OF GROUND BEEF CRUMBLES, ADD 1 TABLESPOONS GRANULATED GARLIC AND 1.5 TABLESPOONS ITALIAN SEASONING AND ADD 1/4 CUP OF WATER MIX TOGETHER PLACE IN A TILT SKILLET/BRAIZER OR IN STEAM TABLE PAN IN PREHEATED OVEN AT 350 DEGREES FOR 20 MINUTES.
4. NEXT MIX BEEF CRUMBLES MIXTURE WITH 1.5 CANS OF MARINARIA SAUCE TOGETHER.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE WITH THE COOKED & RINSED PASTA.
6. PLACE HALF THE MIXTURE INTO TO 2" STEAM TABLE PANS, PER PAN ADD 1/4 OF MOZZARELLA CHEESE WITH THE PASTA. PLACE THE REMAINING 1/4 OF CHEESE TO TOP OF PAN.

7. PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 1/2 CUP PORTION OF BAKED MOSTACCIOLI

SERVE WITH A BOSCO CHEESE STICK

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	482.93
Fat	13.57g
SaturatedFat	5.81g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	580.19mg
Carbohydrates	59.47g
Fiber	6.26g
Sugar	4.06g
Protein	31.76g
Vitamin A 258.37IU	Vitamin C 3.75mg
Calcium 358.78mg	Iron 1.58mg

Tex Mex Hummus

Servings:	70.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9840

Ingredients

Description	Measurement	DistPart #
Classic Hummus	25 Ounce	Wilkens Food Service
BEAN GARBANZO 6-10 GFS	2 #10 CAN	118753
Original with Sea Salt Wave	70 Bag	Wilkens Food Service
SEASONING TACO 21Z TRDE	3 Tablespoon	413429

Preparation Instructions

Place 1/2 can of garbanzo beans in food processor add 1/4 of bag of hummus sauce, add 2 1/4 teaspoon per batch
Blend until creamy consistency. Transfer to 2" hotel pan
Repeat steps and add mixture to 2" hotel pan
Scoop 1/2 cup of hummus into 4oz plastic up and place lid on.
Store in in cooler overnight until serving time
Serve 1-1/2 cup hummus with 1 bag of pita chips.

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	184.01		
Fat	6.62g		
SaturatedFat	1.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	385.86mg		
Carbohydrates	25.92g		
Fiber	5.70g		
Sugar	3.64g		
Protein	4.50g		
Vitamin A	64.29IU	Vitamin C	0.00mg
Calcium	44.34mg	Iron	0.56mg

Classic Hummus

Servings:	70.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9841

Ingredients

Description	Measurement	DistPart #
Classic Hummus	25 Ounce	Wilkins Food Service
BEAN GARBANZO 6-10 GFS	2 #10 CAN	118753
Original with Sea Salt Wave	70 Bag	Wilkins Food Service

Preparation Instructions

2 can of garbanzo beans to 1 bag of hummus sauce in food processor. It is best to do 1/2 of can of garbanzo beans to 1/4 bag of hummus sauce...

Blend until creamy consistency. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

Scoop 1/2 cup of hummus into 5oz plastic up and place lid on.

Store in in cooler overnight until serving time

Serve 1-1/2 cup hummus with 1 bag of pita chips.

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	182.72		
Fat	6.62g		
SaturatedFat	1.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	355.64mg		
Carbohydrates	25.66g		
Fiber	5.70g		
Sugar	3.57g		
Protein	4.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.34mg	Iron	0.53mg

KHS-Boom Boom Sauce

Servings:	54.00	Category:	Condiments or Other
Serving Size:	0.50 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9976

Ingredients

Description	Measurement	DistPart #
DRESSING SALAD LT 4-1GAL GFS	2 Cup	429422
SALSA 103Z 6-10 REDG	33/100 Cup	452841
SAUCE SRIRACHA CHILI 12-17Z ROLAND	1/2 Cup	246911
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon	513857

Preparation Instructions

Place ingredients into food processor and thoroughly mix 20-30 seconds until creamy consistency. chill until serving
1/2 oz serving Use # 70 scoop or 1 Tablespoon

Nutrition Facts

Servings Per Recipe: 54.00
Serving Size: 0.50 Ounce

Amount Per Serving

Calories	23.45		
Fat	1.48g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.93mg		
Sodium	112.29mg		
Carbohydrates	2.32g		
Fiber	0.00g		
Sugar	1.66g		
Protein	0.00g		
Vitamin A	5.80IU	Vitamin C	0.07mg
Calcium	0.55mg	Iron	0.00mg

KHS-Chicka Boom Boom Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9977

Ingredients

Description	Measurement	DistPart #
Hoagie Roll, WG Split top	50 Each	Wilkins Food Service
CHIX BRST STRP BRD WGRAIN 6-5.15	152 Ounce	740820
Lettuce Chopped Romaine 2#	25 Cup	2784
TOMATO 6X6 LRG 25 MRKN	2 1/2 Cup	199036
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	313157
PICKLE SWT/SPCY CHIP 2GAL BRICK	150 Slice	527791
SAUCE BOOM BOOM 4-1GAL KENS	3 Cup	877930

Preparation Instructions

1. Open Hoagie buns, arrange 1/2 cup of lettuce and 1 tablespoon diced tomato, use # 60 scoop on bottom half of bun
 2. Place 3 cooked breaded chicken strips on top of tomato slices
 3. scatter 1 oz sliced onion, use # 30 scoop and 3 pickles across the chicken strips
 4. drizzle with squeeze bottle 1 tablespoon of Boom Boom Sauce across top of sliced onions and pickles and place top half of bun on top.
- 1 sandwich = 1 serving.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	434.53
Fat	17.82g
SaturatedFat	2.73g
Trans Fat	0.00g
Cholesterol	47.73mg
Sodium	758.51mg
Carbohydrates	46.73g
Fiber	1.37g

Sugar	10.36g
Protein	21.42g
Vitamin A 74.97IU	Vitamin C 1.23mg
Calcium 18.06mg	Iron 1.08mg

KHS-Italian Supreme Sub Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9978

Ingredients

Description	Measurement	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	300 Ounce	199721
CHEESE MOZZ LMPS SHRD FTHR 4-5#	6 1/4 Cup	265041
SAUCE MARINARA A/P 6-10 REDPK	6 1/4 Cup	592714
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1/2 #10 CAN	324531
PEPPERS GREEN DCD 1/4 2-3 RSS	1/2 #10 CAN	198331
BREAD PANINI 192-.82Z PILLS	100 Piece	831161

Preparation Instructions

- 1) Place Panini bread grill side down on parchment lined sheet pan
- 2) Arrange sliced deli meat(1 slice Turkey salami & 1 slice Turkey Ham) on bread and drizzle with 1 tablespoon marinara sauce
- 3) Add 1 slice Turkey Pepperoni, 4tsp diced green peppers & 1/2 oz (1 Tbl) moz. cheese.
- 4) Top with Paninis with grill mark facing up
- 5) Heat in a 350 degree oven for 7-10 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.
- 6) keep warm

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	281.62
Fat	11.83g
SaturatedFat	3.21g
Trans Fat	0.00g
Cholesterol	58.94mg
Sodium	784.16mg
Carbohydrates	22.10g
Fiber	1.36g
Sugar	6.22g

Protein	17.30g		
Vitamin A	69.82IU	Vitamin C	4.39mg
Calcium	42.87mg	Iron	2.42mg

KHS-Philly Cheesesteak on Hoagie Roll

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9995

Ingredients

Description	Measurement	DistPart #
Diced Yellow Onions	12 1/2 Pound	Wilkens Food Service
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	4 Cup	732900
PEPPERS GREEN STRP 3/4 2-3 RSS	50 Ounce	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	37 1/2 Cup	637442
CHEESE MOZZ LMPS SHRD FTHR 4-5#	100 Ounce	265041
PARSLEY ITAL FRESH 1# MRKN	1 1/2 Cup	521520
Hoagie Roll, WG Split top	100 Each	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	250 Ounce	598762

Preparation Instructions

- 1) Warm meat according to cooking instructions.
 - 2) Sautee Mushrooms, Onions & Peppers : heat oil add onions and carmelize to a golden brown, stir occasionally. cook approx. 20-30 minutes
 - 3) Place bottom of hoagie roll on tray then add 2.5 oz sliced beef use# 10 scoop, add 1.25 oz of cheese over meat, use# 20 scoop
 - 4) Top with 1/2 cup of sauteed vegetables and garnish with 1/4 teaspoon parsley
 - 5) Add the top of Hoagie roll to complete sandwich
- 1 sandwich per serving

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 464.02

Fat 25.03g

SaturatedFat 7.79g

Trans Fat 0.45g

Cholesterol 55.47mg

Sodium 626.69mg

Carbohydrates	37.02g
Fiber	1.28g
Sugar	7.22g
Protein	25.30g
Vitamin A 576.83IU	Vitamin C 3.38mg
Calcium 618.99mg	Iron 1.96mg

KHS-Cuban Style Salad

Servings:	100.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9996

Ingredients

Description	Measurement	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	62 Cup	786543
CUCUMBER SELECT SUPER 45 MRKN	35 Cup	198587
ONION RD SLIVERED 1/8 2-3 RSS	3 3/4 Cup	313157
PARSLEY ITAL FRESH 1# MRKN	1 1/4 Cup	521520
LIME 200CT 40 MRKN	40 Each	774121
SPICE PEPR BLK 30 MESH REG GRIND 5	3/10 Cup	225045

Preparation Instructions

Once all ingredients are chopped or diced combine. Let marinate for 1-2 hours prior to use.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 35.26

Fat 0.08g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 4.58mg

Carbohydrates 8.44g

Fiber 1.58g

Sugar 3.49g

Protein 0.98g

Vitamin A 96.53IU **Vitamin C** 9.32mg

Calcium 26.70mg **Iron** 0.50mg

KHS-Cuban-Style Ham & Cheese Panini

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10007

Ingredients

Description	Measurement	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	563652
CHEESE MOZZ LMPS SHRD FTNR 4-5#	6 1/4 Cup	265041
TURKEY HAM UNCURED 6-2 JENNO	200 Slice	690041
BREAD PANINI 192-.82Z PILLS	200 Piece	831161

Preparation Instructions

- 1) PLACE BOTTOM HALF OF PANINI BUN ON TRAY
 - 2) ADD 2 SLICE OF TURKEY AND 2 SLICES OF TURKEY HAM AND TOP WITH 1/2 OZ OF MOZZARELLA CHEESE, USE # 60 SCOOP
 - 3) WARM IN SANDWICH/PANINI CONVEYOR
 - 4) ADD 1/2 CUP OF CUBAN STYLE SALAD (OPTIONAL)-SEE CUBAN STYLE SALAD RECIPE, USE #8 scoop
 - 5) PLACE TOP OF PANINI BUN ON TOP
- 1 COMPLETE SANDWICH PER SERVING

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	405.63		
Fat	10.88g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	65.94mg		
Sodium	884.38mg		
Carbohydrates	38.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	29.44g		
Vitamin A	0.00IU	Vitamin C	0.60mg
Calcium	10.00mg	Iron	1.80mg

KHS-Roasted Veggie Flatbread

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10011

Ingredients

Description	Measurement	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	220462
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	732900
SEASONING ITAL HRB 6Z TRDE	1 Ounce	428574
TOMATO 6X6 LRG 25 MRKN	6 Cup	199036
PEPPERS GREEN STRP 3/4 2-3 RSS	3 Cup	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	3 Cup	637442
ONION RD SLIVERED 1/8 2-3 RSS	3 Cup	313157
CHEESE MOZZ LMPS SHRD FTNR 4-5#	100 Ounce	265041
SPINACH LEAF FLAT CLND 4-2.5 RSS	3 Cup	329401

Preparation Instructions

1) MIX IN A LARGE BOWL 3/4 CUP OF OIL AND 2 TABLESPOON OF ITALIAN SEASONING TOGETHER, ADD TOMATO SLICES, GREEN BELL PEPPER STRIPS, SLICED MUSHROOMS AND RED ONIONS SPREAD ON PARCHMENT LINED SHEET TRAY AND BAKE UNCOVERED IN A 425 DEGREE OVEN FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 135 DEGREES FOR 15 SECONDS OR LONGER. TURNING VEGETABLES ONCE.

2) PLACE THAWED FLATBREADS IN A SINGLE LAYER ON PARCHMENT LINED PERFORATED SHEET TRAYS

2) SPREAD 1 OZ OF MOZZARELLA CHEESE ON BOTTOM THEN ADD 2 SLICES (1/4 CUP) OF TOMATO, 1/8 CUP OF GREEN BELL PEPPER STRIPS, 1 TABLESPOON (1/2OZ) OF MUSHROOMS, 1 TABLESPOON RED ONIONS AND 1 TABLESPOON CHOPPED SPINACH THEN DRIZZLE 1 TEASPOON OF OIL AND SEASONING MIXTURE OVER 1 FLATBREAD.

3) SPREAD 1OZ OF MOZZARELLA CHEESE OVER TOP OF VEGETABLES

4) BAKE IN OVEN FOR 8-10 MINUTES UNTIL CHEESE IS MELTED.

1 FLATBREAD PER SERVING

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	369.44		
Fat	18.42g		
SaturatedFat	8.25g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	438.05mg		
Carbohydrates	28.33g		
Fiber	3.64g		
Sugar	2.28g		
Protein	18.43g		
Vitamin A	179.93IU	Vitamin C	3.06mg
Calcium	86.89mg	Iron	1.60mg

KHS-Pickled Jalapeno Pickle Relish

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10018

Ingredients

Description	Measurement	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	786543
PEPPERS JALAP SLCD 4-106Z ELPAS	6 1/4 Cup	786802
PICKLE SWT/SPCY CHIP 2GAL BRICK	12 1/2 Cup	527791

Preparation Instructions

MIX IN A LARGE BOWL-DICED TOMATOES, DICED JALAPENOS AND DICED PICKLES AND DRAIN OFF JUICE PRIOR TO SERVING

STORE IN REFRIGERATOR UNTIL TIME OF SERVING.

5OZ PER SERVING USE #6 SCOOP

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 17.92

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 150.63mg

Carbohydrates 3.65g

Fiber 0.25g

Sugar 2.23g

Protein 0.25g

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

Calcium 5.00mg **Iron** 0.09mg

KHS-Cheeseburger Sauce

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10020

Ingredients

Description	Measurement	DistPart #
DRESSING SALAD LT 4-1GAL GFS	3 Cup	429422
SAUCE SRIRACHA CHILI 12-17Z ROLAND	2 Tablespoon	246911
MUSTARD VOL PK 3GAL HNZ	3/4 Cup	806889
PICKLE SWT/SPCY CHIP 2GAL BRICK	1 Tablespoon	527791

Preparation Instructions

COMBINE LITE MAYO, SRIRACHA CHILI SAUCE, MUSTARD AND PICKLE JUICE IN FOOD PROCESSOR FOR 20-30 SECONDS TO BLEND THOROUGHLY.

1 OZ PER FLATBREAD

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	34.40		
Fat	2.40g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	9.60mg		
Sodium	103.20mg		
Carbohydrates	3.06g		
Fiber	0.00g		
Sugar	2.09g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

KHS-Cheeseburger Flatbread mixture

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10026

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	674312
SPICE GARLIC POWDER 6 TRDE	12 1/2 Tablespoon	513857
SPICE ONION POWDER 19Z TRDE	12 1/2 Tablespoon	126993
SPICE PEPR BLK 30 MESH REG GRIND 5	6 1/4 Teaspoon	225045
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	6 1/4 Tablespoon	732900
Shredded Cheddar redu fat/sodium	12 1/2 Cup	344721
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	220462
Lettuce Chopped Romaine 6/2#	6 1/4 Cup	2783

Preparation Instructions

Mix thoroughly garlic powder, onion powder, black pepper with beef crumbles and oil. Heat in steamer until internal temperature reaches 165 degrees for 15 seconds or longer.

1 serving is 2oz of beef crumble mixture & 1/4 CUP SHREDDED CHEESE

TO ASSEMBLE ONE CHEESEBURGER FLATBREAD

- 1) BE SURE TO HAVE PICKLED JALAPENO PICKLE RELISH MIXED AND DRAINED AND CHILLED****SEE RECIPE
 - 2) BE SURE TO HAVE CHEESEBURGER SAUCE MIXED AND CHILLED ***SEE RECIPE
 - 3) PLACE FLATBREADS IN A SINGLE LAYER ON PARCHMENT LINED SHEET TRAYS
 - 4) PLACE 1/4 CUP OF SHREDDED CHEDDAR CHEESE TOP WITH 2OZ OF SEASONED BEEF CRUMBLES ON FLATBREAD
 - 5) BAKE FOR 2-4 MINUTES UNTIL CHEESE IS MELTED
 - 6) PLACE 2/3RD CUP (5OZ) USE #6 SCOOP OF RELISH ON TOP OF WARM CHEESEBURGER MIXTURE
 - 7) TOP WITH 1/8 CUP SHREDDED ROMAINE LETTUCE
 - 8) 1/4 CUP OF CHEESEBURGER SAUCE (SEE RECIPE)
- 1 COMPLETE FLATBREAD PER SERVING.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories 365.00

Fat 18.75g

SaturatedFat 7.63g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 420.00mg

Carbohydrates 29.00g

Fiber 3.00g

Sugar 1.00g

Protein 20.50g

Vitamin A 300.00IU **Vitamin C** 0.00mg

Calcium 280.00mg **Iron** 2.52mg

KHS-Thai Chicken Flatbread

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10038

Ingredients

Description	Measurement	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	220462
SAUCE CHS WHT BLND 6-106Z LOL	9 3/8 Cup	235631
SAUCE SRIRACHA CHILI 4-.5GAL FRNKS	1 1/2 Cup	606431
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	4 Pound	198234
CHIX PULLED WHT & DRK BLND 2-5 TYS	3 1/8 Pound	467802
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	265041
CILANTRO CLEANED 4-1 RSS	2 Cup	219550
Broccoli Florets	1 Pound	2755

Preparation Instructions

- 1) To make cheese sauce: combine 36 oz of cheese sauce with 3/4 cup sriracha chili sauce blend until thoroughly combined. cover and set aside in cooler until ready to use.
- 2) Place flatbread in a single layer on parchment lined sheet tray,
- 3) Spread evenly 3 1/2 oz (Use #8 scoop) of Thai sauce mixture on each flatbread, top with 2oz of shredded chicken, Next, Add 1/4 cup of vegetables (combination of 1/8 cup rainbow coleslaw and 1/8 cup broccoli florets), sprinkle 1oz (#30 Scoop) of mozzarella cheese.
- 4) Bake in a 400 degree F oven for 10-12 minutes, until internal temperature reaches 165 degrees F for 15 seconds or longer. and edges are golden brown.
- 5) Add 2 Tablespoons of chopped cilantro on top of each flatbread when ready to serve.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 300.71

Fat 11.29g

SaturatedFat 4.88g

Trans Fat 0.00g

Cholesterol 36.91mg

Sodium	493.98mg
Carbohydrates	28.23g
Fiber	3.11g
Sugar	1.22g
Protein	18.23g
Vitamin A 6.25IU	Vitamin C 0.00mg
Calcium 100.63mg	Iron 2.78mg

KHS-BBQ Chicken Pizza

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10042

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	50 Each	882690
CHIX PULLED WHT & DRK BLND 2-5 TYS	200 Ounce	467802
SAUCE BBQ SMOKY 4-1GAL CATL	6 1/4 Cup	300829
CORN CUT IQF 30 KE	12 1/2 Cup	283730
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	313157
PEPPERS BELL ORANGE 11	6 1/4 Cup	460860
CHEESE MOZZ LMPS SHRD FTNR 4-5#	9 3/8 Cup	265041
CILANTRO CLEANED 4-1 RSS	3 1/8 Cup	219550

Preparation Instructions

Pre-heat oven to 475 degrees F.

- 1) Mix together BBQ and thawed Chicken then heat in steamer until internal temperature reaches 165 degrees F for 15 seconds or longer, approx. 20-30 minutes
- 2) Lightly spray a parchment lined sheet tray then, place a single layer of tortillas on tray
- 3) Top 2.2 oz of warm BBQ shredded chicken on 1 tortilla
- 4) Top with 2oz of corn use #20, 1 oz diced red onion use a #30 scoop, .75oz orange pepper use #40, and top with 1oz shredded mozzarella cheese use #30
- 5) Bake for 12 minutes or until tortillas are crisp around the edges, turning half way through cooking time.
- 6) Top with Chopped Cilantro 1 tablespoon use #60

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 365.51

Fat 10.97g

Saturated Fat 4.25g

Trans Fat 0.00g

Cholesterol 82.81mg

Sodium	784.57mg		
Carbohydrates	35.17g		
Fiber	3.60g		
Sugar	8.62g		
Protein	31.72g		
Vitamin A	237.31IU	Vitamin C	2.10mg
Calcium	25.00mg	Iron	1.86mg

KHS-Meat Lover's Supreme Flatbread

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10044

Ingredients

Description	Measurement	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	220462
SAUCE MARINARA A/P 6-10 REDPK	9 3/8 Cup	592714
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	265041
TURKEY ITAL COMBO SLCD 12-1 JENNO	100 Ounce	199721
PEPPERS GREEN STRP 3/4 2-3 RSS	50 Ounce	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	12 1/2 Cup	637442

Preparation Instructions

Pre-Heat oven to 475 degrees F

1) Place diced Italian deli meat in a 1/2 steam table pan and warm in steamer for 10 minutes

Place a single layer of flatbreads on a parchment lined sheet tray

2) Evenly spread 1 teaspoon of marinara sauce on top of flatbread,

3) add 1oz of mozzarella cheese use #30 scoop,

4) add 2oz of warm Italian deli meat, use #16 scoop, evenly distributed on top of mozzarella cheese,

5) add 2oz of mushrooms use #16, add 1oz green pepper use #30 scoop per flatbread.

6) Bake in oven for 10-12 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.

1 flatbread per serving

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 353.26

Fat 14.66g

Saturated Fat 5.47g

Trans Fat 0.00g

Cholesterol 53.67mg

Sodium 797.22mg

Carbohydrates 32.40g

Fiber	4.85g		
Sugar	4.16g		
Protein	22.15g		
Vitamin A	207.97IU	Vitamin C	5.77mg
Calcium	119.61mg	Iron	2.48mg

KHS-Veggie Burger

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10077

Ingredients

Description	Measurement	DistPart #
3.5 WG Hamburger Bun	50 Each	3354
BURGER VEGGIE CAULIF QUINOA 4-8CT	50 Each	620231
CHEESE AMER/PEPR JK	50 Slice	257271

Preparation Instructions

- 1) place warm bottom of hamburger buns on parchment lined sheet tray.
 - 2) Add cooked veggie burger on top of bun, Add 1 slice of cheese to top of warm veggie burger
 - 3) Place top of bun over the veggie burger and cheese.
- Serve with 1oz chopped romaine lettuce, 2 slices of tomato, 3 pickles and choice of condiments.
1 complete veggie burger per servings

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	970.00mg
Carbohydrates	47.00g
Fiber	7.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 1700.00IU	Vitamin C 24.00mg
Calcium 162.00mg	Iron 11.60mg

KHS-Turkey Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10078

Ingredients

Description	Measurement	DistPart #
TURKEY BRGR CKD 2.75Z 3-10 JENNO	100	511265
ONION RING 1/4 2-5 RSS	100 Ounce	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon	732900
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	100 Slice	726532
3.5 WG Hamburger Bun	100 Each	3354

Preparation Instructions

- 1) Place bottoms of warm buns in a single layer on sheet tray
 - 2) Add 1 cooked turkey patty on bun add 1 slice of provolone cheese and 1oz of sauteed onions
 - 3) Place top of bun on top and serve
- 1 complete burger per serving

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	202.40		
Fat	7.78g		
SaturatedFat	3.52g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	320.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	164.00mg	Iron	8.00mg

KHS-Smoky BBQ Pulled Pork Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10079

Ingredients

Description	Measurement	DistPart #
3.5 WG Hamburger Bun	100 Each	3354
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
PORK PULLED BBQ LO SOD 4-5 BROOKWD	100 Ounce	498702
CHEESE AMER/PEPR JK	100 Slice	257271

Preparation Instructions

TO ASSEMBLE BURGER

- 1) Place warm bottom of hamburger bun on parchment lined sheet tray
- 2) Add 1 cooked hamburger patty, then Add 1 slice of pepper jack cheese to top of warm pub burger patty
- 3) Top with 1 oz of bbq pulled pork Use #30 scoop to the top of burger and top with top of hamburger bun
- 4) Optional add 2 slices of tomato and 1/4 cup coleslaw

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	564.75
Fat	34.75g
SaturatedFat	14.00g
Trans Fat	0.00g
Cholesterol	122.75mg
Sodium	858.25mg
Carbohydrates	26.25g
Fiber	2.00g
Sugar	8.00g
Protein	37.50g
Vitamin A 612.50IU	Vitamin C 6.30mg
Calcium 122.00mg	Iron 8.77mg

KHS-Beef Street Tacos

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10089

Ingredients

Description	Measurement	DistPart #
4.5" Corn Tortillas	150 Each	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	150 Ounce	598762
SEASONING TACO 21Z TRDE	1 1/2 Cup	413429

Preparation Instructions

To assemble:

1) place 3 warm white corn tortilla in street taco holders

2) Add to each tortilla 1oz of sliced beef, use #30 scoop

Total of 3 filled tortillas per serving

condiments to add on top-1/2oz of each per tortilla-Use #70 scoop

cilantro

diced onions

shredded romaine lettuce

salsa

avocado spread

queso fresco cheese

jalapeno slices-2 per taco

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Each

Amount Per Serving

Calories 296.27

Fat 12.79g

SaturatedFat 3.78g

Trans Fat 0.54g

Cholesterol 48.56mg

Sodium 639.82mg

Carbohydrates 31.20g

Fiber 2.00g

Sugar 2.88g

Protein	17.75g		
Vitamin A	720.12IU	Vitamin C	0.00mg
Calcium	18.02mg	Iron	1.77mg

KHS-Shredded Chicken Street Tacos

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10090

Ingredients

Description	Measurement	DistPart #
4.5" Corn Tortillas	150 Each	Wilkens Food Service
SEASONING TACO 21Z TRDE	1 1/2 Cup	413429
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	467802

Preparation Instructions

To assemble:

- 1) place 3 warm white corn tortilla in street taco holders
- 2) Add to each tortilla 1oz of seasoned shredded Chicken use #30 scoop

Total of 3 filled tortillas per serving

condiments to add on top-1/2oz of each per tortilla

cilantro

diced onions

shredded romaine lettuce

salsa

avocado spread

queso fresco cheese

jalapeno slices-2 per taco

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	264.40
Fat	7.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	463.45mg
Carbohydrates	27.88g
Fiber	2.00g
Sugar	0.72g

Protein	23.72g		
Vitamin A	720.12IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.98mg

KHS-Pork Carnitas Street Tacos

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10091

Ingredients

Description	Measurement	DistPart #
4.5" Corn Tortillas	150 Each	Wilkens Food Service
SEASONING TACO 21Z TRDE	1 1/2 Cup	413429
CARNITA PORK CHPD 4-5 BROOKWOOD	150 Ounce	549412

Preparation Instructions

To assemble:

- 1) place 3 warm white corn tortilla in street taco holders
- 2) Add to each tortilla 1oz of seasoned Pork Carnitas meat use #30 scoop

Total of 3 filled tortillas per serving

condiments to add on top-1/2oz of each per tortilla

cilantro

avocado spread

diced onions

queso fresco cheese

shredded romaine lettuce

jalapeno slices-2 per taco

salsa

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	313.20
Fat	11.60g
SaturatedFat	3.60g
Trans Fat	0.00g
Cholesterol	63.60mg
Sodium	416.85mg
Carbohydrates	28.08g
Fiber	2.00g
Sugar	1.92g

Protein	22.92g		
Vitamin A	720.12IU	Vitamin C	2.16mg
Calcium	12.00mg	Iron	0.91mg

KHS-Carne Asada Torta

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10093

Ingredients

Description	Measurement	DistPart #
SPICE GARLIC POWDER 6 TRDE	1 Cup	513857
SPICE ONION POWDER 19Z TRDE	1 Cup	126993
SPICE PAPRIKA SMOKED 19Z TRDE	1 Cup	860430
SPICE CUMIN GRND 15Z TRDE	3/4 Cup	273945
SPICE CHILI POWDER MILD 16Z TRDE	1/2 Cup	331473
SPICE PEPR BLK 30 MESH REG GRIND 5	12 1/2 Teaspoon	225045
GARLIC MINCED IN WTR 6-32Z ITALR	1 1/2 Cup	874910
LIME 2 RNDM 40 MRKN	3 1/8 Cup	774117
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	4 17/25 Cup	732900
BEEF SLCD CKD 10-3# ADV	125 Ounce	598762
Hoagie Roll, WG Split top	50 Each	Wilkens Food Service
Lettuce Chopped Romaine 6/2#	12 1/2 Cup	2783
AVOCADO CHNKY 8-2 MRKN	15 33/50 Cup	789942
TOMATO 6X6 LRG 25 MRKN	16 Cup	199036
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	313157
CHEESE QUESO FRESCO CRMBL 6-2 V&V	6 1/4 Cup	559862
PEPPERS JALAP SLCD 4-106Z ELPAS	3 1/8 Cup	786802

Preparation Instructions

Marinade:

Place marinade Ingredients into a large bowl with a lid. Whisk all ingredients together thoroughly. Next add sliced beef to mixture and place lid on container. Allow meat to marinate from 2 to 12 hours prior to using.

Cooking meat:

Heat grill to high heat. Spray surface with cooking spray and grill meat for about 4-8 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.

2.5oz serving use #12 scoop per torta

To Assemble Torta:

- 1) Place opened hoagie roll on sheet tray. Add 1/4 cup of avocado spread to top and bottom of roll (use #20 scoop)
- 2.) Add 2.5oz Use #12 scoop cooked marinated meat to bottom of roll,
- 3.) top with 2 slices of tomato, 1/8 cup sliced red onion use #30 scoop, 1/4 cup (2oz) use #16 scoop of chopped romaine lettuce, add 1/8 cup(1oz) use #30 scoop of Queso Fresco Cheese
- 4.) Top with (3 slices) of jalapenos use #10 scoop
- 5.) Gently press top bun over the sandwich.

1 Torta per serving

Have 1 packet of Texas Pete's hot sauce available

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	511.51
Fat	33.86g
SaturatedFat	5.55g
Trans Fat	0.47g
Cholesterol	43.22mg
Sodium	628.08mg
Carbohydrates	41.10g
Fiber	2.85g
Sugar	6.80g
Protein	18.74g
Vitamin A 2094.77IU	Vitamin C 11.26mg
Calcium 58.63mg	Iron 3.30mg

KHS-Nacho Bowl-chicken

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10189

Ingredients

Description	Measurement	DistPart #
TORTILLA BOWL EDIBOWL 6.25 12-12CT	50 Each	549096
CHIX PULLED WHT & DRK BLND 2-5 TYS	110 Ounce	467802
Lettuce Chopped Romaine 6/2#	100 Cup	2783
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261
CORN CUT IQF 30 KE	12 1/2 Cup	283730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	786543
SEASONING TACO 21Z TRDE	1 Cup	413429

Preparation Instructions

Seasoned Chicken: Mix 1 cup of taco seasoning into thawed chicken prior to cooking- add 1/2 cup of water

To Assemble Edible bowl:

- 1) Place Edible Bowls on parchment lined sheet trays
- 2) Add 2 Cups of Chopped romaine lettuce, top with 1/4 cup Black beans-use #16 scoop, add 1/4 cup corn-use #16 scoop, 2.2oz chicken use # 16 scoop
- 3) Add 1/4 cup cheese sauce-use #16 scoop, 1/8 cup diced tomatoes or salsa use #30 scoop
- 4) top with 3 tablespoons jalapenos (3 slices)

Condiments: 1 packet of sour cream and 1/4 cup salsa (2oz)

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 428.62

Fat 15.29g

SaturatedFat 5.60g

Trans Fat 0.00g

Cholesterol 64.00mg

Sodium	1118.46mg		
Carbohydrates	45.86g		
Fiber	5.87g		
Sugar	2.23g		
Protein	27.89g		
Vitamin A	517.39IU	Vitamin C	0.90mg
Calcium	241.50mg	Iron	3.22mg

KHS-Nacho Bowl-Beef

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10199

Ingredients

Description	Measurement	DistPart #
TORTILLA BOWL EDIBOWL 6.25 12-12CT	50 Each	549096
Lettuce Chopped Romaine 6/2#	100 Cup	2783
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261
CORN CUT IQF 30 KE	12 1/2 Cup	283730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	786543
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	674312
SEASONING TACO 21Z TRDE	1 Cup	413429

Preparation Instructions

Seasoned Beef:

Add 1 cup taco seasoning to Beef Crumbles prior to cooking.

To Assemble Edible bowl:

- 1) Place Edible Bowls on parchment lined sheet trays
- 2) Add 2 Cups of Chopped romaine lettuce, top with 1/4 cup Black beans-use #16 scoop, add 1/4 cup corn-use #16 scoop, 2oz Beef Crumbles use # 16 scoop
- 3) Add 1/4 cup cheese sauce-use #16 scoop, 1/8 cup diced tomatoes or salsa use #30 scoop
- 4) top with 3 tablespoons jalapenos (3 slices)

Condiments: 1 packet of sour cream and 1/4 cup salsa (2oz)

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 443.29

Fat 18.62g

SaturatedFat 7.50g

Trans Fat 0.00g

Cholesterol	45.00mg		
Sodium	1154.13mg		
Carbohydrates	45.13g		
Fiber	5.87g		
Sugar	2.23g		
Protein	23.22g		
Vitamin A	517.39IU	Vitamin C	0.90mg
Calcium	241.50mg	Iron	3.77mg

KHS-Nacho Bowl-pork

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10203

Ingredients

Description	Measurement	DistPart #
TORTILLA BOWL EDIBOWL 6.25 12-12CT	50 Each	549096
Lettuce Chopped Romaine 6/2#	100 Cup	2783
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261
CORN CUT IQF 30 KE	12 1/2 Cup	283730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	786543
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	549412

Preparation Instructions

To Assemble Edible bowl:

- 1) Place Edible Bowls on parchment lined sheet trays
- 2) Add 2 Cups of Chopped romaine lettuce, top with 1/4 cup black beans-use #16 scoop, add 1/4 cup corn-use #16 scoop, 2.5oz Pork Carnita meat use # 12 scoop
- 3) Add 1/4 cup cheese sauce-use #16 scoop, 1/8 cup diced tomatoes or salsa use #30 scoop
- 4) top with 3 tablespoons jalapenos (3 slices)

Condiments: 1 packet of sour cream and 1/4 cup salsa (2oz)

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 472.69

Fat 19.62g

SaturatedFat 7.50g

Trans Fat 0.00g

Cholesterol 73.00mg

Sodium 865.49mg

Carbohydrates 44.21g

Fiber 5.87g

Sugar	2.75g
Protein	28.74g
Vitamin A 37.31IU	Vitamin C 2.70mg
Calcium 251.50mg	Iron 3.06mg

KHS-Burrito Bowl-Beef

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10218

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	789942
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	674312
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	344721
SEASONING TACO 21Z TRDE	1 Cup	413429
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	699181

Preparation Instructions

Season meat: mix thoroughly 1 cup of taco seasoning in beef crumbles prior to cooking

To assemble:

- 1) Place 1/2 cup of cooked rice(use #8 scoop) in bottom of black square bowl-
- 2) layer 1/4 cup corn (use#16 scoop), 1/2 cup black beans (use #16 scoop),
- 3) Add 2.5oz of Avocado spread (use # 12 scoop)
- 4) Add 2oz of cooked seasoned beef (use #16 scoop)
- 5) Top with 1/8 cup of diced tomatoes use #30 scoop
- 6) Add 1/4 cup of shredded cheddar cheese Use #16 scoop
- 7) Place clear square lid on top and serve

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 533.83

Fat 20.38g

SaturatedFat 6.13g

Trans Fat 0.00g

Cholesterol	28.76mg		
Sodium	464.44mg		
Carbohydrates	65.13g		
Fiber	8.87g		
Sugar	2.23g		
Protein	22.85g		
Vitamin A	592.51IU	Vitamin C	0.90mg
Calcium	91.58mg	Iron	4.13mg

KHS-Burrito Bowl-Chicken

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10246

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	789942
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	344721
SEASONING TACO 21Z TRDE	1 Cup	413429
CHIX PULLED WHT & DRK BLND 2-5 TYS	110 Ounce	467802
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	699181

Preparation Instructions

Season meat: mix thoroughly 1 cup of taco seasoning w/ 1/2 cup water in thawed shredded chicken prior to cooking
To assemble:

- 1) Place 1/2 cup of cooked rice(use #8 scoop) in bottom of black square bowl-
- 2) layer 1/4 cup corn (use#16 scoop), 1/2 cup black beans (use #16 scoop),
- 3) Add 2.5oz of Avocado spread (use # 12 scoop)
- 4) Add 2.2oz of cooked seasoned shredded chicken (use #16 scoop)
- 5) Top with 1/8 cup of diced tomatoes use #30 scoop
- 6) Add 1/4 cup of shredded cheddar cheese Use #16 scoop
- 7) Place clear square lid on top and serve

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 519.16

Fat 17.04g

SaturatedFat 4.23g

Trans Fat 0.00g

Cholesterol	47.76mg		
Sodium	428.78mg		
Carbohydrates	65.86g		
Fiber	8.87g		
Sugar	2.23g		
Protein	27.52g		
Vitamin A	592.51IU	Vitamin C	0.90mg
Calcium	91.58mg	Iron	3.58mg

KHS-Burrito Bowl-Pork Carnita

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10247

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	789942
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	344721
SEASONING TACO 21Z TRDE	1 Cup	413429
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	549412
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	699181

Preparation Instructions

Season meat: mix thoroughly 1 cup of taco seasoning w/ 1/2 cup water in thawed pork carnita prior to cooking

To assemble:

- 1) Place 1/2 cup of cooked rice(use #8 scoop) in bottom of black square bowl-
- 2) layer 1/4 cup corn (use#16 scoop), 1/2 cup black beans (use #16 scoop),
- 3) Add 2.5oz of Avocado spread (use # 12 scoop)
- 4) Add 2.5oz of cooked seasoned pork Carnita (use #12 scoop)
- 5) Top with 1/8 cup of diced tomatoes use #30 scoop
- 6) Add 1/4 cup of shredded cheddar cheese Use #16 scoop
- 7) Place clear square lid on top and serve

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 572.83

Fat 21.38g

SaturatedFat 6.13g

Trans Fat 0.00g

Cholesterol	56.76mg		
Sodium	401.44mg		
Carbohydrates	66.13g		
Fiber	8.87g		
Sugar	3.23g		
Protein	28.85g		
Vitamin A	592.51IU	Vitamin C	2.70mg
Calcium	101.58mg	Iron	3.59mg

KHS-Mexican Street Corn

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10253

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	25 Cup	283730
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Cup	732900
DRESSING SALAD LT 4-1GAL GFS	1 Cup	429422
SOUR CREAM 4-5 GCHC	1 Cup	285218
LIME 200CT 40 MRKN	8 Each	774121
SPICE CHILI POWDER MILD 16Z TRDE	3 Tablespoon	331473
CHEESE QUESO FRESCO CRMBL 6-2 V&V	2 Cup	559862
CILANTRO CLEANED 4-1 RSS	2 Cup	219550

Preparation Instructions

- 1) preheat grill for med-high heat. Place oil and corn in hot skillet. Grill corn turning every 2-3 minutes, until slightly charred on all sides (light golden brown). Place corn in a large mixing bowl. Let corn cool for a few minutes
 - 2) Once cooled combine corn kernels, mayonnaise, sour cream, lime juice, chili powder.
 - 3) Place 1/2 cup of corn mixture in 12 oz square bowl, garnish with .33oz of queso fresco cheese use #100 scoop and top with .33oz chopped cilantro Use #100 scoop
- 1/2 Cup of Mexican street Corn for a side dish.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 141.68

Fat 7.32g

SaturatedFat 1.08g

Trans Fat 0.01g

Cholesterol 7.28mg

Sodium 70.60mg

Carbohydrates 18.11g

Fiber 1.80g

Sugar			2.49g
Protein			2.72g
Vitamin A	119.99IU	Vitamin C	4.91mg
Calcium	17.94mg	Iron	0.33mg

KHS-Mexican Street Corn-Entree

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10254

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	100 Cup	283730
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	4 Cup	732900
DRESSING SALAD LT 4-1GAL GFS	4 Cup	429422
SOUR CREAM 4-5 GCHC	4 Cup	285218
LIME 200CT 40 MRKN	32 Each	774121
SPICE CHILI POWDER MILD 16Z TRDE	1 1/4 Cup	331473
CHEESE QUESO FRESCO CRMBL 6-2 V&V	8 Cup	559862
CILANTRO CLEANED 4-1 RSS	8 Cup	219550

Preparation Instructions

- 1) preheat grill for med-high heat. Place oil and corn in hot skillet. Grill corn turning every 2-3 minutes, until slightly charred on all sides (light golden brown). Place corn in a large mixing bowl. Let corn cool for a few minutes
 - 2) Once cooled combine corn kernels, mayonnaise, sour cream, lime juice, chili powder.
 - 3) Place 1 cup of corn mixture in 12 oz square bowl, garnish with 2/3 Cup(.66oz) of queso fresco cheese use #50 scoop and top with 2/3 Cup (.66oz) chopped cilantro Use #50 scoop
- 1 Cup of Mexican street Corn for a Entree

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 283.37

Fat 14.64g

SaturatedFat 2.16g

Trans Fat 0.01g

Cholesterol 14.56mg

Sodium 170.00mg

Carbohydrates 36.22g

Fiber 3.59g

Sugar			4.99g
Protein			5.44g
Vitamin A	239.97IU	Vitamin C	9.82mg
Calcium	35.88mg	Iron	0.67mg

KHS-Strawberry PB & J Bento Box

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10274

Ingredients

Description	Measurement	DistPart #
Uncrustables-Strawberry	72 Serving	Wilkens Food Service
Diced Peaches in Juice	72 Cup	Wilkens Food Service

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 740.00

Fat 34.00g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 560.00mg

Carbohydrates 100.00g

Fiber 7.00g

Sugar 61.00g

Protein 20.00g

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

Calcium 0.00mg **Iron** 0.00mg

KHS-Grape PB & J Bento Box

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10277

Ingredients

Description	Measurement	DistPart #
Diced Peaches in Juice	72 Cup	Wilkens Food Service
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	72 Each	516761

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 740.00

Fat 34.00g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 560.00mg

Carbohydrates 100.00g

Fiber 7.00g

Sugar 61.00g

Protein 20.00g

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

Calcium 78.00mg **Iron** 3.00mg

KHS-Banana Bread Bento Box

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10278

Ingredients

Description	Measurement	DistPart #
Apples, Gala	72 Serving	Wilkens Food Service
Grape Tomatoes	36 Cup	Wilkens Food Service
Mini Banana Loaf	72 Each	Wilkens Food Service
Buttermilk ranch dipping cup	72 Each	Wilkens Food Service

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 408.00

Fat 17.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 10.00mg

Sodium 357.00mg

Carbohydrates 57.53g

Fiber 5.00g

Sugar 37.84g

Protein 4.43g

Vitamin A 750.00IU **Vitamin C** 27.00mg

Calcium 12.00mg **Iron** 0.57mg

KHS-Classic Hummus Bento Box

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10281

Ingredients

Description	Measurement	DistPart #
Classic Hummus	18 Ounce	Wilkens Food Service
BEAN GARBANZO 6-10 GFS	2 #10 CAN	118753
Original with Sea Salt Wave	50 Bag	Wilkens Food Service
Baby Carrots	25 Cup	
Grapes	25 Cup	

Preparation Instructions

2 can of garbanzo beans to 1 bag of hummus sauce in food processor. It is best to do 1/2 of can of garbanzo beans to 1/4 bag of hummus sauce...

Blend until creamy consistency. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

Scoop 1/2 cup of hummus into 5oz plastic up and place lid on.

Store in in cooler overnight until serving time

Serve 1-1/2 cup hummus with 1 bag of pita chips, 1/2 cup of grapes and 1/2 cup carrots sticks

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 215.41

Fat 7.23g

SaturatedFat 1.38g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 444.60mg

Carbohydrates 30.98g

Fiber 7.17g

Sugar 4.46g

Protein 6.21g

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

Calcium 62.08mg **Iron** 0.74mg

KHS-Egg Salad Sandwich Bento Box

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10284

Ingredients

Description	Measurement	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	8 1/4 Cup	695210
32 oz Pullman Loaf WW	25 Ounce	
Diced Pears in Juice	12 1/2 Cup	Wilkens Food Service
Broccoli Florets	12 1/2 Cup	Wilkens Food Service
Buttermilk ranch dipping cup	25 Each	Wilkens Food Service

Preparation Instructions

To assemble sandwich:

- 1) Place bread in a single layer on parchment lined sheet tray
- 2) Evenly spread 1/3 Cup(#10 scoop) of egg salad on bread slices
- 3) Gently press 2nd slice of bread on top of egg salad
- 4) With a bread knife cut on a bias (diagonal)
- 5) Place in Bento box with insides of sandwich facing up
- 6) Add 1-1/2 cup of diced pears and 1-1/2 cup of broccoli florets (do not need to be in cup) & 1 ranch dipping cup

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 575.00

Fat 40.00g

SaturatedFat 6.50g

Trans Fat 0.00g

Cholesterol 300.00mg

Sodium 700.00mg

Carbohydrates 39.00g

Fiber 3.50g

Sugar 21.00g

Protein 15.50g

Vitamin A 400.00IU **Vitamin C** 39.00mg

Calcium 88.87mg **Iron** 37.79mg

KHS-Ranch Veggie Wrap Bento Box

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10301

Ingredients

Description	Measurement	DistPart #
DRESSING RNCH LT 4-1GAL GCHC	3 Cup	472999
Baby Spinach	50 Cup	15R76
Cucumber	150 Slice	
TOMATO SLCD 1/4 5 RSS	100 Slice	786535
ONION RD SLIVERED 1/8 2-3 RSS	25 Ounce	313157
Shredded Cheddar redu fat/sodium	100 Ounce	344721
PEPPERS GREEN STRP 3/4 2-3 RSS	100 Ounce	849995
CHEESE CHED SLCD 8-1.5# BONGARDS	100 Slice	534040
TORTILLA FLOUR 10 ULTRGR 12-12CT	50 Each	690141
Apple, orange, strawberries, grapes	50 Each	

Preparation Instructions

To Assemble:

- 1) Place thawed tortillas in a single layer on a parchment lined sheet trays
- 2) Spread evenly 1 tablespoon (use#60 scoop) of ranch dressing on tortilla stay a 1/2" from edges
- 3) Place 1 cup of baby spinach in the middle of tortilla in a line vertically
- 4) Add 3 cucumber slices, 2 slices of tomatoes, 2oz of green peppers, 1oz of red onion and top with 1/4 cup of shredded cheddar cheese (use#16 scoop)
- 5) fold into center both outside left and right sides of tortilla
- 6) holding sides in fold bottom of tortilla (closest to your body) up to the middle
- 7) Pull back on middle fold until fairly tight
- 8) roll from bottom (closest to your body) up until top of tortilla is at the bottom of the wrap.
- 9) cut on a bias (diagonal) w/a sharp knife (not a bread knife we want clean lines
- 10) place wrap in bento box with both insides facing up, add 2 slices of cheddar cheese (cut into 2" strips and layered on top of each other), add whole orange

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	603.74
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Fat	25.40g
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SaturatedFat	14.13g
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Trans Fat	0.00g
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Cholesterol	54.40mg
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Sodium	777.75mg
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Carbohydrates	48.24g
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Fiber	5.70g
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Sugar	10.69g
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Protein	21.48g
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Vitamin A	1014.85IU	Vitamin C	6.17mg
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Calcium	601.79mg	Iron	1.88mg
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KHS-Mini Chocolate Chip Loaf Bento Box

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10302

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	50 Each	197769
YOGURT VAN L/F PARFPR 6-4 YOPL	200 Ounce	811500
Mini Chocolate Chip Loaf	50 Serving	Wilkens Food Service

Preparation Instructions

Yogurt: Place 5oz cups on sheet tray-add 4oz of yogurt to each cup use #8 scoop, cover with lid
Add to bento box: Chocolate Chip mini loaf, 1 banana & 4 oz Vanilla Yogurt cup

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	365.00
Fat	6.15g
SaturatedFat	1.60g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	158.70mg
Carbohydrates	72.50g
Fiber	4.10g
Sugar	42.00g
Protein	7.80g
Vitamin A 575.52IU	Vitamin C 10.27mg
Calcium 105.90mg	Iron 0.31mg

KHS-Veggie & Fruit w/Cornbread Bento Box

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10304

Ingredients

Description	Measurement	DistPart #
Cornbread Muffins-Whole Grain	150 Ounce	Wilkens Food Service
Buttermilk ranch dipping cup	50 Each	Wilkens Food Service
Broccoli Florets	25 Cup	Wilkens Food Service
Pineapple Tidbits in Juice	50 Serving	Wilkens Food Service

Preparation Instructions

To assemble Bento Box:

1) Neatly arrange in box: 1 cornbread muffin, 1/2 cup of broccoli florets(raw), place in 5 oz cup w/lid and 1-1/2 cup of pineapple tidbits and 1-1oz of ranch dipping cup

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 435.00

Fat 20.00g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 400.00mg

Carbohydrates 59.00g

Fiber 4.50g

Sugar 32.00g

Protein 6.50g

Vitamin A 0.00IU **Vitamin C** 39.00mg

Calcium 20.00mg **Iron** 36.00mg

KHS-Roasted Veggie Wrap w/Hummus Spread

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10324

Ingredients

Description	Measurement	DistPart #
Classic Hummus	2 Cup	Wilkens Food Service
BEAN GARBANZO 6-10 GFS	1 1/2 #10 CAN	118753
ONION RD SLIVERED 1/8 2-3 RSS	12 1/2 Cup	313157
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	12 1/2 Cup	637442
PEPPERS GREEN STRP 3/4 2-3 RSS	12 1/2 Cup	849995
PEPPERS RED DOMESTIC 23 MRKN	12 1/2 Cup	560715
PEPPERS BELL ORANGE 11	12 1/2 Cup	460860
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	10 Cup	732900
GARLIC MINCED IN WTR 6-32Z ITALR	6 Teaspoon	874910
SPICE PEPR BLK 30 MESH REG GRIND 5	6 Teaspoon	225045
Apples, Gala	50 Serving	Wilkens Food Service
TORTILLA FLOUR 10 ULTRGR 12-12CT	50 Each	690141

Preparation Instructions

2 can of garbanzo beans to 1 bag of hummus sauce in food processor. It is best to do 1/2 of can of garbanzo beans to 1/4 bag of hummus sauce...

Blend until creamy consistency. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

Scoop 1/2 cup of hummus into 5 oz plastic up and place lid on.

Store in in cooler overnight until serving time.

Combine oil and seasonings: black pepper & minced garlic in a large mixing bowl-Place all raw vegetables and toss until completely covered with seasoned oil.

place on a parchment lined perforated sheet tray in a single layer-put in pre-heated oven of 400 degrees F. and roast vegetables for 15-20 minutes or until tender or internal temperature reaches 135 degrees F for 15 seconds or longer. Let cool down for 5 minutes.

Warm tortillas in warmer for 2-3 minutes-they will be easier to work with and not rip

To assemble Roasted Veggie Wrap:

- 1) place on parchment lined sheet tray in a single layer tortilla
- 2) Evenly spread 1 tablespoon of hummus to middle of tortilla leaving 1/4" from edges
- 3) Place in a Horizontal line the Veggie mixture
- 4) Fold both sides into middle of veggies
- 5) Fold bottom of tortilla (still holding the sides) over the vegetables and pull back tightly with veggies & wrap.
- 6) Roll wrap from the bottom up to where the top of the tortilla is under the completed wrap.
- 7) Cut wrap on the bias(diagonal) and place in bento box and place an apple in box as well.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	786.73
Fat	51.19g
SaturatedFat	5.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	491.25mg
Carbohydrates	75.12g
Fiber	12.61g
Sugar	26.54g
Protein	11.40g
Vitamin A 999.94IU	Vitamin C 58.56mg
Calcium 176.33mg	Iron 2.62mg

KHS-Egg Salad Wrap Bento Box

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10341

Ingredients

Description	Measurement	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	16 1/2 Cup	695210
Buttermilk ranch dipping cup	50 Each	Wilkens Food Service
TORTILLA FLOUR ULTRGR 6 30-12CT	50 Each	882690
PEPPERS RED DOMESTIC 23 MRKN	25 Cup	560715
Applesauce, Unsweetened	50 Serving	Wilkens Food Service

Preparation Instructions

Warm Tortillas in hot holding for a few minutes

To assemble Wrap:

- 1) Place tortillas in a single layer on parchment lined sheet tray
- 2) Evenly spread 1/3 Cup(#10 scoop) of egg salad in a horizontal line in the middle of each tortilla.
- 3) Fold in both sides toward the middle, then while holding the sides fold bottom of wrap up past the egg salad and pull back to tighten. Then roll from the bottom up until the top of tortilla is under the wrap.
- 4) With a knife cut on a bias (diagonal)
- 5) Place in Bento box with insides of sandwich facing up
- 6) Add 1-1/2 cup of applesauce and 1-1/2 cup of red pepper (do not need to be in cup) & 1 ranch dipping cup

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 599.00

Fat 41.60g

SaturatedFat 8.00g

Trans Fat 0.00g

Cholesterol 300.00mg

Sodium 636.40mg

Carbohydrates 41.00g

Fiber 2.80g

Sugar 21.00g

Protein	12.60g
Vitamin A 2399.88IU	Vitamin C 116.28mg
Calcium 66.12mg	Iron 2.11mg

KHS-Mini Berry Loaf Bento Box

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10342

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	200 Ounce	811500
Apples, Gala	50 Serving	Wilkins Food Service
Mini Berry Loaf	50 Each	Wilkins Food Service

Preparation Instructions

Yogurt: Place 5oz cups on sheet tray-add 4oz of yogurt to each cup use #8 scoop, cover with lid

Add to bento box: Mini Berry loaf, 1 whole Apple & 4oz Yogurt cup

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 358.00

Fat 5.75g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 2.50mg

Sodium 194.50mg

Carbohydrates 71.03g

Fiber 5.00g

Sugar 48.84g

Protein 6.93g

Vitamin A 500.00IU **Vitamin C** 0.00mg

Calcium 112.00mg **Iron** 0.21mg

KHS-Ranch Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10343

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
4" WG WHITE HAMBURGER BUN	100 bun	1711
TOMATO SLCD 1/4 5 RSS	100 Slice	786535
ONION RD SLIVERED 1/8 2-3 RSS	25 Cup	313157
DRESSING RNCH LT 4-1GAL GCHC	3 1/8 Cup	472999
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
LETTUCE ROMAINE CLND 2-5 RSS	100 Ounce	702609

Preparation Instructions

Sautee Red Onions:

Add 1/2 cup of oil to raw red onion.

Place oil and red onions on a hot grill. Sautee red onions 2-5 minutes or until onions become tender. Stir/flip half way through cooking(2minutes)

1oz per burger use #30 scoop

To Assemble:

1)Place bottom bun on tray, Add 1 slice of Romaine lettuce, 1 slice of tomato

2) Add cooked hamburger patty

3)Add 1oz of Ranch dressing use# 70 scoop

4)Add 1oz of sauteed red onions use #30 scoop

5)Place top of hamburger bun on top

1 complete burger is a serving

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 497.93

Fat 26.30g

SaturatedFat 9.09g

Trans Fat	0.00g		
Cholesterol	91.25mg		
Sodium	712.46mg		
Carbohydrates	35.38g		
Fiber	3.78g		
Sugar	7.63g		
Protein	31.45g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	47.26mg	Iron	8.87mg

KHS-Roasted Red Pepper w/Mozzarella Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10344

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
4" WG WHITE HAMBURGER BUN	100 bun	1711
CHEESE MOZZ LMPS SHRD FTHR 4-5#	100 Ounce	265041
PEPPERS RED DOMESTIC 23 MRKN	25 Cup	560715
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
GARLIC MINCED IN WTR 6-32Z ITALR	4 Teaspoon	874910
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	225045
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	126993

Preparation Instructions

Ingredients to add when sauteeing red peppers, oil, minced garlic, black pepper, onion powder.

Add mixture to med-high skillet. Sautee until peppers are tender for approx. 3-5 minutes Turning once half way through cooking.

1/4 cup of roasted red peppers per serving use #16 scoop

To Assemble:

- 1)Place bottom bun on tray
 - 2) Add cooked hamburger patty
 - 3)Add 1oz of mozzarella cheese use# 70 scoop
 - 4)Add 1/4 cup of sauteed seasoned red peppers use #16 scoop
 - 5)Place top of hamburger bun on top
- 1 complete burger is a serving

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 549.30

Fat 31.67g

SaturatedFat	13.08g		
Trans Fat	0.00g		
Cholesterol	105.00mg		
Sodium	810.70mg		
Carbohydrates	28.62g		
Fiber	2.40g		
Sugar	5.50g		
Protein	38.30g		
Vitamin A	999.94IU	Vitamin C	58.14mg
Calcium	13.06mg	Iron	8.16mg

KHS-Patty Melt w/carmelized onion & american cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10346

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
4" WG WHITE HAMBURGER BUN	100 bun	1711
GARLIC MINCED IN WTR 6-32Z ITALR	4 Teaspoon	874910
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	225045
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	126993
ONION RING 1/4 2-5 RSS	25 Cup	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
Sliced American Cheese	100 Ounce	100018
DRESSING 1000 ISL 4-1GAL LTHSE	3 1/8 Cup	444251

Preparation Instructions

Ingredients to add when carmelizing/sauteeing Onions, oil, minced garlic, black pepper, onion powder.

Add mixture to med-high skillet. Carmelize/Sautee until onions are tender or light brown for approx. 3-5 minutes
Turning once half way through cooking.

1/4 cup of carmelized onions per serving use #16 scoop

To Assemble:

- 1)Place bottom bun on tray
- 2) Add cooked hamburger patty
- 3)Add 1 slice of American cheese
- 4)Add 1/4 cup of sauteed seasoned onions use #16 scoop
- 5)Top with 1 tablespoon thousand island dressing use #60 scoop

Place top of hamburger bun on top

1 complete burger is a serving

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	592.35		
Fat	37.62g		
SaturatedFat	14.58g		
Trans Fat	0.00g		
Cholesterol	116.25mg		
Sodium	695.06mg		
Carbohydrates	29.87g		
Fiber	2.00g		
Sugar	6.00g		
Protein	36.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.75mg	Iron	8.00mg

KHS-Stir Fry Beef w/Yakisoba noodles

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10362

Ingredients

Description	Measurement	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1 1/2 Cup	302198
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup	560715
ONION RING 1/4 2-5 RSS	1 Cup	542326
Broccoli Florets	2 Cup	Wilkens Food Service
Yakisoba noodles-Whole Grain	5 Serving	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	12 1/2 Ounce	598762
GARLIC MINCED IN WTR 6-32Z ITALR	1 Teaspoon	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon	732900
SPICE GINGER GRND 16Z TRDE	1/2 Teaspoon	513695
SAUCE SOY LITE 6-.5GAL KIKK	3 Tablespoon	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3 Tablespoon	868830

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, mirin, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Grill meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 2.5oz use #12 scoop warm beef with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	317.26
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Fat	13.31g
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SaturatedFat	3.35g
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Trans Fat	0.45g
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Cholesterol	40.47mg
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Sodium	682.51mg
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Carbohydrates	33.31g
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Fiber	4.73g
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Sugar	5.66g
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Protein	17.30g
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Vitamin A	6228.55IU	Vitamin C	57.75mg
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Calcium	61.07mg	Iron	30.37mg
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KHS-Stir Fry Chicken w/Yakisoba noodles

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10363

Ingredients

Description	Measurement	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1 1/2 Cup	302198
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup	560715
ONION RING 1/4 2-5 RSS	1 Cup	542326
Broccoli Florets	2 Cup	Wilkens Food Service
Yakisoba noodles-Whole Grain	5 Serving	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1 Teaspoon	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon	732900
SPICE GINGER GRND 16Z TRDE	1/2 Teaspoon	513695
SAUCE SOY LITE 6-.5GAL KIKK	3 Tablespoon	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3 Tablespoon	868830
CHIX PULLED WHT & DRK BLND 2-5 TYS	15 Ounce	467802

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, mirin, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 3oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	312.37
Fat	9.32g
SaturatedFat	1.70g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	554.71mg
Carbohydrates	30.71g
Fiber	4.73g
Sugar	3.86g
Protein	25.61g
Vitamin A 6228.55IU	Vitamin C 57.75mg
Calcium 46.05mg	Iron 29.83mg

KHS-Stir Fry Pork w/Yakisoba noodles

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10364

Ingredients

Description	Measurement	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1 1/2 Cup	302198
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup	560715
ONION RING 1/4 2-5 RSS	1 Cup	542326
Broccoli Florets	2 Cup	Wilkens Food Service
Yakisoba noodles-Whole Grain	5 Serving	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1 Teaspoon	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon	732900
SPICE GINGER GRND 16Z TRDE	1/2 Teaspoon	513695
SAUCE SOY LITE 6-.5GAL KIKK	3 Tablespoon	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3 Tablespoon	868830
CARNITA PORK CHPD 4-5 BROOKWOOD	12 1/2 Ounce	549412

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, mirin, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 2.5oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	331.37
Fat	12.32g
SaturatedFat	3.20g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	496.71mg
Carbohydrates	30.71g
Fiber	4.73g
Sugar	4.86g
Protein	21.61g
Vitamin A 6228.55IU	Vitamin C 59.55mg
Calcium 56.05mg	Iron 29.65mg

KHS-Stir Fry Beef w/Asian Fried Rice

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10367

Ingredients

Description	Measurement	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1 1/2 Cup	302198
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup	560715
ONION RING 1/4 2-5 RSS	1 Cup	542326
Broccoli Florets	2 Cup	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	12 1/2 Ounce	598762
GARLIC MINCED IN WTR 6-32Z ITALR	1 Teaspoon	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon	732900
SPICE GINGER GRND 16Z TRDE	1/2 Teaspoon	513695
SAUCE SOY LITE 6-.5GAL KIKK	3 Tablespoon	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3 Tablespoon	868830
WINE CKING RICE AJI-MIRIN 60Z	3 Tablespoon	877841
Vegetable Fried Rice	5 Serving	Wilkens Food Service

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, mirin, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Grill meat according from instructions above.
- 2) Asian Fried rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm asian fried rice and 2.5oz use #12 scoop warm beef with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories			417.26
Fat			17.81g
SaturatedFat			3.85g
Trans Fat			0.45g
Cholesterol			40.47mg
Sodium			997.51mg
Carbohydrates			45.31g
Fiber			6.73g
Sugar			7.66g
Protein			21.30g
Vitamin A	6228.55IU	Vitamin C	57.75mg
Calcium	61.07mg	Iron	30.37mg

KHS-Stir Fry Chicken w/Asian Fried Rice

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10380

Ingredients

Description	Measurement	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1 1/2 Cup	302198
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup	560715
ONION RING 1/4 2-5 RSS	1 Cup	542326
Broccoli Florets	2 Cup	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1 Teaspoon	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon	732900
SPICE GINGER GRND 16Z TRDE	1/2 Teaspoon	513695
SAUCE SOY LITE 6-.5GAL KIKK	3 Tablespoon	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3 Tablespoon	868830
WINE CKING RICE AJI-MIRIN 60Z	3 Tablespoon	877841
CHIX PULLED WHT & DRK BLND 2-5 TYS	15 Ounce	467802
Vegetable Fried Rice	5 Serving	Wilkens Food Service

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, mirin, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Asian Fried Rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm Asian Fried Rice and 3oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		412.37	
Fat		13.82g	
SaturatedFat		2.20g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		869.71mg	
Carbohydrates		42.71g	
Fiber		6.73g	
Sugar		5.86g	
Protein		29.61g	
Vitamin A	6228.55IU	Vitamin C	57.75mg
Calcium	46.05mg	Iron	29.83mg

KHS-Stir Fry Pork w/Asian Fried Rice

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10381

Ingredients

Description	Measurement	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1 1/2 Cup	302198
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup	560715
ONION RING 1/4 2-5 RSS	1 Cup	542326
Broccoli Florets	2 Cup	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1 Teaspoon	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon	732900
SPICE GINGER GRND 16Z TRDE	1/2 Teaspoon	513695
SAUCE SOY LITE 6-.5GAL KIKK	3 Tablespoon	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3 Tablespoon	868830
WINE CKING RICE AJI-MIRIN 60Z	3 Tablespoon	877841
CARNITA PORK CHPD 4-5 BROOKWOOD	12 1/2 Ounce	549412
Vegetable Fried Rice	5 Serving	Wilkens Food Service

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, mirin, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Asian Fried Rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm Asian Fried Rice and 2.5oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 431.37

Fat 16.82g

SaturatedFat 3.70g

Trans Fat 0.00g

Cholesterol 53.00mg

Sodium 811.71mg

Carbohydrates 42.71g

Fiber 6.73g

Sugar 6.86g

Protein 25.61g

Vitamin A 6228.55IU **Vitamin C** 59.55mg

Calcium 56.05mg **Iron** 29.65mg

KHS-Chicken Ramen Bowl

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10406

Ingredients

Description	Measurement	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	15 Ounce	467802
Nested Yakisoba Noodles-WG	5 Serving	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	5 Teaspoon	874910
SPICE GINGER GRND 16Z TRDE	1 Teaspoon	513695
Vegetable broth	4 Cup	Wilkens Food Service
SAUCE SOY LITE 6-.5GAL KIKK	2 Teaspoon	466425
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	1/2 Cup	198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	1/2 Cup	637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Teaspoon	732900

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and chicken together for 10-15 minutes or until internal temperture reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramon container then drop one nested Yakisoba noodle.
- 4) Add warm 2.2oz of chicken and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

Nutrition Facts

Servings Per Recipe: 5.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	281.54
Fat	8.39g
SaturatedFat	1.63g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	913.28mg
Carbohydrates	25.87g

Fiber		0.21g	
Sugar		2.70g	
Protein		24.42g	
Vitamin A	0.00IU	Vitamin C	0.17mg
Calcium	12.14mg	Iron	0.76mg

KHS-Beef Ramen Bowl

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10407

Ingredients

Description	Measurement	DistPart #
Nested Yakisoba Noodles-WG	5 Serving	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	5 Teaspoon	874910
SPICE GINGER GRND 16Z TRDE	1 Teaspoon	513695
Vegetable broth	4 Cup	Wilkens Food Service
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	1/2 Cup	198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	1/2 Cup	637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Teaspoon	732900
BEEF SLCD CKD 10-3# ADV	12 1/2 Ounce	598762
SAUCE SOY LITE 6-.5GAL KIKK	2 Teaspoon	466425

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and beef together for 10-15 minutes or until internal temperture reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramon container then drop one nested Yakisoba noodle.
- 4) Add warm 2.5oz of Beef Use #10 scoop and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

Nutrition Facts

Servings Per Recipe: 5.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	286.43
Fat	12.38g
SaturatedFat	3.28g
Trans Fat	0.45g
Cholesterol	40.47mg
Sodium	1041.09mg
Carbohydrates	28.46g

Fiber	0.21g		
Sugar	4.50g		
Protein	16.11g		
Vitamin A	0.00IU	Vitamin C	0.17mg
Calcium	27.16mg	Iron	1.29mg

KHS-Pork Ramen Bowl

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10408

Ingredients

Description	Measurement	DistPart #
Nested Yakisoba Noodles-WG	5 Serving	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	5 Teaspoon	874910
SPICE GINGER GRND 16Z TRDE	1 Teaspoon	513695
Vegetable broth	4 Cup	Wilkens Food Service
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	1/2 Cup	198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	1/2 Cup	637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Teaspoon	732900
SAUCE SOY LITE 6-.5GAL KIKK	2 Teaspoon	466425
CARNITA PORK CHPD 4-5 BROOKWOOD	12 1/2 Ounce	549412

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and beef together for 10-15 minutes or until internal temperture reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramon container then drop one nested Yakisoba noodle.
- 4) Add warm 2.5oz of Pork Use #10 scoop and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

Nutrition Facts

Servings Per Recipe: 5.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.54
Fat	11.39g
SaturatedFat	3.13g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	855.28mg
Carbohydrates	25.87g

Fiber		0.21g	
Sugar		3.70g	
Protein		20.42g	
Vitamin A	0.00IU	Vitamin C	1.97mg
Calcium	22.14mg	Iron	0.58mg

KHS-Honey BBQ Chicken Wing

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10474

Ingredients

Description	Measurement	DistPart #
SAUCE BBQ HNY 6-.5GAL GFS	4 1/2 Cup	547742
CHIX WNG OVN RSTD 6-11/ 3-5 GFS	150 Piece	183662
CELERY STIX 4-3 RSS	10 Cup	781592

Preparation Instructions

Toss the chicken wings with the honey bbq sauce until covered in a large mixing bowl. Once coated with bbq sauce place chicken wings in a single layer on foil lined perforated sheet tray. Bake in convection oven at 400 degrees F for 13-16 minutes uncovered.

Serve immediately.

3 wings served with 1/4 cup celery sticks.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	331.56
Fat	19.54g
SaturatedFat	5.27g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	671.44mg
Carbohydrates	18.92g
Fiber	0.40g
Sugar	14.08g
Protein	21.18g
Vitamin A 111.35IU	Vitamin C 0.77mg
Calcium 9.92mg	Iron 1.13mg

KHS-Garlic Parmesan Chicken Wing

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10596

Ingredients

Description	Measurement	DistPart #
CHIX WNG OVN RSTD 6-11/ 3-5 GFS	150 Piece	183662
CELERY STIX 4-3 RSS	10 Cup	781592
SAUCE WNG GARL PARM 4-.5GAL SWTBRAY	2 Cup	167403

Preparation Instructions

Toss the chicken wings with the garlic parmesan sauce until covered in a large mixing bowl. Once coated with the garlic parmesan sauce place chicken wings in a single layer on foil lined perforated sheet tray. Bake in convection oven at 400 degrees F for 13-16 minutes uncovered.

Serve immediately.

3 wings served with 1/4 cup celery sticks.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	299.56
Fat	22.10g
SaturatedFat	5.59g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	617.04mg
Carbohydrates	4.44g
Fiber	0.40g
Sugar	0.40g
Protein	21.18g
Vitamin A 175.35IU	Vitamin C 0.77mg
Calcium 9.92mg	Iron 1.13mg

KHS-Buffalo Chicken Wing

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10597

Ingredients

Description	Measurement	DistPart #
CHIX WNG OVN RSTD 6-11/ 3-5 GFS	150 Piece	183662
CELERY STIX 4-3 RSS	10 Cup	781592
SAUCE BUFF WNG 4-1GAL SWTBRAY	2 Cup	886640

Preparation Instructions

Toss the chicken wings with the buffalo sauce until covered in a large mixing bowl. Once coated with the buffalo sauce place chicken wings in a single layer on foil lined perforated sheet tray. Bake in convection oven at 400 degrees F for 13-16 minutes uncovered.

Serve immediately.

3 wings served with 1/4 cup celery sticks.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.36		
Fat	20.18g		
SaturatedFat	5.27g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	751.44mg		
Carbohydrates	4.44g		
Fiber	0.40g		
Sugar	0.40g		
Protein	21.18g		
Vitamin A	111.35IU	Vitamin C	0.77mg
Calcium	9.92mg	Iron	1.13mg

KHS-Hot Dog Bar-chili cheese dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10598

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	80 Ounce	135261
CHILI BEEF W/BEAN 6-5 COMM	80 Ounce	344012
Hot dog Bun, Whole Wheat White	80 Each	Wilkens Food Service
FRANKS BF BLK ANGUS NAN 8/ 2-5 GCHC	80 Each	140572

Preparation Instructions

Serve:

1 hotdog in 1 bun

Add 1 oz (#16 scoop) of chili then Top with 1 oz (#16 Scoop) Cheese Sauce

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 361.22

Fat 20.52g

SaturatedFat 8.32g

Trans Fat 0.50g

Cholesterol 49.35mg

Sodium 670.04mg

Carbohydrates 30.93g

Fiber 3.69g

Sugar 4.86g

Protein 15.49g

Vitamin A 214.75IU **Vitamin C** 3.26mg

Calcium 108.50mg **Iron** 1.31mg

KHS-Chicken Italian Sausage w/Sauteed peppers & Onions

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10600

Ingredients

Description	Measurement	DistPart #
SAUSAGE CHIX MLD ITAL NAT 2.5Z 4-2.5	50 Each	223240
PEPPERS RED DOMESTIC 23 MRKN	12 1/2 Cup	560715
ONION RING 1/4 2-5 RSS	6 1/4 Cup	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
6" Whole Grain Rich Hot Dog Bun	50 Each	3709

Preparation Instructions

To Sautee red peppers and onions: Place sliced peppers and sliced onions in a large mixing bowl add 1/2 cup olive oil and 1/4 cup Italian seasoning mix thoroughly. Heat skillet to med temperature, add seasoned peppers & onion. cook until tender and light brown (caramelized).

Place 1 chicken sausage on hot dog bun top with 2oz of pepper/onion mixture, use #16 scoop

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 229.95

Fat 8.29g

SaturatedFat 0.66g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 660.70mg

Carbohydrates 23.88g

Fiber 0.40g

Sugar 4.63g

Protein 16.30g

Vitamin A 1299.94IU **Vitamin C** 59.34mg

Calcium 3.94mg **Iron** 0.16mg

KHS-Chicken Pot Pie

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10640

Ingredients

Description	Measurement	DistPart #
SOUP CRM OF BROCCOLI FRSH 2-8 GFS	5 3/4 Cup	855863
1% Lowfat White Milk	20 fl. oz	Kemps
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon	225045
Shredded Cheddar redu fat/sodium	3 Cup	344721
PEAS & CARROT 30 GFS	8 Cup	285730
DOUGH BISC WGRAIN 216-2.51Z PILLS	24 Each	269200
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	55 1/5 Ounce	570533

Preparation Instructions

Pot Pie Filling instructions:

- 1) Mix Soup, milk and pepper together until combined. Add remaining ingredients and stir until combined. Pour into greased 2" full steam table pan and cover with foil.
- 2) Heat in a 350 degrees F convection oven for 30 to 35 minutes or until 165 degrees F internal temperature for 15 seconds or longer.

To Assemble:

Place 4oz of pot pie filling into black square bowl #B16SB Use #8 scoop. Top with 1 baked biscuit.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 429.10

Fat 18.47g

SaturatedFat 9.23g

Trans Fat 0.00g

Cholesterol 60.29mg

Sodium 741.93mg

Carbohydrates 38.19g

Fiber 3.73g

Sugar			7.68g
Protein			25.08g
Vitamin A	1016.06IU	Vitamin C	6.70mg
Calcium	215.94mg	Iron	2.29mg

KHS-Ultimate Mac & Cheese w/ Chicken and toppings

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10646

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	300 Ounce	135261
PASTA ELBOW MACAR 51 WGRAIN 2-10	200 Ounce	229941
BACON CRUMBLES CKD 12-1 GFS	5 Cup	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	786543
CHIVE FRESH 1# MRKN	5 Cup	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	786802
CHIX PULLED WHT & DRK BLND 2-5 TYS	220 Ounce	467802

Preparation Instructions

To make mac & cheese

Place cooked and drained elbow pasta in a 6" steam table pan

Add the cheese to the pasta and mix until pasta is completely coated.

Serving size is Place in B24SB in black square container w/lid, 1 Cup (8oz) use #8 scoop twice.

Top with 2.2 oz of chicken use #16 scoop

1oz of tomatoes use #30 scoop

1/2oz of bacon crumbles #60 scoop

1/2 oz chives #60 scoop

1/2 oz jalapeno 3 slices

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 483.18

Fat 16.87g

SaturatedFat 8.25g

Trans Fat 0.00g

Cholesterol	78.00mg
Sodium	828.96mg
Carbohydrates	47.64g
Fiber	4.13g
Sugar	2.77g
Protein	31.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 336.00mg	Iron 2.37mg

KHS-Ultimate Mac & Cheese w/ Chili & toppings

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10647

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	300 Ounce	135261
PASTA ELBOW MACAR 51 WGRAIN 2-10	200 Ounce	229941
BACON CRUMBLES CKD 12-1 GFS	5 Cup	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	786543
CHIVE FRESH 1# MRKN	5 Cup	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	786802
CHILI BEEF W/BEAN 6-5 COMM	200 Ounce	344012

Preparation Instructions

To make Ultimate mac & cheese: cook Pasta according to manufacturers instructions, once drained place into large bowl or 6" steam table pan. Add to the pasta the warm cheddar cheese sauce, mix to thoroughly coat pasta.

To Assemble in B24SB black square container w/lid

- 1) Add 1 Cup of cooked pasta, use #8 scoop twice
- 2) Top with 2 oz of chili, use #16 scoop, the add 1 oz of diced tomatoes, use #30 scoop
- 3) Add 1/2 oz of bacon bits, use#70 scoop
- 4) garnish with 1/2 oz of chopped chives, use # 70 scoop

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories 439.99

Fat 14.92g

SaturatedFat 7.73g

Trans Fat 0.00g

Cholesterol 44.63mg

Sodium 823.53mg

Carbohydrates	52.05g
Fiber	5.50g
Sugar	4.48g
Protein	21.48g
Vitamin A 429.50IU	Vitamin C 6.52mg
Calcium 353.50mg	Iron 2.87mg

KHS-Broccoli Alfredo

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10648

Ingredients

Description	Measurement	DistPart #
PASTA PENNE RIGATE 100 WHLWHE 2-5	200 Ounce	654571
SAUCE CHS WHT BLND 6-106Z LOL	33 Cup	235631
Broccoli Florets	50 Cup	Wilkins Food Service
SPICE PEPR BLK 30 MESH REG GRIND 5	12 1/2 Teaspoon	225045
GARLIC MINCED IN WTR 6-32Z ITALR	1 1/2 Cup	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	100 Teaspoon	732900
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	277862

Preparation Instructions

Place cooked pasta in 6" steam table pan drizzle the oil evenly over the pasta.

Then mix in the minced garlic to the white sauce, then add in the steamed broccoli florets.

To assemble on the line:

Place 24 oz black bowl on tray, add 1 cup of pasta top with 1/3 cup Alfredo sauce & broccoli florets Use # 10 scoop and add 1 slice of Garlic toast

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	450.60
Fat	18.91g
SaturatedFat	7.27g
Trans Fat	0.00g
Cholesterol	26.40mg
Sodium	691.20mg
Carbohydrates	56.36g
Fiber	8.50g
Sugar	2.00g
Protein	18.42g

Vitamin A	0.00IU	Vitamin C	39.00mg
Calcium	358.12mg	Iron	38.72mg

KHS-Chicken & Broccoli Alfredo

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10649

Ingredients

Description	Measurement	DistPart #
PASTA PENNE RIGATE 100 WHLWHE 2-5	200 Ounce	654571
SAUCE CHS WHT BLND 6-106Z LOL	33 Cup	235631
Broccoli Florets	50 Cup	Wilkins Food Service
SPICE PEPR BLK 30 MESH REG GRIND 5	12 1/2 Teaspoon	225045
GARLIC MINCED IN WTR 6-32Z ITALR	1 1/2 Cup	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	100 Teaspoon	732900
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	277862
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	230 Ounce	570533

Preparation Instructions

Place cooked pasta in 6" steam table pan drizzle the oil evenly over the pasta.

Then mix in the minced garlic to the white sauce, then add in the steamed broccoli florets.

To assemble on the line:

Place 24 oz black bowl on tray, add 1 cup of pasta use 2-#8 scoop 1/3 cup Alfredo sauce & broccoli florets Use # 10 scoop

and 1 Garlic toast

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 550.27

Fat 22.74g

SaturatedFat 8.42g

Trans Fat 0.00g

Cholesterol 68.57mg

Sodium 783.20mg

Carbohydrates 57.13g

Fiber		8.50g	
Sugar		2.00g	
Protein		32.22g	
Vitamin A	0.00IU	Vitamin C	39.00mg
Calcium	358.12mg	Iron	39.49mg

KHS-Margherita Meatball Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10650

Ingredients

Description	Measurement	DistPart #
FC Chicken Meatball	150 Each	190302
SAUCE MARINARA A/P 6-10 REDPK	100 Ounce	592714
TOMATO ROMA DCD 3/8 2-5 RSS	1 1/2 Cup	786543
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	265041
Hoagie Roll, WG Split top	50 Each	Wilkens Food Service

Preparation Instructions

To assemble the sandwich

- 1) Place opened hoagie buns on parchment lined sheet tray be sure to fill the tray with 12-16 buns
- 2) Add to each bun 3 meatballs , ladle 1/4 cup warm marinara sauce Use #16 scoop over meatballs.
- 3) Sprinkle 1 Tbl of mozzarella cheese using #30 scoop over each sandwich
- 4) Place sheet tray in 350 degree F oven for 5-7 minutes to melt cheese.
Keep Warm in Warming box.
- 5) Place 2oz of marinara sauce, Use # 16 scoop in a 4oz cup for dipping. (no you can not serve 1/2 cup to equal a vegetable)

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	429.62
Fat	19.43g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	818.72mg
Carbohydrates	36.50g
Fiber	2.46g
Sugar	4.98g
Protein	29.46g

Vitamin A	277.14IU	Vitamin C	4.29mg
Calcium	40.03mg	Iron	1.01mg

KHS-Chicken Parm Sandwich w/Italian Vegetables

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10653

Ingredients

Description	Measurement	DistPart #
Hoagie Roll, WG Split top	1 Each	Wilkins Food Service
CHIX BRST STRP BRD WGRAIN 6-5.15	3 Ounce	740820
CHEESE MOZZ LMPS SHRD FTNR 4-5#	1 Teaspoon	265041
ONION RD SLIVERED 1/8 2-3 RSS	1/8 Cup	313157
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	1/8 Cup	637442
PEPPERS GREEN STRP 3/4 2-3 RSS	1 Ounce	849995
PEPPERS RED DOMESTIC 23 MRKN	1/8 Cup	560715
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Teaspoon	732900
SPICE ONION POWDER 19Z TRDE	1/2 Teaspoon	126993
SPICE PEPR BLK 30 MESH REG GRIND 5	1/2 Teaspoon	225045
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Teaspoon	874910

Preparation Instructions

To roast Italian vegetables: Place in a large mixing bowl the green pepper, red peppers, red onion and sliced mushroom toss with 1 tsp Italian seasoning and 1 tsp of olive oil, making sure all vegetables are evenly coated. place on a parchment lined sheet tray and place in a 350 degree F oven for 10-15 minutes until vegetables are tender and just starting to brown.

To toast hoagie buns: place in a single layer opened buns on a parchment lined sheet tray, lightly spray each side with garlic spray butter. Place in a 450 degree oven for 2-5 minutes until light golden brown.

To assemble sandwich:

Add to toasted buns, add 1/4 cup of roasted vegetable then to with 3 cooked breaded chicken strips, ladle over chicken 1/4 cup of warm marinara sauce and top with Parmesan cheese.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 472.67

Fat 20.72g

SaturatedFat 5.83g

Trans Fat 0.00g

Cholesterol 55.00mg

Sodium 691.38mg

Carbohydrates 44.24g

Fiber 2.15g

Sugar 4.59g

Protein 28.76g

Vitamin A 519.97IU **Vitamin C** 30.45mg

Calcium 22.91mg **Iron** 1.24mg

KHS-Grilled Chicken Parm Sandwich w/Italian Roasted Vegetables

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10654

Ingredients

Description	Measurement	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	50 Each	831221
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	50 Each	185033
CHEESE MOZZ LMPS SHRD FTNR 4-5#	25 Ounce	265041
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	313157
PEPPERS GREEN STRP 3/4 2-3 RSS	6 1/4 Cup	849995
PEPPERS RED DOMESTIC 23 MRKN	6 1/4 Cup	560715
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 1/2 Cup	732900
SPICE GARLIC POWDER 6 TRDE	1 1/2 Cup	513857
SPICE ONION POWDER 19Z TRDE	1 1/2 Cup	126993
GARLIC MINCED IN WTR 6-32Z ITALR	12 1/2 Teaspoon	874910
SAUCE MARINARA A/P 6-10 REDPK	100 Ounce	592714
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	50 Cup	637442

Preparation Instructions

Combine in a large mixing bowl onion slices, diced 1/4" red peppers, diced 1/4" green peppers & sliced mushrooms with olive oil and seasonings. coat vegetables thoroughly with oil and seasoning. Place vegetables on parchment lined sheet tray and roast in pre-heated oven at 425 degrees F for 15-20 minutes or until vegetables are tender. Transfer to steam table pan cover with foil and place in hot holding until ready to serve.

To assemble:

- 1) Take sheet tray of warm ciabatta bread with melted cheese out of oven and place on prep area
- 2) Add 1/4 Cup roasted vegetables to warm bread use # 16 scoop
- 3) Add 1 cooked grilled chicken breast to each bottom bun
- 4) Top with 1/4 cup Marinara sauce-use # 20 scoop

5) optional add Parmesan cheese packet

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	482.48
Fat	21.85g
SaturatedFat	3.80g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	867.35mg
Carbohydrates	47.28g
Fiber	5.99g
Sugar	7.90g
Protein	35.51g

Vitamin A	777.11IU	Vitamin C	35.04mg
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Calcium	62.15mg	Iron	2.68mg
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KHS-Spicy Pepperjack Grilled Cheese Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10658

Ingredients

Description	Measurement	DistPart #
Pullman Bread, Whole Grain White 1/2" sliced	100 Ounce	Wilkens Food Service
CHEESE AMER/PEPR JK	100 Slice	257271
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	50 Teaspoon	651171

Preparation Instructions

To grill cheese sandwich:

- 1) Lightly spray each side of outside of bread slices,
 - 2) Add to hot grill place 2 slices of pepperjack cheese to unbuttered side of bread
 - 3) Place unbuttered side on top of cheese slices and cook for 2 minutes or until cheese starts to melt
 - 4) Gently, flip the the grilled cheese sandwich over to toast the other side
 - 5) Place on sandwich wrap and serve whole
- 1 complete sandwich per serving.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00
Fat	13.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	790.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.00g
Protein	12.00g
Vitamin A 400.00IU	Vitamin C 0.00mg

Calcium 200.00mg **Iron** 0.00mg

KHS-Yang's Mandarin Orange Chicken & Asian Fried Rice

Servings:	192.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10774

Ingredients

Description	Measurement	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	864 Ounce	550512
Vegetable Fried Rice	288 Serving	Wilkens Food Service

Preparation Instructions

To assemble:

Place Rice 6.38 oz use # 6 scoop once and 2nd time 1/3rd full in serving bowl (square bowl), then add 4.5oz use #6 scoop, Chicken w/sauce

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 502.50

Fat 12.75g

SaturatedFat 1.38g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 860.00mg

Carbohydrates 73.25g

Fiber 6.00g

Sugar 17.00g

Protein 24.25g

Vitamin A 0.00IU **Vitamin C** 1.50mg

Calcium 0.00mg **Iron** 0.90mg