

# **Cookbook for Kankakee High School-Main**

**Created by HPS Menu Planner**

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**Apple Chicken Cranberry Wrap**

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**Sesame Asian Noodle Bowl**

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

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**Classic Chicken Popper Mashed Potato Bowl**

**Yang's Mandarin Orange Chicken & Asian Fried Rice**

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**BAKED MOSTACCIOLI**

**BAKED MOSTACCIOLI**

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**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**

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**Classic Hummus**

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**KHS-Cheeseburger Flatbread mixture**

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**KHS-Meat Lover's Supreme Flatbread**

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**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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	244630
BLUEBERRY IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	166720
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	READY_TO_EAT 96oz per bag-16 (6oz) Servings 6 oz per portion	811500
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	1/4 Cup portion size	109568
Rockin'ola Pro granola	36 Ounce	BAKE pre-packaged 1.5 oz- 1 per student	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.00

<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	492.50
<b>Fat</b>	11.38g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.75mg
<b>Sodium</b>	263.75mg
<b>Carbohydrates</b>	83.75g
<b>Fiber</b>	7.75g
<b>Sugar</b>	40.25g
<b>Protein</b>	16.25g

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<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	14.40mg
<b>Calcium</b>	259.00mg	<b>Iron</b>	11.26mg

# PRO-Southern Chicken

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

## Ingredients

Description	Measurement	Prep Instructions	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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



# PRO-Taquito Chix Fiesta

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taquito Chix Fiesta	54 Each	BAKE CONVECTION OVEN: BAKE AT 300 DEGREE F FROZEN: 20-25 MINUTES THAWED: 15-20 MINUTES	870511

## Preparation Instructions

Allergens: Milk, Wheat, Soy

Serving size: 1 each

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Pizza-Pepperoni

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN 3-3CT	72 Slice	<b>BAKE</b> COOK BEFORE EATING. Best if cooked from frozen state. <b>PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F high fan for 12-15 minutes. IMPINGEMENT OVEN: Pre-heat at 400°F and bake for 7.5 - 8.5 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.</b>	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	360.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g

<b>Protein</b>	19.00g		
<b>Vitamin A</b>	74.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	316.00mg	<b>Iron</b>	2.20mg

# Pizza-Cheese

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

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

# Pizza-Buffalo Chicken

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

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

# Pizza-4-Meat

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

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

# Chicken-Mini Corn Dog Bites

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	240 Piece	REHEATING FROM THAWED STATE IS RECCOMENDED MINUTES. MICROWAVE: FROZEN, 60 SECONDS. THAWED, 30 SECONDS. CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.	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)

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	270.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.50mg
<b>Sodium</b>	420.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	4.50g
<b>Sugar</b>	6.00g
<b>Protein</b>	10.50g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.00mg	<b>Iron</b>	2.16mg



# Chicken Mini Corn Dog Bites

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY WGRAIN .67Z CN 2-5# HOR	240 Each	Keep Frozen until ready to cook BAKE REHEATING FROM THAWED STATE IS RECOMMENDED METHOD. CONVECTION OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. 240 count per case	864190

## Preparation Instructions

6 MINI CORN DOGS PER STUDENT

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00 Each

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

# Chicken-Nuggets

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	321 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	1.57
<b>Grain</b>	0.79
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 102.00

Serving Size: 5.00

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

# Chicken Nuggets

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	510 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	6.07
<b>Grain</b>	3.04
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 12.00

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

# Nacho Bites

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BITES NACHO .5Z 8-72CT LIL BITES	432 Each	<b>BAKE</b> 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	655322

## Preparation Instructions

K-6

8 pieces per serving

Condiment Optional

1/2 cup of Salsa

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 8.00

Amount Per Serving

<b>Calories</b>	202.50
<b>Fat</b>	7.50g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	11.25mg
<b>Sodium</b>	330.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	2.25g
<b>Sugar</b>	0.75g
<b>Protein</b>	8.25g
<b>Vitamin A</b>	375.00IU
<b>Vitamin C</b>	1.80mg

**Calcium** 112.50mg **Iron** 1.08mg

# Nacho Bites

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BITES NACHO .5Z 8-72CT LIL BITES	576 Each	<b>BAKE</b> 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	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

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 48.00  
Serving Size: 12.00

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**Amount Per Serving**

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<b>Calories</b>	405.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.50mg
<b>Sodium</b>	660.00mg
<b>Carbohydrates</b>	48.00g
<b>Fiber</b>	4.50g
<b>Sugar</b>	1.50g
<b>Protein</b>	16.50g

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<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	225.00mg	<b>Iron</b>	2.16mg

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# Chicken Nugget

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	258 Serving	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 6.00

Amount Per Serving

<b>Calories</b>	315.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	19.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	19.50g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg



**Calcium** 30.00mg **Iron** 2.70mg

# PRO-MINI CORN DOG BITES

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	2.02
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 59.00

Serving Size: 4.00

#### Amount Per Serving

<b>Calories</b>	181.53
<b>Fat</b>	8.07g
<b>SaturatedFat</b>	2.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.21mg
<b>Sodium</b>	282.37mg
<b>Carbohydrates</b>	20.17g
<b>Fiber</b>	3.03g
<b>Sugar</b>	4.03g
<b>Protein</b>	7.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.85mg	<b>Iron</b> 1.45mg

# PRO-CORNBREAD STUFFING

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 348.00

Serving Size: 2.00

#### Amount Per Serving

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

# PRO-Mashed Potatoes

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.35

### Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 2.00

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

# Turkey Taco

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	303 Ounce	Steam in a bag, Thaw or Frozen. Place bag of taco meat in steam pan and place in steamer. Heat for 20-30 minutes until internal temperature reaches 140 Degrees F. Cut bag open and pour taco filling into steam pan, cover with plastic wrap and place lid on top. Keep in hot box until serving time.	768230
CHEESE BLND MEX SHRD FTHR 4-5 GCHC	25 Cup	Place 2 oz on top of taco meat and lettuce	606952
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	25 Cup	2oz on top of taco meat	242489
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	1oz of diced tomatoes on top of shredded lettuce	786543
Tortillas, Whole Grain	100 1 each	Warehouse STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	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

## SLE Components

### Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

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

# Spanish rice

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE SPANISH 6-36Z GCHC	36 1/2 Cup	Oven Method: combine 11 cups Boiling Water to 1-36oz box of dry spanish rice. to yeild 18 servings. 1 case prepared = 108 servings	834850

## Preparation Instructions

Serving size 4 oz- use # 8 Scoop

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.68
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 0.33 Cup

#### Amount Per Serving

<b>Calories</b>	215.07		
<b>Fat</b>	0.51g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	522.31mg		
<b>Carbohydrates</b>	46.09g		
<b>Fiber</b>	2.05g		
<b>Sugar</b>	2.05g		
<b>Protein</b>	4.10g		
<b>Vitamin A</b>	768.10IU	<b>Vitamin C</b>	18.43mg
<b>Calcium</b>	20.48mg	<b>Iron</b>	1.84mg

# PRO-Chicken Nuggets

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg



# PRO-Cheeseburger

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## 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

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.33
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 2.00 Ounce

Amount Per Serving			
<b>Calories</b>	20.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	13.33mg		
<b>Carbohydrates</b>	2.67g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	1.33g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	20.00mg
<b>Calcium</b>	13.33mg	<b>Iron</b>	0.00mg

# PRO-Baked Beans

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

## Ingredients

Description	Measurement	Prep Instructions	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.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 0.25 Cup

Amount Per Serving			
<b>Calories</b>	65.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	275.00mg		
<b>Carbohydrates</b>	14.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	3.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.90mg

# PRO & STE-Cheese Pizza

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
5"Deep Dish Cheese Pizza	444 3/7 Ounce	<b>BAKE</b> Pre-heat oven to 325 degrees F. Place on a perforated baking sheet lined with parchment paper. Frozen: Bake 13-15 minutes Thawed: Bake 11-13 minutes Or until internal temperature reaches 165 degrees F.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	2.02
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Gram

#### Amount Per Serving

<b>Calories</b>	364.30
<b>Fat</b>	17.20g
<b>SaturatedFat</b>	8.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.42mg
<b>Sodium</b>	516.08mg
<b>Carbohydrates</b>	34.41g
<b>Fiber</b>	3.04g
<b>Sugar</b>	4.05g
<b>Protein</b>	20.24g

<b>Vitamin A</b>	0.10IU	<b>Vitamin C</b>	0.10mg
<b>Calcium</b>	0.46mg	<b>Iron</b>	0.15mg

# PRO-PB & J Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Ounce

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

# PRO-PB&J Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Gram

#### Amount Per Serving

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



# PRO-Turkey Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

<b>Calories</b>	215.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	1.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	695.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g

<b>Protein</b>	24.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	136.00mg	<b>Iron</b>	1.08mg

# Pro-Chicken Parmesan on Ciabatta bread

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

## Ingredients

Description	Measurement	Prep Instructions	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 312.00

Serving Size: 1.00 Ounce

<b>Amount Per Serving</b>	
<b>Calories</b>	290.02
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	27.75mg
<b>Sodium</b>	567.53mg
<b>Carbohydrates</b>	24.50g

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

# PRO-Hot Dog

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	Fully Cooked- All Beef hot dog Frozen, thaw under refrigeration at 40 degrees F. can be steamed, grilled or oven heated. heat to 165 degree internal temperature for a minimum of 15 seconds. hot hold above 140 degrees F.	265039
BUN HOT DOG WHEAT WHL 12-12CT GFS	80 Each	Keep frozen before use. thaw at room temperature for 1-2 hours	517830

## Preparation Instructions

Serving size: Place 1 hot dog in hot dog bun

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# PRO-Cheeseburger Meatloaf

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	100 Piece	<b>BAKE</b> This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641
GRAVY MIX BROWN 8-13.37Z TRIO	100 Fluid Ounce	Full Package( 71-2oz servings or142-1oz servings) Gradually pour dry mix into 1 gallon /3.8 Liter of boiling water (212 degree F/100degree C) Stir briskly with wire whisk until smooth and thickened, return to medium-high heat; or cover and let stand for 10 minutes, then stir briskly with wire whisk.	741141

## Preparation Instructions

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	230.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	1109.99mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.44mg

# PRO-Pasta Bowl

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	300 Each	Convection Oven: Place in a steam table pan frozen meatballs cover with sauce, cover pan and heat in for approximately 30 minutes at 375 degree F. 4 meatballs = 2 m/ma	785860
PASTA PENNE CKD 4-5 PG	200 Ounce	Keep refrigerated to maintain integrity of product. drop bag in boiling water for 30 seconds. 4oz serving	835900
SAUCE MARINARA SMOOTH 6-10 PG	200 Fluid Ounce	4 /#10 can =106 servings Ready to use 4oz serving size	231762
BREAD GARL TST SLC WGRAIN 12-12CT GFS	50 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

## Preparation Instructions

Serving size

2oz Penne Pasta

2 Meatballs

2oz Marinara Sauce

1/2 slice Garlic toast

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	338.25		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	4.13g		
<b>Trans Fat</b>	0.45g		
<b>Cholesterol</b>	27.50mg		
<b>Sodium</b>	562.00mg		
<b>Carbohydrates</b>	38.25g		
<b>Fiber</b>	3.75g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	15.50g		
<b>Vitamin A</b>	753.75IU	<b>Vitamin C</b>	5.25mg
<b>Calcium</b>	68.00mg	<b>Iron</b>	3.93mg



# PRO-Hot Turkey & Gravy Pot Pie

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	375 Ounce		653171
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	100 Each	<b>READY_TO_EAT</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.	521782

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	208.17		
<b>Fat</b>	9.01g		
<b>SaturatedFat</b>	4.85g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.06mg		
<b>Sodium</b>	660.72mg		
<b>Carbohydrates</b>	15.80g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	18.23g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	0.68mg

# PRO-Smoky Honey Rib Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	100 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
BUN SUB SLCD WGRAIN 8 10-6CT	100 Each	Thaw at room temperature, ideally for 24 hours. Ready to serve once thawed.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	420.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	890.00mg		
<b>Carbohydrates</b>	53.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	140.00mg	<b>Iron</b>	4.50mg

# PRO-Sloppy Joe

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	480 Ounce	Keep Frozen Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches internal temperature of 165 degrees F.	564790
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	132 Each	Thaw at room temperature	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.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 132.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	245.25		
<b>Fat</b>	7.51g		
<b>SaturatedFat</b>	2.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.08mg		
<b>Sodium</b>	512.73mg		
<b>Carbohydrates</b>	29.02g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	10.01g		
<b>Protein</b>	17.02g		
<b>Vitamin A</b>	459.80IU	<b>Vitamin C</b>	6.01mg
<b>Calcium</b>	74.06mg	<b>Iron</b>	2.72mg

# Hot Dog Bar-Plain Hot Dog

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	FROZEN PRODUCT, THAW UNDER REFRIGERATION AT 40 DEGREE F OF LESS. Shelf Life FROZEN= 6 MO FROM DATE OF PACK. Basic Preparation FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.	265039
Hot dog Bun, Whole Wheat White	80 Each	READY_TO_EAT Keep frozen until serving- Thaw at room temperature 3-4 hours or under refrigeration overnight.	Wilkens Food Service

## Preparation Instructions

Serve:

1 hotdog placed in 1 bun

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.89mg	<b>Iron</b>	0.77mg

# Hamburger w/cheese on WG Bun

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	Steamer:Place cooking bag inside 6" steam table pan- put frozen patties in side bag close and cover with lid. Steamer for 15-20 minutes or until internal temperature reaches 165 degrees F when using a meat thermometer.	658622
CHEESE AMER 160CT SLCD 6-5# BONGARDS	1 Slice	Keep in cooler until use	235541
Hamburger bun, Whole Grain, White	170 Each	READY_TO_EAT Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration.	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.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	250.24		
<b>Fat</b>	9.51g		
<b>SaturatedFat</b>	3.51g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.04mg		
<b>Sodium</b>	351.29mg		
<b>Carbohydrates</b>	24.01g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.01g		
<b>Protein</b>	13.02g		
<b>Vitamin A</b>	0.59IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.44mg	<b>Iron</b>	1.08mg

# Hamburger on WG Bun

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	Keep Frozen until ready to cook. For Best Results use Steamer Place frozen beef patties in a cooking bag, place in a 6" steam table pan, close bag and place lid on pan. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F when using a meat thermometer. After cooking place covered pan in steam table or in hot holding until ready to serve. Please do not leave in hot holding more than 20 minutes. 170 per case	658622
Hamburger bun, Whole Grain, White	170 Each	READY_TO_EAT Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration. 120/2oz per case 12 per bag/10 bags per case	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.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	250.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	350.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 1.08mg

# Cheesey Meatloaf

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll, WG	100 Piece	READY_TO_EAT	4372
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	100 Piece	<b>BAKE</b> This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641

## Preparation Instructions

Serve 1 slice per student

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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



# Pasta Bowl to Go

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 P/L	20 Cup	SIMMER Fully Cooked, Heat to 165 degrees	254500
PASTA PENNE CKD 4-5 PG	40 Cup	Place bag of pasta in boiling water for 30 seconds.	835900
MEATBALL CKD .65Z 6-5 COMM	152 Ounce	Cook meatballs at 375 dgrees F for approximately 45 minutes or until they reach 165 degrees F.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.95
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

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

# Pasta To Go w/meat sauce

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD 4-5 PG	40 Cup	Place bag of pasta in boiling water for 30 seconds.	835900
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	40 Cup	Place meat sauce in steam table pan and heat until internal temperature reaches 165 degrees F for 15 seconds.	573201
MEATBALL CKD .65Z 6-5 COMM	185 Each	Cook meatballs at 375 degrees F for approximately 45 minutes or until internal temperature reaches 165 degrees F.	785860
BREAD GARL TST SLC WGRAIN 12-12CT GFS	80 Slice	BAKE-Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	1.33
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.04
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	472.21
<b>Fat</b>	16.33g
<b>SaturatedFat</b>	3.27g
<b>Trans Fat</b>	0.35g
<b>Cholesterol</b>	25.72mg
<b>Sodium</b>	360.77mg
<b>Carbohydrates</b>	62.69g
<b>Fiber</b>	3.76g
<b>Sugar</b>	4.78g
<b>Protein</b>	19.28g
<b>Vitamin A</b> 60.66IU	<b>Vitamin C</b> 2.27mg
<b>Calcium</b> 60.93mg	<b>Iron</b> 4.75mg

# Turkey and Gravy w/Biscuit

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	445 1/8 Ounce	Place Turkey & Gravy frozen/thawed bag in steamer pan and place in steamer for 1 hour & 15 minutes or until internal temperature reaches 140 degrees F. Remove from steamer and cut open bag and pour turkey gravy into 6" steam table pan	653171
PEAS & CARROT 12- 2.5 GFS	60 Ounce	Place Peas & Carrots in steam table pan and heat until temperature reaches 135 degrees F or above for 15 seconds or longer	119458
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	107 Each	READY_TO_EAT For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.42
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 107.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	270.22
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	735.11mg
<b>Carbohydrates</b>	23.53g
<b>Fiber</b>	2.51g

<b>Sugar</b>		3.35g	
<b>Protein</b>		21.67g	
<b>Vitamin A</b>	1255.41IU	<b>Vitamin C</b>	4.02mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.32mg

# Garden Vegetable & Green Tossed Salad w/Bosco Cheesey BreadStick

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	2 cups of romaine lettuce = 1 cup eq. of vegetable	735787
TOMATO CHERRY 11 MRKN	120 Each	Wash and air dry 5 medium size cherry tomatoes =1oz approx. 120 cherry tomatoes will be used for 24 salads.	569551
Cucumber	96 Slice	4 slices = 1 1/2 oz (wt.) cucumber	16P98
Carrots, baby	72 Each	3 baby carrots = 1/8 cup/1oz	18D69
BREADSTICK CHS STFD WGRAIN 6 144CT	24 Each	<p><b>Thawing Instructions</b></p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p><b>Convection Oven</b></p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and/or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
TURKEY HAM DCD 2-5 JENNO	72 Ounce		202150
CHEESE AMER SHRD FTHR 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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.99
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	3.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	549.11		
<b>Fat</b>	18.73g		
<b>SaturatedFat</b>	10.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	99.80mg		
<b>Sodium</b>	1373.64mg		
<b>Carbohydrates</b>	63.20g		
<b>Fiber</b>	5.32g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	30.91g		
<b>Vitamin A</b>	11299.64IU	<b>Vitamin C</b>	75.99mg
<b>Calcium</b>	442.73mg	<b>Iron</b>	3.81mg

# Mashed Potatoes

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD 8-16Z TRIO	2 Fluid Ounce	In a steam table pan add 1 gallon of boiling water to dry gravy mix. 1 bag yeilds 71 servings (2oz servings)	552050
POTATO MASH INST 6-26Z BRILLIANT	3 48/49 Ounce	<b>RECONSTITUTE</b> 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 4: Use these potatoes in your recipe. [Alternate] Add ingredients to create signature mashed potatoes or other dishes that use riced potatoes.	675031

## Preparation Instructions

Serving size per student

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

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	3.11

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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



# Baked Beans

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	25 Cup	Place baked beans in a "6 Steam Table pan and cover with foil and bake for 20-25 minutes or until the internal temperature reaches 165 Degrees F for 15 seconds or longer.	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)

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

# Fruit Salad Side

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	80 Ounce	READY_TO_EAT Ready to use with pouch & serving tip. 2 pouches	811500
BLUEBERRY IQF 4-5 GFS	5 Cup		166720
STRAWBERRY WHL IQF 4-5 GFS	5 Cup	Dice frozen strawberries	244630
APPLE SLCD RED PLD IQF 4-5 GFS	5 Cup	Dice frozen apples	818895
GRAPES GREEN SEEDLESS 17AVG	5 Cup	Take green grapes off vine and wash	197858
GRAPES RED LUNCH BUNCH 5 MRKN	5 Ounce	Take red grapes off vine and wash	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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.33
<b>Grain</b>	0.00
<b>Fruit</b>	0.17
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## 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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	322 Ounce	READY_TO_EAT Ready to use with pouch & serving tip. 2 1/2 pouches	811500
BLUEBERRY IQF 4-5 GFS	10 Cup	1 bag of frozen blueberries	166720
STRAWBERRY WHL IQF 4-5 GFS	10 Cup	1 bag of Diced frozen strawberries	244630
APPLE SLCD RED PLD IQF 4-5 GFS	10 Cup	1 bag of Diced frozen apples	818895
GRAPES GREEN SEEDLESS 17AVG	10 Cup	Take green grapes off vine and wash	197858
GRAPES RED LUNCH BUNCH 5 MRKN	10 Ounce	Take red grapes off vine and wash	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## 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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	384 Ounce	1 case=384 oz = 96 servings Place frozen bags in 6" steam table pans heat in oven or steamer for 15-25 minutes or until until internal temperature reaches 165 degrees F.	610902

## Preparation Instructions

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.67
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	40.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	26.67mg		
<b>Carbohydrates</b>	5.33g		
<b>Fiber</b>	2.67g		
<b>Sugar</b>	2.67g		
<b>Protein</b>	1.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	40.00mg
<b>Calcium</b>	26.67mg	<b>Iron</b>	0.00mg

# Baby Carrots

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

# Veg-Edamame

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	40 Ounce	Prepare from frozen state in place 1 bag of edamame 6" steam table pan add 5 quarts of boiling water to pan. Put in steamer and cook for 8 -10 minutes. Drain and Serve.	147270

## Preparation Instructions

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.67
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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



# Veg-Garbanzo Beans

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

## Ingredients

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

## Preparation Instructions

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	0.72mg

# Red Pepper Strips

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	3 3/4 Ounce	1 whole Red Pepper = 4.49oz= 1 cup 41 Whole Red Peppers=82 1/2 cup servings	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

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

# Veg-California Vegetable Blend

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLEND CALIF 6-4 GFS	48 Cup	Place bags of frozen vegetable in a 6" steam table pan add 1-2 cups water to pan. Place in Steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds	610891

## Preparation Instructions

Serving per Student

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Veg-Prince Charles Vegetable Blend

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND PRNC CHARLES 12-2 GFS	48 Cup	Place frozen vegetables in 6" steam table pan, add 1-2 cups water and place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.	101524

## Preparation Instructions

1 Serving per Student

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Veg-Scandinavian Vegetable Blend

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND SCANDINAVIAN 12-2 GFS	48 Cup	Place frozen vegetables in 6" steam table pan add 1-2 cups water. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds.	329088

## Preparation Instructions

1 Serving per student

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Veg-Kyoto Vegetable Blend

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND KYOTO 6-2.5 GFS	48 Cup	Place frozen vegetables in 6" steam table pan add 1-2 cups water. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds.	147260

## Preparation Instructions

1 Serving per student

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Veg-Capri Vegetable Blend

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLEND CAPRI 6-4 GFS	48 Cup	Place frozen vegetables in 6" steam table pan add 1-2 cups water. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds.	610841

## Preparation Instructions

1 Serving per Student

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Veg-Normandy Vegetable Blend

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND NORMANDY 12-2 GFS	48 Cup	Place frozen vegetables in 6" steam table pan add 1-2 cups water. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds.	170615

## Preparation Instructions

1 Serving per student

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	20.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	25.00mg		
<b>Carbohydrates</b>	5.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	12.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.36mg



# Veg-Key West Vegetable Blend

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND KEY WEST 6-4 FLAVRPAC	48 Cup	Place frozen vegetables in 6" steam table pan add 1-2 cups water. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds.	164090

## Preparation Instructions

1 Serving per Student

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Veg-Riviera Vegetable Blend

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND RIVIERA 6-4 FLAVRPAC	48 Cup	Place frozen vegetables in 6" steam table pan add 1-2 cups water. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds.	164060

## Preparation Instructions

1 Serving per Student

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Veg-Caribbean Vegetable Blend

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CARIBB 6-4 FLAVRPAC	48 Cup	Place frozen vegetables in 6" steam table pan add 1-2 cups water. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds.	101740

## Preparation Instructions

1 Serving per Student

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Veg-Malibu Vegetable Blend

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND MALIBU 6-4 FLAVRPAC	48 Cup	Place frozen vegetables in 6" steam table pan add 1-2 cups water. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds.	164100

## Preparation Instructions

1 Serving per Student

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Veg-Sicilian Vegetable Blend

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND SICILIAN 6-4 FLAVRPAC	48 Cup	Place frozen vegetables in 6" steam table pan add 1-2 cups water. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds.	164070

## Preparation Instructions

1 Serving Per Students

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Trix Cereal Kit

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Italian Tossed Salad

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	2 cups of Romaine Lettuce = 1 cup eq. of Dk Grn vegetable	735787
TOMATO GRAPE SWT 10 MRKN	24 Ounce	5 cherry tomatoes = 1oz R/O Vegetable. Approx. 120 cherry tomatoes for 24 salads.	129631
TURKEY HAM DCD 2-5 JENNO	72 5/21 Ounce	Thaw under refrigeration Use 4oz ladle = 3oz M/MA	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	185.90
<b>Fat</b>	4.90g
<b>SaturatedFat</b>	1.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	541.50mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	5.20g
<b>Sugar</b>	8.50g
<b>Protein</b>	16.10g

<b>Vitamin A</b>	11499.40IU	<b>Vitamin C</b>	85.86mg
<b>Calcium</b>	98.00mg	<b>Iron</b>	3.19mg



# Breakfast for Lunch

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	320 Fluid Ounce		584584
FRENCH TST CINN WGRAIN 144-2.9Z PAP	80 Slice	1 case= 144 (2.9oz slices)	646262
BACON TKY CKD 12- 50CT JENNO	240 Piece	CONVECTION OVEN: PREHEAT OVEN TO 350 DGEGREES F. PLACE IN A SINGLE LAYER ON COOKIE SHEET LINED WITH PARCMENT PAPPER. PLACE IN OVER AND HEAT FOR 1-2 MINUTES. FOR CRISPER BACON BAKE 1-2 MINUTES LONGER. SERVE IMMEDIATELY.	834770
HASHBROWN TRIANGLE 6-5 MCC	80 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	18.77
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.25

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

# Honey BBQ Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	100 Piece	BAKE: Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes. 1 case = 100 servings	451410
BUN SUB SLCD WGRAIN 5 12- 8CT GFS	100 Each	Thaw under refrigeration for 24 hours. 1 sub bun per serving	276142

## Preparation Instructions

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	850.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 3.60mg

# Breaded Chicken Patty Sandwich-Spicy

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	128 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
Hamburger bun, Whole Grain, White	128 Each	<b>READY_TO_EAT</b> Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration. 120 per case-12 per bag/10 bags per case	Wilkens Food Service

## Preparation Instructions

To prepare:

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	330.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 1.44mg

# Pasta Bowl to Go

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD 4-5 PG	40 Cup	Place bag of pasta in boiling water for 30 seconds.	835900
MEATBALL CKD .65Z 6-5 COMM	152 Ounce	Cook meatballs at 375 dgrees F for approximately 45 minutes or until they reach 165 degrees F.	785860
SAUCE MARINARA A/P 6-10 P/L	20 Cup	SIMMER Fully Cooked, Heat to 165 degrees	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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.95
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Pasta To Go w/meat sauce

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD 4-5 PG	40 Cup	Place bag of pasta in boiling water for 30 seconds.	835900
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	40 Cup	Place meat sauce in steam table pan and heat until internal temperature reaches 165 degrees F for 15 seconds.	573201
MEATBALL CKD .65Z 6-5 COMM	185 Each	Cook meatballs at 375 degrees F for approximately 45 minutes or until internal temperature reaches 165 degrees F.	785860
BREAD GARL TST SLC WGRAIN 12-12CT GFS	80 Slice	BAKE-Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	1.33
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.04
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	472.21
<b>Fat</b>	16.33g
<b>SaturatedFat</b>	3.27g
<b>Trans Fat</b>	0.35g
<b>Cholesterol</b>	25.72mg
<b>Sodium</b>	360.77mg
<b>Carbohydrates</b>	62.69g
<b>Fiber</b>	3.76g
<b>Sugar</b>	4.78g
<b>Protein</b>	19.28g
<b>Vitamin A</b> 60.66IU	<b>Vitamin C</b> 2.27mg
<b>Calcium</b> 60.93mg	<b>Iron</b> 4.75mg



# Pizza-4-Meat

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA 4MEAT 16 WGRAIN PRIMO 9CT	72 Slice	<p><b>BAKE</b>  <b>COOK BEFORE EATING.</b> Best if cooked from Frozen state. <b>PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.</b> CONVECTION OVEN: 350°F low fan for 15-17 minutes IMPINGEMENT OVEN: 420°F for 6:30-7:00 minutes.  <b>NOTE:</b> 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.</p>	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	370.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	9.00g

<b>Protein</b>	20.00g		
<b>Vitamin A</b>	72.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	282.00mg	<b>Iron</b>	2.40mg

# Pizza-Buffalo Chicken

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

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

# Pizza-Cheese

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA 4CHS 16 WGRAIN PARBK 3- 3CT	72 Slice	<b>BAKE</b> COOK BEFORE EATING. Best if cooked from frozen state. <b>PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 12-15 minutes. IMPINGEMENT OVEN: Pre-heat at 400°F and bake for 7.5 - 8.5 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.</b>	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	248.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	28.00mg
<b>Sodium</b>	337.90mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	2.80g
<b>Sugar</b>	4.00g

<b>Protein</b>	12.40g		
<b>Vitamin A</b>	62.80IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	264.10mg	<b>Iron</b>	1.40mg

# Pizza-Pepperoni

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN 3-3CT	72 Slice	<b>BAKE</b> COOK BEFORE EATING. Best if cooked from frozen state. <b>PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F high fan for 12-15 minutes. IMPINGEMENT OVEN: Pre-heat at 400°F and bake for 7.5 - 8.5 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.</b>	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g

<b>Protein</b>	19.00g		
<b>Vitamin A</b>	74.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	316.00mg	<b>Iron</b>	2.20mg

# Italian Tossed Salad

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD 2-5 JENNO	72 5/21 Ounce	Thaw under refrigeration Use 4oz ladle = 3oz M/MA	202150
ONION RING RED 1/4 2-5 RSS	12 Ounce		429198
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	2 cups of Romaine Lettuce = 1 cup eq. of Dk Grn vegetable	735787
TOMATO GRAPE SWT 10 MRKN	24 Ounce	5 cherry tomatoes = 1oz R/O Vegetable. Approx. 120 cherry tomatoes for 24 salads.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	185.90
<b>Fat</b>	4.90g
<b>SaturatedFat</b>	1.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	541.50mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	5.20g
<b>Sugar</b>	8.50g
<b>Protein</b>	16.10g



<b>Vitamin A</b>	11499.40IU	<b>Vitamin C</b>	85.86mg
<b>Calcium</b>	98.00mg	<b>Iron</b>	3.19mg

# Cheesey Meatloaf

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	100 Piece	<b>BAKE</b> This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641
ROLL DNNR HNY WHE WGRAIN 1Z 10- 12CT	200 Each		751701

## Preparation Instructions

Serve 1 slice per student

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	330.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	3.60mg

# Double Hamburger w/cheese on WG Bun

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBGR PTY CKD 170-2Z SMRTPKS	340 Each	Convection Oven: Preheat oven to 350 degrees F. Place on parchment lined sheet tray in a single layer. Bake for 8-9 minutes. adjust accordingly. Always heat until internal temperature reaches 165 degrees F when using a meat thermometer. Place in 6" steam table pan lined with cooking bag, place cooked patties in bag, close bag and cover with lid and place on steam table or in hot holding until ready to serve.	658622
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	170 Each	Thaw Under Refrigeration for 24 hours	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	4.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	370.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	80.00mg		
<b>Sodium</b>	325.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	3.24mg

# Hot Dog Bar-chili cheese dog

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	Thaw under refrigeration at 40 degrees F or less, Fully Cooked, can be steamed. Heat to internal temperature of 165 dgrees F. for 15 seconds Hold above 140 degree F.	265039
SAUCE CHS CHED POUCH 6-106Z LOL	10 Cup	UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN. DO NOT MICROWAVE	135261
CHILI BEEF W/BEAN 6-5 COMM	80 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	344012
Hot dog Bun, Whole Wheat White	80 Each	READY_TO_EAT Keep frozen until serving- Thaw at room temperature 3-4 hours or under refrigeration overnight.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.84
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.07
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	376.07
<b>Fat</b>	21.86g
<b>SaturatedFat</b>	8.54g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	50.32mg
<b>Sodium</b>	969.45mg
<b>Carbohydrates</b>	31.07g
<b>Fiber</b>	3.69g

<b>Sugar</b>			3.86g
<b>Protein</b>			14.73g
<b>Vitamin A</b>	214.82IU	<b>Vitamin C</b>	3.26mg
<b>Calcium</b>	122.14mg	<b>Iron</b>	1.28mg

# BAKED MOSTACCIOLI

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO 6" FULL STEAM TABLE PANS AND HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F.	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	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN- PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
Whole Wheat Penne	100 Cup	BOIL Case= 2/10# bag; 1 bag 160oz dry Use a full 6" steam table pan with perforated insert. Place 1/2 of bag of dry pasta in pan. Barely cover with boiling hot water. place steamer on max heat- at 4 minutes stir pasta, cook another 4 minutes. Take out of steamer and pour in colanderr and rinse with cool water-this stops the cooking process.	Wilkens Food Service
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNE. 1-2 MINUTES	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, THOROUGHLY 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

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.64
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Roasted Turkey served w/Cornbread & gravy

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	1 Case = 394.88 Ounces (4 x 98.72 Ounces per Bag) of Turkey Breasts, Steaks, Sliced, Frozen THAW UNDER REFRIGERATION FOR AT LEAST 48 HOURS FOR SINGLE BAGS OR UP TO 72 HOURS FOR MULTIPLE BAG UNITS IN BOX. DO NOT THAW AT ROOM TEMPERATURE. STEAMER: (PREFERRED METHOD) PLACE BAG OF PRODUCT IN PACKAGING INTO A STEAM PAN AND PLACE IN PREHEATED STEAMER. HEAT ACCORDING TO CHART AND UNTIL INTERNAL TEMPERATURE IS 140 DEGREES F. REMOVE FROM STEAMER AND SERVE HOT. SHELF LIFE-FROZEN = 365 DAYS FROM DATE OF PRODUCTION	563652
CORNBREAD PRE-CUT 4-30CT CP	100 Piece	1 Case = 120 (4 x 30 per Tray) Cornbread, Sliced, Frozen THAW-LEAVE CORNBREAD IN TRAY WITH PLASTIC WRAP. THAW WHOLE SHEET AT ROOM TEMPERATURE: 1-1/2 TO 2 HOURS.	579785
Brown Gravy	100 Ounce	Reconstitute- IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE; YIELDS APPROXIMATELY 1088 OUNCES. Portion size is 2 Tbl	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

### SLE Components

Amount Per Serving

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



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

# Chef Salad

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	2 cups of romaine lettuce = 1 cup eq. of vegetable	735787
TOMATO CHERRY 11 MRKN	120 Each	Wash and air dry 5 medium size cherry tomatoes =1oz approx. 120 cherry tomatoes will be used for 24 salads.	569551
Cucumber	96 Slice	4 slices = 1 1/2 oz (wt.) cucumber	16P98
Carrots, baby	72 Each	3 baby carrots = 1/8 cup/1oz	18D69
CHEESE CHED MLD SHRD 4-5# COMM	24 Ounce	1/4 cup =2oz scoop=1oz shredded cheese.	150250
TURKEY HAM DCD 2-5 JENNO	72 Ounce	Thaw under refrigeration: Use 4oz ladle (use a level scoop of meat) = 3oz of turkey ham	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.47
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	3.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## 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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	37 1/2 Cup	Place baked beans in a "6 Steam Table pan and cover with foil and bake for 20-25 minutes or until the internal temperature reaches 165 Degrees F for 15 seconds or longer.	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)

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.75
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

#### Amount Per Serving

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

# Fruit Salad Entree

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	322 Ounce	READY_TO_EAT Ready to use with pouch & serving tip. 2 1/2 pouches	811500
BLUEBERRY IQF 4-5 GFS	10 Cup	1 bag of frozen blueberries	166720
STRAWBERRY WHL IQF 4-5 GFS	10 Cup	1 bag of Diced frozen strawberries	244630
APPLE SLCD RED PLD IQF 4-5 GFS	10 Cup	1 bag of Diced frozen apples	818895
GRAPES GREEN SEEDLESS 17AVG	10 Cup	Take green grapes off vine and wash	197858
GRAPES RED LUNCH BUNCH 5 MRKN	10 Ounce	Take red grapes off vine and wash	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## 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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD FRSH	200 Ounce	Dice apple slices to approx. 1/4" pieces	530831
DRESSING VINAG FUJI APPL 6-.5GAL PMLL	12 1/2 Cup	Spread 1oz (#30 scoop) of dressing in the middle and bring to just 1/4" away from the edges of tortilla	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	Thaw under refrigeration for up to 48 hours.	570533
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	100 Each	Thaw tortilla shell in cooler for 24hours.	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50

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

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	677.24
<b>Fat</b>	37.00g
<b>SaturatedFat</b>	7.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	60.50g
<b>Fiber</b>	5.14g
<b>Sugar</b>	22.98g
<b>Protein</b>	24.00g

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<b>Vitamin A</b>	5000.00IU	<b>Vitamin C</b>	121.80mg
<b>Calcium</b>	64.00mg	<b>Iron</b>	4.08mg



# Apple Chicken Cranberry Wrap

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	21 Ounce	Thaw under refrigeration for up to 48 hours.	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 calmshell.

### Serving Size

1 12" tortilla wrap cut in half.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 7.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	686.14		
<b>Fat</b>	37.09g		
<b>SaturatedFat</b>	7.26g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	476.57mg		
<b>Carbohydrates</b>	62.14g		
<b>Fiber</b>	4.77g		
<b>Sugar</b>	22.69g		
<b>Protein</b>	24.01g		
<b>Vitamin A</b>	5000.00IU	<b>Vitamin C</b>	121.80mg
<b>Calcium</b>	64.08mg	<b>Iron</b>	4.08mg

# KHS-Sesame Asian Noodle Bowl

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GINGER GRND 12Z BADIA	1 Tablespoon		430983
VINEGAR RICE WINE SEAS 4-1GAL ROLN	3 Cup	READY_TO_EAT Use directly from the bottle.	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	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
HONEY CLOVER 4-6 GFS	1/2 Cup		225614
OIL CANOLA CLR 3-1GAL CHFPRDE	3 Cup	READY_TO_EAT Ready to use.	482071
SPICE GARLIC POWDER 16Z BADIA	1 Teaspoon		708481
PASTA SPAG 51 WGRAIN 2-10	12 1/2 Pound		221460
EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL	5 Pound	STEAMER: Arrange entire bag of frozen soybeans in a half-size steam table pan. Add 1/3 cup of water. Steam for 7 minutes. Drain and serve. STOVETOP: Bring 5 quarts of water to a boil on High in a 7-quart pot. Add entire bag of frozen soybeans to boiling water. Cook for 8 minutes. Drain and serve. MICROWAVE: Place half bag of frozen soybeans in a microwave-safe container. Add 2 tbsp. water. Cover tightly. Microwave on High for 4 minutes, stirring after 2 minutes. Drain and serve.	147270
CARROT SHRD MED 2-5 RSS	2 Pound		313408
CABBAGE RED 5 P/L	2 Pound		596965

Description	Measurement	Prep Instructions	DistPart #
ONION RING RED 1/4 2-5 RSS	12 Ounce		429198
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	300 Ounce	UNSPECIFIED Not currently available	570533
SPICE SESAME SEED HULLED 19Z TRDE	50 Ounce		513806

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.00
Legumes	0.13
Starch	0.00

### 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

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

## Ingredients

Description	Measurement	Prep Instructions	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	READY_TO_EAT Use directly from the bottle.	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	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
HONEY CLOVER 4-6 GFS	7/200 Cup		225614
OIL CANOLA CLR 3-1GAL CHFPRDE	21/100 Cup	READY_TO_EAT Ready to use.	482071
PASTA SPAG 51 WGRAIN 2-10	7/8 Pound		221460
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	7/20 Pound	STEAMER: Arrange entire bag of frozen soybeans in a half-size steam table pan. Add 1/3 cup of water. Steam for 7 minutes. Drain and serve. STOVETOP: Bring 5 quarts of water to a boil on High in a 7-quart pot. Add entire bag of frozen soybeans to boiling water. Cook for 8 minutes. Drain and serve. MICROWAVE: Place half bag of frozen soybeans in a microwave-safe container. Add 2 tbsp. water. Cover tightly. Microwave on High for 4 minutes, stirring after 2 minutes. Drain and serve.	147270
CARROT SHRD MED 2-5 RSS	7/50 Pound		313408
CABBAGE RED 5 P/L	7/50 Pound		596965

Description	Measurement	Prep Instructions	DistPart #
ONION RING RED 1/4 2-5 RSS	21/25 Ounce		429198
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	21 Ounce	UNSPECIFIED Not currently available	570533
SPICE SESAME SEED HULLED 19Z TRDE	3 1/2 Ounce		513806

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

Meat	2.00
Grain	2.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.00
Legumes	0.13
Starch	0.00

### 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

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

## Ingredients

Description	Measurement	Prep Instructions	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	HEAT_AND_SERVE Convection oven: Must be thawed Preheat oven to 350 degrees F. Spray 2" full pan with non-stick spray. Empty Thawed Chow Mein noodles with sauce and vegetables into pan, add 3 cups of water and cover with foil. Bake for 15 minutes, remove from oven and stir with tongs. Bake for another additional 10 minutes or until internal temperature reaches 165 degrees F.	

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	1.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	346.41
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	622.19mg
<b>Carbohydrates</b>	37.19g
<b>Fiber</b>	5.00g
<b>Sugar</b>	11.50g
<b>Protein</b>	23.50g
<b>Vitamin A</b>	375.00IU
<b>Vitamin C</b>	7.50mg

**Calcium** 20.00mg **Iron** 1.08mg



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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Vegetable Fried Rice	27 Pound	<p><b>HEAT_AND_SERVE</b> From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4oz ladle cs-150 servings (8) 5lb bags</p>	Wilkens Food Service
STIR FRY CHIX TANGR WGRAIN 6-7.2	25 Pound	<p>Keep Frozen: Breaded Chicken: Preheat oven to 350 degrees F. lay chicken in a single layer on parchment paper lined sheet tray. Bake in oven for 40-45 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. SAUCE: place entire bag of sauce in 2" steamer pan and place in steamer for 10-12 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. Place cooked chicken and hot sauce into a 6" steam table pan, mix thoroughly until chicken is coated with sauce. Cover with lid and place in hot holding until serving time. Take temperature once mixed thoroughly. Take temperature again at beginning of serving time. Cs-176 servings (6) 5lb bags chicken &amp; (6) 2.15lb bag of sauce 3.90oz portion for each student.</p>	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)

### SLE Components

Amount Per Serving

<b>Meat</b>	2.05
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<b>Grain</b>	1.53
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 3.16 Ounce

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**Amount Per Serving**

<b>Calories</b>	1102.07
<b>Fat</b>	30.02g
<b>SaturatedFat</b>	3.19g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.15mg
<b>Sodium</b>	1858.54mg
<b>Carbohydrates</b>	168.20g
<b>Fiber</b>	19.33g
<b>Sugar</b>	26.29g
<b>Protein</b>	44.60g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.48mg

# Hot Turkey served w/Stuffing & gravy

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice		563652
STUFFING MIX CRNBRD 12-31.125Z GCHC	37 1/2 Cup	3oz serving	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	363.68		
<b>Fat</b>	6.86g		
<b>SaturatedFat</b>	1.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.03mg		
<b>Sodium</b>	1221.26mg		
<b>Carbohydrates</b>	49.05g		
<b>Fiber</b>	1.75g		
<b>Sugar</b>	8.26g		
<b>Protein</b>	24.36g		
<b>Vitamin A</b>	2.44IU	<b>Vitamin C</b>	0.48mg
<b>Calcium</b>	76.04mg	<b>Iron</b>	2.43mg

# Classic Chicken Popper Mashed Potato Bowl

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	<b>BAKE: CONVECTION</b> Appliances vary, adjust accordingly. 6-8 minutes at 375°F from frozen. 1 Case = 1908 Average Count (4 x 477 Average Count per Bag) Chicken, Golden Crispy, Fritter, Whole Grain, Breaded, Popcorn, Cooked, Frozen FROZEN = 270 DAYS FROM DATE OF PRODUCTION	327120
POTATO MASH INST 6-26Z BRILLIANT	40 Cup	<b>RECONSTITUTE</b> 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 1 Case = 729.6 Ounces (6 x 121.6 Ounces per Bag) of Potatoes, Mashed, Dried, Shelf-Stable. Grocery (Dry) = 180 days from date of production	675031
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	50 Ounce	Keep in cooler Ready to use 4/5lb bags-1 bag=80oz	359572
Chicken Gravy	17 Cup	<b>MIX</b> Place contents of pouch in a 4" half steam table pan. Gradually add 1 gallon of boiling water. Stir briskly until smooth and thickened. 1 Case = 1136 Ounces (8 x 142 Ounces per Bag) of Gravy Mix, Poultry, Low-Sodium DRY= 450 DAYS	Wilkens Food Service
Corn cnd	2 #10 CAN	Wash cans free of debris. Open can and place in 1/2 steam table pan. Cover and cook in steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. Place covered pan in hot holding until serving. portion size of 1/4 cup	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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.68
<b>Grain</b>	1.09
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.57

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	388.40
<b>Fat</b>	19.33g
<b>SaturatedFat</b>	5.73g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	34.32mg
<b>Sodium</b>	653.07mg
<b>Carbohydrates</b>	33.05g
<b>Fiber</b>	4.93g
<b>Sugar</b>	2.64g
<b>Protein</b>	20.69g
<b>Vitamin A</b> 310.28IU	<b>Vitamin C</b> 3.98mg
<b>Calcium</b> 123.94mg	<b>Iron</b> 2.31mg

# Yang's Mandarin Orange Chicken & Asian Fried Rice

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	696 Ounce	<p>Per Serving 2.5oz Chicken w/1.1 oz sauce. Place chicken on a sheet tray in a single layer . Bake in preheated oven @ 400 degrees F for 16-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Place bag of sauce in a steam table pan and heat for 10-15 minutes or until the internal temperature reaches 165 degrees F or 15 minutes seconds or longer.</p>	550512
Vegetable Fried Rice	192 Serving	<p>HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4oz ladle</p>	Wilkens Food Service

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 3.60 Ounce

Amount Per Serving	
<b>Calories</b>	361.04
<b>Fat</b>	9.02g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.28mg
<b>Sodium</b>	621.94mg
<b>Carbohydrates</b>	52.13g
<b>Fiber</b>	4.00g

<b>Sugar</b>			13.07g
<b>Protein</b>			18.08g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.21mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.73mg

# Southern Oven Fried Chicken

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	480 Ounce	<p>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. FROM FROZEN, PLACE PIECES IN A SINGLE LAYER ON A PARCHMENT PAPER LINED SHEET PAN OR ON A WIRE RACK SPRAYED WITH PAN RELEASE. HEAT FOR 25 -30 MINUTES. FOR BEST PERFORMANCE HOLD ON A SHEET PAN, UNCOVERED, WITH A WIRE RACK, ABOVE 140 DEGREES F IN A DRY HEAT ENVIRONMENT.</p> <p>Approx. 82 pieces per case                      - 1 breast pc. = 2.25 m/ma &amp; 0.75 oz. grain                      - 1 drum = 2 m/ma &amp; 0.75 oz. grain                      - 1 thigh = 3.25 m/ma &amp; 1 oz. grain</p>	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	0.83
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

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



# Soft Pretzel

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	100 Each	Keep frozen until ready to bake. Preheat oven to 350 degrees F . Place in a single layer on parchment lined sheet tray. Bake in oven for 3-5 minutes.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	330.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	720.00mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	353.00mg	<b>Iron</b>	1.80mg

# PRO-Soft Pretzel

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	200 Each	Prepare from frozen state Preheat oven to 350 degrees F. Place in a single layer on parchment lined sheet tray and bake in oven for 3-5 minutes.	607122
SAUCE CHS CHED DIP CUP 140-3Z LOL	200 Each	Serve at room temperature	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.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	333.00mg	<b>Iron</b>	0.72mg

# Loaded Baked Potato Bar

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

## Ingredients

Description	Measurement	Prep Instructions	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	READY_TO_EAT Served as a topping on a hot or cold meal	836750
BACON CRUMBLES CKD 12-1 GFS	100 Ounce		357220
SALSA 103Z 6-10 REDG	37 1/2 Cup	READY_TO_EAT None	452841
BROCCOLI CUTS 30 COMM	100 Ounce		256211

## Preparation Instructions

Need to choose either m/ma or starchy vegetable

### SLE Components

Amount Per Serving

<b>Meat</b>	3.54
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.51
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.75

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	324.81
<b>Fat</b>	10.13g
<b>SaturatedFat</b>	6.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.66mg
<b>Sodium</b>	644.21mg
<b>Carbohydrates</b>	44.82g
<b>Fiber</b>	10.46g
<b>Sugar</b>	7.36g

<b>Protein</b>	16.03g		
<b>Vitamin A</b>	724.92IU	<b>Vitamin C</b>	7.09mg
<b>Calcium</b>	203.85mg	<b>Iron</b>	1.27mg

# Chicken Fajita

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	6 Pound	Place 6 cups of rice into a 4" steam table pan. Portion size of 1/2 cup per student	516371
Tap Water for Recipes	3 Gallon	UNPREPARED	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	In the tilt skillet heat canola oil, once hot place diced onions in and saute' for 2-3 minutes.	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

Description	Measurement	Prep Instructions	DistPart #
SPICE CUMIN GRND 15Z TRDE	1/4 Cup		273945
CHIX THGH STRP FAJT CKD 1/2 NAE 2-5	18 3/4 Pound	<p><b>BAKE</b> Preparations: Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen.</p> <p><b>CONVECTION</b> Preparations: Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen.</p> <p><b>MICROWAVE</b> Preparations: Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	505765
TORTILLA FLOUR 10 ULTRGR 12- 12CT	100 Each	<p><b>STEAM</b> PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

Meat	2.00
Grain	2.12
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

Calories	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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	203 Ounce	Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 2.03oz serving=3oz scoop/ladle	674312
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	25 cups=200 ounce(2 Bags) Place 1 plastic cooking bag lining inside a 4" half pan-pour 1 bag of cheese sauce in pan, cover with lid and put in steamer for 10-15 minutes or until the internal temperature reaches 165 degrees F for 15 seconds or longer. Portion size:2oz of warm cheese sauce- Use a #10 Scoop	135261
CHIP TORTL RND YEL 5-1.5 KE	1100 Piece	1100 chips = 1 case 11 chips per serving size	163020
Beans, Refried, Low sodium, canned	3 #10 CAN	BAKE Open can and heat according to recipe or instructions on can or until internal temperature reaches 165 degrees F. Portion size of .50 Cup	100362
Tomato, Red, ripe-med	12 1/2 Pound	READY_TO_EAT Using the slicer- dice Wash tomatoes in cool water-12.5#=25 cups	Wilkens Food Service
CILANTRO CLEANED 4-1 RSS	3 Pound	1lbs bag=32 (1/2oz) servings Wash and air dry on paper towel. Rough chop and place in 1/2 pan and cover. keep in cooler until serving time.	219550
SEASONING TACO 21Z TRDE	4 Cup	Mix 4 Cups of Seasoning to the beef crumbles and heat.	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

## SLE Components

Amount Per Serving

<b>Meat</b>	3.05
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.01
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	1665.46		
<b>Fat</b>	63.61g		
<b>SaturatedFat</b>	13.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.38mg		
<b>Sodium</b>	2075.43mg		
<b>Carbohydrates</b>	227.87g		
<b>Fiber</b>	22.29g		
<b>Sugar</b>	1.59g		
<b>Protein</b>	38.41g		
<b>Vitamin A</b>	960.15IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	649.00mg	<b>Iron</b>	5.40mg



# Wild Mike's Cheese Bites

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

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

# BBQ Chicken Meatball w/Ranch Rice

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FC Chicken Meatball	300 Ounce	Servings size 3ea (2.78oz) 2/5# case 160oz-62 servings Cook from Frozen 1.90 cs=100 servings PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES. FROZEN = 365 DAYS FROM DATE OF PRODUCTION	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	50 Cup	50 Cups of cooked rice=100 servings 1/4 cup dry=1 cup prepared 1 bag: 160oz = 80 cups (cooked) servings 1.25 bags: 200oz = 100 Cup(cooked) servings CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES.	699181
CARROTS CHL BABY WHL 100/2.6 OZ PG	25 Cup	12.5# Wash and peel Carrots- Dice the carrots into 1/4" pieces.	03680
CELERY CHL STICKS 5 LB CS	25 Cup	25 C=200oz=12.5# Wash celery & slice into 1/8" pieces.	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	Open & Drain tomatoes	100329
Vegetable broth	2 1/2 Cup	READY_TO_EAT Ready to use	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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	627.47		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	718.20mg		
<b>Carbohydrates</b>	105.39g		
<b>Fiber</b>	2.26g		
<b>Sugar</b>	18.35g		
<b>Protein</b>	24.26g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	28.30mg	<b>Iron</b>	4.24mg

# Breaded Chicken Patty Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	128 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. 128-3.75oz patty/case <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
Hamburger bun, Whole Grain, White	128 Each	<b>READY_TO_EAT</b> Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration. case 12 per bag/10 bags per case	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	330.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 1.08mg

# Spicy Breaded Chicken Patty Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	148 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	148 Each	Keep Frozen Thaw in cooler for 24 hours	676151

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 148.00

Serving Size: 1.00 Serving

Amount Per Serving

<b>Calories</b>	370.00		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	495.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	3.42mg

# Breakfast Anytime K-12

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN 176-.77Z	400 Piece	Keep Frozen: Convection Oven: arrange frozen french toast sticks on a sheet pan in a single layer. Bake uncovered at 325 degrees for 6-8 minues. Shelf Life:Frozen = 365 days from date of production	611201
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	Keep Frozen: Place in a single layer on a parchment lined sheet tray. Place in a preheated oven at 350 degrees. Bake for 10-15 minutes. heat until internal temperature reaches 165 degrees F for 15 seconds or longer. Shelf life: Frozen = 180 days	184970

## Preparation Instructions

4 Stick and 1 patty per serving portion

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	270.00		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	770.00mg		
<b>Carbohydrates</b>	53.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	3.42mg

# Mesquite Glazed Drumstick

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	105 Piece	PREPARATION: Appliances vary, adjust accordingly. BAKE: Convection Oven 28 - 30 minutes at 375°F from Frozen. 22 - 27 minutes at 375°F from Thawed. or until internal temperature reaches 165 degrees F for 15 seconds or longer. Place pan of water in bottom of oven during cooking.	591160
CORN COB EARS LITTLE 2.75 96CT GFS	105 Each	Do not thaw prior to cooking. Place frozen cobbett in steam table pan. add small amount of boiling water to pan w/corn cobbett. palce in steam table and cook/steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1 case = 96 count	119385

## Preparation Instructions

1 drumstick per portion

1 corn cobbett

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.25

### Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	250.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	9.00mg	<b>Iron</b>	1.00mg



# Loaded French Fries

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	1oz portion=Use #16 Scoop	135261
CHILI BEEF W/BEAN 6-5 COMM	25 Cup	1oz portion=Use #16 Scoop	344012
BACON CRUMBLES CKD 12-1 GFS	6 1/4 Cup	1/2 oz portion=Use Tablespoon	357220
Green Onion	6 1/4 Cup	READY_TO_EAT Rinse and slice green onion into 1/4" pieces 1/2 oz portion-Use 1 Tablespoon	Wilkens Food Service
Fries 3/8 S/C Ovarions 6-5 Mcc	237 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	868961
SOUR CREAM PKT 400-1Z GCHC	100 Each	READY_TO_EAT Served as a topping on a hot or cold meal	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,

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.02
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	254.02
<b>Fat</b>	13.71g
<b>SaturatedFat</b>	6.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.33mg
<b>Sodium</b>	502.36mg
<b>Carbohydrates</b>	21.64g
<b>Fiber</b>	1.42g
<b>Sugar</b>	1.46g
<b>Protein</b>	9.06g

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<b>Vitamin A</b>	253.69IU	<b>Vitamin C</b>	4.41mg
<b>Calcium</b>	151.69mg	<b>Iron</b>	0.58mg

# Soft Beef Tacos

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each	Thaw under refrigeration for 24-48 hours	882690
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 2.03 oz per portion Use #10 scoop	674312
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	12 1/2 Cup	1 cs-4/5# -320 oz or 320 servings @ 1oz 1 bag =80 oz or 80 servings 2 Tbl portions Use #30 scoop 100 servings use 1.25 bags	359572
Romaine Lettuce	12 1/2 Cup	<b>READY_TO_EAT</b> Place in cooler until time of preparation: <b>DO NOT WASH UNTIL YOU ARE READY DAY OF MENUED ITEMS!</b> Cut bottoms off lettuce- take leaves and place in salad spinner- let soak in cold water for 30 minutes. Drain water through bottom of salad spinner. place plug back in after all water is drained. spin until very little to no water remains on lettuce. For Salad bar-rough chop lettuce into bite size pieces For Tacos/Nachos cut into 1/4" strips 1/8 Cup per portion	Wilkens Food Service
Tomato, Red, ripe-med	12 1/2 Cup	<b>READY_TO_EAT</b> Wash and rinse tomatoes Dice into 1/4" pieces. 1 Tbl per portion Use #30 scoop	Wilkens Food Service
SEASONING TACO 21Z TRDE	4 Cup	Add 4 Cups of taco seasoning to cooked beef tacomeat, mix thoroughly until all meat is coated.	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

## SLE Components

### Amount Per Serving

<b>Meat</b>	2.13
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		236.72	
<b>Fat</b>		10.63g	
<b>SaturatedFat</b>		5.25g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		28.13mg	
<b>Sodium</b>		691.28mg	
<b>Carbohydrates</b>		19.84g	
<b>Fiber</b>		2.25g	
<b>Sugar</b>		2.59g	
<b>Protein</b>		13.96g	
<b>Vitamin A</b>	1021.04IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	38.79mg	<b>Iron</b>	2.15mg

# Texas Western BBQ Pulled Pork on Garlic Texas Toast

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F 1 cs=320 oz 80 servings 1.25 cs =400oz 100 servings	498702
BREAD GARL TST SLC WGRAIN 12-12CT GFS	200 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.	277862

## Preparation Instructions

To assemble:

Place 2 slices of toasted garlic bread on tray

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	459.00		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	71.00mg		
<b>Sodium</b>	533.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	1650.00IU	<b>Vitamin C</b>	25.20mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	4.50mg

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6- 106Z LOL	300 Ounce	4oz Use #6 scoop= 2 ozeqn m/ma UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN. DO NOT MICROWAVE.	135261
PASTA ELBOW MACAR 51 WGRAIN 2-10	200 Ounce	SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES. 2-OUNCE DRY SERVING (1-1 1/2 CUPS COOKED) 1 cup cooked pasta per serving 2/10# bags-320 oz dry pasta	229941
BEEF CRMBL CKD 6-5 SMRTPCKS	220 Ounce	Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 2oz beef crumbles use #10 scoop	674312
BACON CRUMBLES CKD 12-1 GFS	5 Cup	1/2 oz per serving Use #60 scoop	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	1oz diced tomatoes use #30 scoop	786543
CHIVE FRESH 1# MRKN	5 Cup	1/2 oz per serving Use #60 scoop	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	READY_TO_EAT Refrigerate after opening. 1/2 oz =3 slices	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

## SLE Components

Amount Per Serving

<b>Meat</b>	3.70
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

<b>Calories</b>	508.84
<b>Fat</b>	20.90g
<b>SaturatedFat</b>	10.45g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	61.50mg
<b>Sodium</b>	876.63mg
<b>Carbohydrates</b>	46.91g
<b>Fiber</b>	4.13g
<b>Sugar</b>	2.77g
<b>Protein</b>	28.03g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 336.00mg	<b>Iron</b> 3.03mg

# Nacho Grande Turkey

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	2oz of warm cheese sauce	135261
CHIP TORTL RND YEL 5-1.5 KE	1100 Piece	11 chips per serving size	163020
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	1oz of diced tomatoes	786543
SEASONING TACO SLT FR 19.5Z TRDE	1/4 Cup		605062
Beans, Refried, Low sodium, canned	25 Cup	<b>BAKE</b> Open can and heat according to recipe or instructions on can	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

### SLE Components

Amount Per Serving

<b>Meat</b>	3.13
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.03
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.06
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	1652.45
<b>Fat</b>	61.00g
<b>SaturatedFat</b>	11.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	1899.38mg
<b>Carbohydrates</b>	228.37g
<b>Fiber</b>	22.50g
<b>Sugar</b>	0.62g



<b>Protein</b>	43.62g
<b>Vitamin A</b> 24.00IU	<b>Vitamin C</b> 0.07mg
<b>Calcium</b> 692.70mg	<b>Iron</b> 5.51mg

# Tony's Cheese Pizza

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Gram

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

# Individual Pan Pepperoni Pizza

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Personal 5" Deep Dish Pepperoni Pizza	450 2/5 Ounce	<b>BAKE</b> Keep frozen: Preheat oven to 325 degrees F. Place pizza on parchment lined sheet tray. Frozen: Bake 13-15 minutes Thawed: Bake 11-13 minutes or until internal temperature reaches 165 degrees F for 15 seconds. 5.63 oz individual 450.4 oz = 80 ind per case	Wilkens Food Service

## Preparation Instructions

1 individual pizza per serving

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Egg & Cheese Breakfast Wrap

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WRAP BKFST EGG CHS 75-3.1Z CARG	75 Each	<b>Thawing Instructions</b> Prepare from frozen state or thaw before use under refrigeration <b>Shelf Life</b> Frozen = 180 days from date of production <b>Basic Preparation</b> Convection Oven: 325F. 10-12 minutes if thawed. 20-25 minutes if frozen	449422

## Preparation Instructions

1 wrap per serving

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Lumberjack

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lumberjack	320 Ounce	<b>BAKE</b> Prepare from frozen. Bake in preheated 350 degrees oven for 15-20 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer	3236

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	401.00		
<b>Fat</b>	20.05g		
<b>SaturatedFat</b>	5.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	621.55mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	14.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Egg & Bacon Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA EGG/TKY BCN WGRAIN 96- 3.09Z	96 Each	<p><b>Thawing Instructions</b> Cooking from frozen state is recommended.</p> <p><b>Shelf Life</b> Frozen = Use by expiration date</p> <p><b>Basic Preparation</b> Product must be cooked from frozen state. Convection Oven: Preheat oven to 375 degrees. Place unopened wrapper with pizza on a pan. Bake 15-17 minutes or until internal temperature reaches a minimum of 165 degrees. Conventional Oven: Preheat oven to 400 degrees. Place unopened wrapper with pizza on a pan. Bake 18-20 minutes or internal temperature reaches a minimum of 165 degrees.</p>	552690

## Preparation Instructions

1 sandwich per serving

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	210.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	360.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 1.40mg

# PB&J Sandwich-Grape

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Gram

#### Amount Per Serving

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

# PB & J Sandwich Strawberry

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

## Ingredients

Description	Measurement	Prep Instructions	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Ounce

Amount Per Serving

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



# Corn Dog

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain chicken Corn Dog	400 Ounce	<b>BAKE</b> Bake from frozen in preheated 350 degrees F for 15-20 minutes or until the internal temperature reaches 165 degrees F for 15 seconds or longer. 1 corn dog per serving	4181

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# KHS-Pizza Burger

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	50 Ounce	READY_TO_EAT Warm marinara sauce in 2" half pan in the oven covered for 15- 20 minutes or until internal temperature reaches 135 degrees for 15 seconds or longer. Portion size of .5oz use #70 scoop	592714
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	13 1/2 Ounce	Thaw under refrigeration for 24 hours. Portion size=2 slices	276662
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. FLAT GRILL 350 DEGREES FOR 8-15 MINUTES PER SIDE. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, TIME AND TEMPERATURE MAY VARY. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. 40-40z patties per case	753760
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	4/5# per case=320oz 80oz per bag 1/2 oz per burger use #70 scoop	265041
4" WG WHITE HAMBURGER BUN	100 bun	Keep Frozen until ready to use. Thaw under refrigeration 24-48 hours prior to use or thaw at room temperature for 1-2 hours 1 bun per serving	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

### SLE Components

Amount Per Serving

<b>Meat</b>	4.47
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<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.09
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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

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<b>Vitamin A</b>	69.29IU	<b>Vitamin C</b>	1.07mg
<b>Calcium</b>	12.86mg	<b>Iron</b>	8.04mg

# KHS-Big Kay's Burger

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED SLCD 8-1.5# BONGARDS	100 Slice	Keep in cooler Shelf life of 150 days in cooler 1 slice per serving	534040
BACON TKY CKD 12- 50CT JENNO	200 Slice	Keep Frozen Convection oven: preheat oven to 350 degrees F place 16 slices of bacon on sheet tray in a single layer. Place rack in center of oven. Heat for 1-2 minutes. Remove and serve. Crispier bacon bake 2 minutes longer. Serve 2 slices per burger.	834770
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, MICROWAVE HIGH FOR 30 SECONDS TO 2 MINUTES. TIME AND TEMPERATURE MAY VARY. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. SHELF LIFE:FROZEN= 365 DAYS FROM PRODUCTION DATE 40 patties per case	753760
Pretzel Roll, 2.7oz WG	100 Serving	READY_TO_EAT Ready to Eat Keep frozen- Pre-heat oven to 375 - 400 degrees F, bake for 1-2 minutes just to warm	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

### SLE Components

Amount Per Serving

<b>Meat</b>	5.75
<b>Grain</b>	2.50
<b>Fruit</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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

# KHS-BBQ Bacon Jalapeno Burger

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER/PEPR JK	100 Slice	Keep refrigerated Shelf life 365 days 1 slice per portion	257271
PEPPERS JALAP SLCD 4-106Z ELPAS	50 Tablespoon	READY_TO_EAT Refrigerate after opening. 2 slices per burger	786802
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	KEEP FROZEN: CONVENTIONAL OVEN 350 DEGREES FOR 10-15 MINUTES. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER.	753760
BACON TKY CKD 12-50CT JENNO	100 Slice	12/50 COUNT PER CASE-600 SLICES PER CASE 1 SLICE IN HALF PER BURGER	834770
4" WG WHITE HAMBURGER BUN	100 bun	KEEP FROZEN: THAW UNDER REFRIGERATION OR AT ROOM TEMPERATURE 1-2 HOURS 1 BUN PER SERVING	1711
Barbeque Sauce Low Sodium	12 1/2 Cup	READY_TO_EAT 1/8 cup per burger use#70 scoop	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

## SLE Components

### Amount Per Serving

<b>Meat</b>	5.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>		581.67	
<b>Fat</b>		32.00g	
<b>SaturatedFat</b>		12.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		110.00mg	
<b>Sodium</b>		1078.13mg	
<b>Carbohydrates</b>		28.58g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		6.17g	
<b>Protein</b>		36.00g	
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	110.00mg	<b>Iron</b>	8.00mg

# Chicken Mini Corn Dog Bites

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mini Corn Dog Bites-WG	156 7/9 Ounce	Keep Frozen until ready to cook BAKE REHEATING FROM THAWED STATE IS RECOMMENDED METHOD. CONVECTION OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.	9055

## Preparation Instructions

6 MINI CORN DOGS PER STUDENT

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 4.02 Ounce

Amount Per Serving			
<b>Calories</b>	270.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	410.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Southern Oven Fried Chicken Drumstick

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	92 Piece	<p><b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven</p> <ol style="list-style-type: none"> <li>Preheat oven to 375°F.</li> <li>From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.</li> <li>Heat for 35-40 minutes.</li> </ol> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. case 72 to 108 in each . Average is 90 pieces per case.</p>	603391

## Preparation Instructions

1 drumstick per student K-3

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 92.00

Serving Size: 3.00 Ounce

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

# Sweet Potato Mashed

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	244630
BLUEBERRY IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	166720
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	READY_TO_EAT 96oz per bag-16 (6oz) Servings 6 oz per portion	811500
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	portion size-1/4 Cup -use #16 scoop	109568
Rockin'ola Pro granola	36 Ounce	pre-packaged bag 1.5 oz- or bule 1/4 cup use scoop #16 1 per student	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.00

<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	492.50	
<b>Fat</b>	11.38g	
<b>SaturatedFat</b>	0.75g	
<b>Trans Fat</b>	0.00g	
<b>Cholesterol</b>	3.75mg	
<b>Sodium</b>	263.75mg	
<b>Carbohydrates</b>	83.75g	
<b>Fiber</b>	7.75g	
<b>Sugar</b>	40.25g	
<b>Protein</b>	16.25g	
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b> 14.40mg
<b>Calcium</b>	259.00mg	<b>Iron</b> 11.26mg

# Rockin'ola Strawberry Yogurt Parfait-K-6

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	12 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	244630
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	READY_TO_EAT 96oz per bag-16 (6oz) Servings 6 oz per portion	811500
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	portion size-1/4 Cup use #16 Scoop	109568
Rockin'ola Pro granola	36 Ounce	BAKE pre-packaged bag1.5 oz- or bulk 1/4 cup use #16 scoop- 1 per student	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 24.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	485.00		
<b>Fat</b>	11.13g		
<b>SaturatedFat</b>	0.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.75mg		
<b>Sodium</b>	263.75mg		
<b>Carbohydrates</b>	82.75g		
<b>Fiber</b>	7.50g		
<b>Sugar</b>	39.50g		
<b>Protein</b>	16.25g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	27.00mg
<b>Calcium</b>	264.00mg	<b>Iron</b>	11.44mg

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	384 Fluid Ounce	READY_TO_EAT Ready to use with pouch & serving tip. 4 bags= 48-(8 oz) portions Use 2-#8 scoops	811500
Rockin'ola Pro granola	86 Ounce	Wilkens JHS/KHS Bulk 1/4 Cup portion use #16 scoop	8004216
STRAWBERRY WHL IQF 4-5 GFS	21 1/2 Cup	Keep Frozen until ready to prepare parfait 1/2 cup strawberries when mixed with another berry.	244630
CRUMB CRACKER GRAHAM 10 KEEB	10 3/4 Cup	ADD 1/4 CUP OF GRAHAM CRACKER CRUMB TO BOTTOM OF BOWL Use #16 Scoop	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

## SLE Components

Amount Per Serving

<b>Meat</b>	3.57
<b>Grain</b>	1.33
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	618.26
<b>Fat</b>	13.84g
<b>SaturatedFat</b>	1.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.58mg
<b>Sodium</b>	318.88mg
<b>Carbohydrates</b>	105.03g
<b>Fiber</b>	8.83g
<b>Sugar</b>	52.42g
<b>Protein</b>	21.81g
<b>Vitamin A</b> 1116.28IU	<b>Vitamin C</b> 27.00mg
<b>Calcium</b> 338.59mg	<b>Iron</b> 14.77mg



# Smoky Honey Rib Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	100 Each	BAKE: Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
Hawaiian Hoagie Roll	100 Each	READY_TO_EAT Keep frozen until serving-Thaw at room temperature 3-4 hours or under refrigeration overnight	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	350.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	910.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Ultimate Mac & Cheese

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	160 Ounce	<p>RECOMMENDED COOK TIME OF 8-10 MINUTES. SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER.</p> <p>2oz dry pasta = 1 Cup cooked pasta 1 bag (160 dry) = 80 (1 Cup) servings</p>	229941
SAUCE CHS CHED POUCH 6- 106Z LOL	240 Fluid Ounce	<p>1 Case = 636 Ounces (212 servings/case)(6 x 106 Ounces per Bag(35 servings per bag) of Sauce, Cheese, Cheddar, Pouch UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN. DO NOT MICROWAVE.</p>	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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.75
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	180.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	3.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	300.00mg
<b>Carbohydrates</b>	22.75g
<b>Fiber</b>	2.00g

<b>Sugar</b>	1.00g
<b>Protein</b>	7.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 166.75mg	<b>Iron</b> 0.90mg

# Zesty Beef, Bean & Cheese Burrito

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	60 Each	1 Case = 60 Burritos, Beef/Bean/Cheese, Whole Grain, Raw, Frozen, 5 Ounce THAW UNDER RERIGERATION, DO NOT THAW AT ROOM TEMPERATURE. REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED. CONVENTIONAL OVEN - 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN 280 DEGREES F FOR 16-22 MINUTES or until internal temperature reaches 165 degrees F for 15 seconds or longer.	497221

## Preparation Instructions

1- 5.0 oz Burrito per students

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 5.00 Ounce

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

# Texas Western BBQ Pulled Pork on Garlic Texas Toast

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F 1 cs=320 oz 80 servings 1.25 cs =400oz 100 servings	498702
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.	277862

## Preparation Instructions

To assemble:

Place 1 slice of toasted garlic bread on tray

Add 4oz of pulled pork on top of garlic bread

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

# Classic Hummus

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	25 Ounce	RECONSTITUTE Ready to Mix 1/2 bag = 55 servings	Wilkens Food Service
BEAN GARBANZO 6-10 GFS	2 #10 CAN	Drain and rinse	118753
Original with Sea Salt Wave	70 Bag	READY_TO_EAT Ready to Eat	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.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Cup

#### Amount Per Serving

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

# Breakfast Bagel-K-3

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mini Bagels WG	100 Ounce	READY_TO_EAT Thaw under refrigeration for 24 hours. Slice in half once thawed	Wilkens Food Service
EGG SCRMBD PTY RND 3.25 200-1Z GFS	100 Each	THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE. CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10- 12 MIN. FROZEN= 1 YR.FROM DATE OF PRODUCTION. REFRIGERATED= 7 DAYS.	462519
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	100 Ounce	READY_TO_EAT shelf life of 180 days from manufacturer's date	100036
BACON TKY CKD 12- 50CT JENNO	100 Slice	PREPARE FROM FROZEN CONVECTIN OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE. FLAT GRILL: PREHEAT TO 350°F. PLACE SLICES ON GRILL. FLIP BACON AT 30 SECONDS AND LEAVE ON FOR ANOTHER 30 SECONDS. REMOVE FROM GRILL AND SERVE. THE BACON WILL GET CRISPER THE LONGER IT'S HEATED. FROZEN= 365 DAYS	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
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<b>Grain</b>	1.00
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<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 3.50 Ounce

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**Amount Per Serving**

<b>Calories</b>	215.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	95.00mg
<b>Sodium</b>	310.30mg
<b>Carbohydrates</b>	18.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	13.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	0.00mg



# Breakfast Bagel-K-12

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bagel, WG, sliced	184 4/5 Ounce	READY_TO_EAT Keep frozen Thaw under refrigeration for 24 hours 84 per case	Wilkens Food Service
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	84 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes 369 ct per case. shelf life frozen 270 days from production.	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	84 Slice	READY_TO_EAT shelf life 180 days from date of production	100036
BACON TKY CKD 12- 50CT JENNO	84 Slice	PREPARE FROM FROZEN CONVECTION OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE. FLAT GRILL: PREHEAT TO 350°F. PLACE SLICES ON GRILL. FLIP BACON AT 30 SECONDS AND LEAVE ON FOR ANOTHER 30 SECONDS. REMOVE FROM GRILL AND SERVE. THE BACON WILL GET CRISPER THE LONGER IT'S HEATED. shelf life-frozen 365 days	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

## SLE Components

### Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 4.13 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	270.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	112.50mg		
<b>Sodium</b>	495.15mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.36mg

# Personal Deep Dish Cheese Pizza

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
5" Deep Dish Cheese Pizza	439 1/5 Ounce	<b>BAKE</b> Pre-heat oven to 325 degrees F. Place on a perforated baking sheet lined with parchment paper. Frozen: Bake 13-15 minutes Thawed: Bake 11-13 minutes Or until internal temperature reaches 165 degrees F. 1 case 80 count = 439.20oz	841180

## Preparation Instructions

Portion size: 1 individual deep dish pizza

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 5.49 Ounce

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.10IU	<b>Vitamin C</b>	0.10mg
<b>Calcium</b>	0.45mg	<b>Iron</b>	0.15mg

# Pizza Cheese Crunchers

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	395 1/2 Ounce	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required. 1 case (395.5oz) = 285 pieces/4= 71 servings	143271
SAUCE MARINARA A/P 6-10 REDPK	142 Ounce	<b>READY_TO_EAT</b> None	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

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.36
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 71.00

Serving Size: 5.48 Ounce

Amount Per Serving	
<b>Calories</b>	448.60
<b>Fat</b>	21.43g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	898.62mg
<b>Carbohydrates</b>	45.29g
<b>Fiber</b>	7.43g
<b>Sugar</b>	5.86g
<b>Protein</b>	21.43g

<b>Vitamin A</b>	277.24IU	<b>Vitamin C</b>	4.33mg
<b>Calcium</b>	11.88mg	<b>Iron</b>	0.10mg

# KHS-BAKED MOSTACCIOLI w/Lentil pasta

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO BEEF CRUMBLES & ONION MIXTURE	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	USE 1/4 CUP WITH SAUTEEING ONIONS USE 1/2 CUP WITH PASTA	732900
BEEF CRMBL CKD 6- 5 SMRTPCKS	200 Ounce	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN-PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERTURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNE. 1-2 MINUTES	Wilkens Food Service
Lentil Penne	800 Ounce	BOIL Open 1 bag pasta and add to boiling water. Reduce heat to medium high, stir occasionally. cook 6-8 minutes. Drain, rinse and serve Hold hot at 145 degrees F unitl service	Wilkens Food Service
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Tablespoon	Mix 3 TBL in with beef crumbles and sauteed onions prior to heating.	413453
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon	Mix 2 TBL in with beef crumbles and sauteed onions prior to heating.	513881

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	160 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.<b>CAUTION: FILLING MAY BE HOT!</b>Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.88
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<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.40
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.31
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 160.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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<b>Calories</b>	563.17
<b>Fat</b>	15.36g
<b>SaturatedFat</b>	6.61g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	670.23mg
<b>Carbohydrates</b>	70.09g
<b>Fiber</b>	7.32g
<b>Sugar</b>	4.83g
<b>Protein</b>	37.19g

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<b>Vitamin A</b>	322.96IU	<b>Vitamin C</b>	4.68mg
<b>Calcium</b>	392.97mg	<b>Iron</b>	1.72mg



# BAKED MOSTACCIOLI

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO 6" FULL STEAM TABLE PANS AND HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F.	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	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN- PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
Whole Wheat Penne	100 Cup	BOIL Case= 2/10# bag; 1 bag 160oz dry Use a full 6" steam table pan with perforated insert. Place 1/2 of bag of dry pasta in pan. Barely cover with boiling hot water. place steamer on max heat- at 4 minutes stir pasta, cook another 4 minutes. Take out of steamer and pour in colanderr and rinse with cool water-this stops the cooking process.	Wilkens Food Service
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNE. 1-2 MINUTES	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, THOROUGHLY 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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.64
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# BAKED MOSTACCIOLI

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3/5 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO 6" FULL STEAM TABLE PANS AND HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F.	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	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN- PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
Whole Wheat Penne	20 Cup	BOIL Case= 2/10# bag; 1 bag 160oz dry Use a full 6" steam table pan with perforated insert. Place 1/2 of bag of dry pasta in pan. Barely cover with boiling hot water. place steamer on max heat- at 4 minutes stir pasta, cook another 4 minutes. Take out of steamer and pour in colanderr and rinse with cool water-this stops the cooking process.	Wilkens Food Service
CHEESE MOZZ SHRD 4-5 LOL	5 Cup	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1/5 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNE. 1-2 MINUTES	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, THOROUGHLY 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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.64
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# BBQ Chicken Meatball w/Ranch Rice

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FC Chicken Meatball	60 Ounce	Servings size 3ea (2.78oz) 2/5# case 160oz-62 servings Cook from Frozen 1.90 cs=100 servings PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES. FROZEN = 365 DAYS FROM DATE OF PRODUCTION	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	10 Cup	50 Cups of cooked rice=100 servings 1/4 cup dry=1 cup prepared 1 bag: 160oz = 80 cups (cooked) servings 1.25 bags: 200oz = 100 Cup(cooked) servings CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES.	699181
SAUCE BBQ SWEET 6-80FLZ SWTBRAY	2 1/2 Cup	READY TO USE: 12.5 C=100 Fl oz. portion size 1 Tbl (1oz)	212071
CARROTS CHL BABY WHL 100/2.6 OZ PG	5 Cup	12.5# Wash and peel Carrots- Dice the carrots into 1/4" pieces.	03680
CELERY CHL STICKS 5 LB CS	5 Cup	25 C=200oz=12.5# Wash celery & slice into 1/8" pieces.	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	Open & Drain tomatoes	100329
Vegetable broth	1/2 Cup	READY_TO_EAT Ready to use	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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	627.47		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	718.20mg		
<b>Carbohydrates</b>	104.39g		
<b>Fiber</b>	2.26g		
<b>Sugar</b>	18.35g		
<b>Protein</b>	24.26g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	28.30mg	<b>Iron</b>	4.24mg

# Cornbread

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD PRE-CUT 4-30CT CP	120 Piece	Keep frozen until ready to serve. Thaw under refrigeration for 24 hours. 1 slice per portion	579785

## Preparation Instructions

1 slice per portion

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Slice

#### Amount Per Serving

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

# Sweet Potato Mashed

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS SWT 10-26.7Z BAMER	33 3/4 Cup	<b>RECONSTITUTE</b> Pour 1.8L (2 Quarts) of hot water (170-190 degrees F) into 4" deep, third-size steam-table pan. Add all potatoes, stir until fully combined. Serve. Tip: For creamier texture increase the amount of hot water. Mix by hand or prepare in a mixer.	447825

## Preparation Instructions

1/4 Cup serving size

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	1.01

### Nutrition Facts

Servings Per Recipe: 134.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	130.97		
<b>Fat</b>	1.51g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	211.57mg		
<b>Carbohydrates</b>	29.22g		
<b>Fiber</b>	3.02g		
<b>Sugar</b>	13.10g		
<b>Protein</b>	2.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Far East Vegetable Blend

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND FAR EAST 12-2 GFS	48 Cup	DO NOT THAW PRIOR TO COOKING. PACKAGING: 2# POLY BAG IN CORRUGATE BOX. PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SHELF LIFE: FROZEN= 1 YR. 100% IQF- NO WASTE.	491209

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

# Refried Beans

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 5/11 #10 CAN	Rinse top of can free from debris. Place 2-#10 cans in 4" steam table pan cover with lid and place in preheated oven at 350 degrees F for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. SHELF LIFE: DRY STORAGE= 730 DAYS.	293962

## Preparation Instructions

1/2 cup serving size per portion.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.47
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	131.57		
<b>Fat</b>	1.88g		
<b>SaturatedFat</b>	0.47g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	498.10mg		
<b>Carbohydrates</b>	21.62g		
<b>Fiber</b>	5.64g		
<b>Sugar</b>	0.94g		
<b>Protein</b>	7.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.29mg	<b>Iron</b>	1.88mg

# Steamed Carrots

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	6 #10 CAN	Rinse top of can free from debris Place 2 #10 cans in 4" steam table pan and cover with lid and steam for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.	100309

## Preparation Instructions

1/2 cup per serving.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

# Broccoli florets

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound	Place frozen broccoli in a slotted insert into 6" steam table pan and thaw under refrigeration overnight. Cover with lid. Once thawed place in steamer for 5-8 minutes until heated to 135 degrees f for 15 seconds or longer. Do not over cook. should still be bright green and slightly crisp.	110473

## Preparation Instructions

1/2 cup serving per portion

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.68
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	35.53		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	30.07mg		
<b>Carbohydrates</b>	6.83g		
<b>Fiber</b>	4.10g		
<b>Sugar</b>	1.37g		
<b>Protein</b>	4.10g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Corn

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	6 #10 CAN	Rinse can free from debris. Place 2 #10 cans in a slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees for 15 seconds or longer.	100313

## Preparation Instructions

1/2 cup serving per portion.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.49

### Nutrition Facts

Servings Per Recipe: 159.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

# Green Beans

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	6 #10 CAN	Rinse can free from debris. Place 2 #10 can in slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until the internal temperature reaches 135 degrees for 15 seconds or longer.	100307

## Preparation Instructions

1/2 cup serving size per portion.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.46
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

# Roasted Brussel Sprouts

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL 3-2 RSS	128 Each	3/2#bags per case 4 each per serving	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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 3.00 Ounce

Amount Per Serving			
<b>Calories</b>	85.00		
<b>Fat</b>	5.25g		
<b>SaturatedFat</b>	0.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

# Mashed Potatoes

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH INST 6-26Z BRILLIANT	729 Ounce	<b>RECONSTITUTE</b> 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 4: Use these potatoes in your recipe. [Alternate] Add ingredients to create signature mashed potatoes or other dishes that use riced potatoes.	675031
BUTTER SUB 24-4Z BTRBUDS	5 Package	1-40z package make 56 servings. 5 packages= 262 servings <b>USE DRY OR RECONSTITUTED. EMPTY CONTENTS INTO A CONTAINER, GRADUALLY ADD ONE QUART OF WATER, LET STAND A FEW MINUTES TO THICKEN. REFRIGERATE LEFT OVER SAUCE &amp; USE WITHIN 3 DAYS. MAY BE REHEATED.</b>	209810

## Preparation Instructions

3/8 cup serving size use #10 scoop

CN = 3.02oz

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	2.17

### Nutrition Facts

Servings Per Recipe: 262.00

Serving Size: 3.00 Cup

Amount Per Serving			
<b>Calories</b>	306.83		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	521.38mg		
<b>Carbohydrates</b>	61.58g		
<b>Fiber</b>	4.35g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	8.70g		
<b>Vitamin A</b>	8.26IU	<b>Vitamin C</b>	27.65mg
<b>Calcium</b>	36.91mg	<b>Iron</b>	2.39mg



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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Vegetable Fried Rice	13 1/2 Pound	<p><b>HEAT_AND_SERVE</b> From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #16 scoop or 2oz ladle cs-150 servings (8) 5lb bags</p>	Wilkens Food Service
STIR FRY CHIX TANGR WGRAIN 6-7.2	12 1/2 Pound	<p>Keep Frozen: Breaded Chicken: Preheat oven to 350 degrees F. lay chicken in a single layer on parchment paper lined sheet tray. Bake in oven for 40-45 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. SAUCE: place entire bag of sauce in 2" steamer pan and place in steamer for 10-12 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. Place cooked chicken and hot sauce into a 6" steam table pan, mix thoroughly until chicken is coated with sauce. Cover with lid and place in hot holding until serving time. Take temperature once mixed thoroughly. Take temperature again at beginning of serving time. Cs-176 servings (6) 5lb bags chicken &amp; (6) 2.15lb bag of sauce 3.90oz portion for each student.</p>	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)

### SLE Components

Amount Per Serving

<b>Meat</b>	1.03
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<b>Grain</b>	0.76
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 5.00 Ounce

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**Amount Per Serving**

<b>Calories</b>	551.04
<b>Fat</b>	15.01g
<b>SaturatedFat</b>	1.59g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	23.08mg
<b>Sodium</b>	929.27mg
<b>Carbohydrates</b>	84.10g
<b>Fiber</b>	9.67g
<b>Sugar</b>	13.15g
<b>Protein</b>	22.30g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.74mg

# PRO & STE-Nacho Grande

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	150 Ounce	Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 2.03oz serving=3oz scoop/ladle	674312
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	25 cups=200 ounce(2 Bags) Place 1 plastic cooking bag lining inside a 4" half pan-pour 1 bag of cheese sauce in pan, cover with lid and put in steamer for 10-15 minutes or until the internal temperature reaches 165 degrees F for 15 seconds or longer. Portion size:2oz of warm cheese sauce- Use a #10 Scoop	135261
CHIP TORTL RND YEL 5-1.5 KE	600 Piece	1100 chips = 1 case 6 chips per serving size	163020
Beans, Refried, Low sodium, canned	1 1/2 #10 CAN	BAKE Open can and heat according to recipe or instructions on can or until internal temperature reaches 165 degrees F. Portion size of .50 Cup	100362
Tomato, Red, ripe-med	6 1/4 Pound	READY_TO_EAT Using the slicer- dice Wash tomatoes in cool water-12.5#=25 cups	Wilkens Food Service
CILANTRO CLEANED 4-1 RSS	1 1/2 Pound	1lbs bag=32 (1/2oz) servings Wash and air dry on paper towel. Rough chop and place in 1/2 pan and cover. keep in cooler until serving time.	219550
SEASONING TACO 21Z TRDE	2 Cup	Mix 4 Cups of Seasoning to the beef crumbles and heat.	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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	0.55
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.06
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	924.40		
<b>Fat</b>	35.75g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	28.75mg		
<b>Sodium</b>	1116.82mg		
<b>Carbohydrates</b>	123.93g		
<b>Fiber</b>	12.14g		
<b>Sugar</b>	0.80g		
<b>Protein</b>	22.63g		
<b>Vitamin A</b>	480.08IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	344.50mg	<b>Iron</b>	3.14mg

# PRO STE-Classic Chicken Popper Mashed Potato Bowl

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	600 Each	BAKE: CONVECTION Appliances vary, adjust accordingly. 6-8 minutes at 375°F from frozen. 1 Case = 1908 Average Count (4 x 477 Average Count per Bag) Chicken, Golden Crispy, Fritter, Whole Grain, Breaded, Popcorn, Cooked, Frozen FROZEN = 270 DAYS FROM DATE OF PRODUCTION	327120
POTATO MASH INST 6-26Z BRILLIANT	20 Cup	RECONSTITUTE 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 1 Case = 729.6 Ounces (6 x 121.6 Ounces per Bag) of Potatoes, Mashed, Dried, Shelf-Stable. Grocery (Dry) = 180 days from date of production	675031
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	25 Ounce	Keep in cooler Ready to use 4/5lb bags-1 bag=80oz	359572
Chicken Gravy	8 1/2 Cup	MIX Place contents of pouch in a 4" half steam table pan. Gradually add 1 gallon of boiling water. Stir briskly until smooth and thickened. 1 Case = 1136 Ounces (8 x 142 Ounces per Bag) of Gravy Mix, Poultry, Low-Sodium DRY= 450 DAYS	Wilkens Food Service
Corn cnd	1 #10 CAN	Wash cans free of debris. Open can and place in 1/2 steam table pan. Cover and cook in steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. Place covered pan in hot holding until serving. portion size of 1/4 cup	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

## SLE Components

Amount Per Serving

<b>Meat</b>	1.34
<b>Grain</b>	0.55
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.29

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	194.20		
<b>Fat</b>	9.66g		
<b>SaturatedFat</b>	2.86g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	17.16mg		
<b>Sodium</b>	326.53mg		
<b>Carbohydrates</b>	16.52g		
<b>Fiber</b>	2.47g		
<b>Sugar</b>	1.32g		
<b>Protein</b>	10.34g		
<b>Vitamin A</b>	155.14IU	<b>Vitamin C</b>	1.99mg
<b>Calcium</b>	61.97mg	<b>Iron</b>	1.15mg

# PRO & STE-Ultimate Mac & Cheese

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR WGRAIN 2- 10 BARILL - Barilla - M	25 Pound	1/2 cup (56g) = 1oz eq grain 1 Cup (100g) - 2oz eq grain SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES.	232471
SAUCE CHS CHED POUCH 6-106Z LOL	400 Ounce	4oz Use #6 scoop= 2 ozeqn m/ma UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN. DO NOT MICROWAVE.	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)

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.50 Ounce

Amount Per Serving	
<b>Calories</b>	560.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	800.00mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	12.00g
<b>Sugar</b>	4.00g

<b>Protein</b>	26.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	418.00mg	<b>Iron</b>	0.00mg



# PRO & STE-BBQ Chicken Meatball w/Ranch Rice

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FC Chicken Meatball	300 Ounce	Servings size 3ea (2.78oz) 2/5# case 160oz-62 servings Cook from Frozen 1.90 cs=100 servings PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES. FROZEN = 365 DAYS FROM DATE OF PRODUCTION	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	25 Cup	50 Cups of cooked rice=100 servings 1/4 cup dry=1 cup prepared 1 bag: 160oz = 80 cups (cooked) sservings 1.25 bags: 200oz = 100 Cup(cooked) servings CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES.	699181
SAUCE BBQ SWEET 6-80FLZ SWTBRAY	12 1/2 Cup	READY TO USE: 12.5 C=100 Fl oz. portion size 1 Tbl (1oz)	212071
CARROTS CHL BABY WHL 100/2.6 OZ PG	12 1/2 Cup	12.5# Wash and peel Carrots- Dice the carrots into 1/4" pieces.	03680
CELERY CHL STICKS 5 LB CS	12 1/2 Cup	25 C=200oz=12.5# Wash celery & slice into 1/8" pieces.	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	Open & Drain tomatoes	100329

Description	Measurement	Prep Instructions	DistPart #
Vegetable broth	1 1/4 Cup	READY_TO_EAT Ready to use	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.19
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Far East Vegetable Blend

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND FAR EAST 12-2 GFS	24 Cup	DO NOT THAW PRIOR TO COOKING. PACKAGING: 2# POLY BAG IN CORRUGATE BOX. PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SHELF LIFE: FROZEN= 1 YR. 100% IQF- NO WASTE.	491209

## Preparation Instructions

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	10.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.50mg		
<b>Carbohydrates</b>	1.25g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	0.25g		
<b>Vitamin A</b>	187.50IU	<b>Vitamin C</b>	3.75mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.09mg

# PRO & STE-Refried Beans

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	3 #10 CAN	Rinse top of can free from debris. Place 2-#10 cans in 4" steam table pan cover with lid and place in preheated oven at 350 degrees F for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. SHELF LIFE: DRY STORAGE= 730 DAYS.	293962

## Preparation Instructions

1/4 cup serving size per portion.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.26
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	72.43		
<b>Fat</b>	1.03g		
<b>SaturatedFat</b>	0.26g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	274.19mg		
<b>Carbohydrates</b>	11.90g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	0.52g		
<b>Protein</b>	4.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.28mg	<b>Iron</b>	1.03mg

# Steamed Carrots-PRO & STE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	3 #10 CAN	Rinse top of can free from debris Place 2 #10 cans in 4" steam table pan and cover with lid and steam for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.	100309

## Preparation Instructions

1/2 cup per serving.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.53
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.25 Cup

Amount Per Serving			
<b>Calories</b>	9.46		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	73.57mg		
<b>Carbohydrates</b>	2.10g		
<b>Fiber</b>	0.53g		
<b>Sugar</b>	1.05g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# PRO & STE-Broccoli florets

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	15 Pound	Place frozen broccoli in a slotted insert into 6" steam table pan and thaw under refrigeration overnight. Cover with lid. Once thawed place in steamer for 5-8 minutes until heated to 135 degrees f for 15 seconds or longer. Do not over cook. should still be bright green and slightly crisp.	110473

## Preparation Instructions

1/4 cup serving per portion

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.34
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	17.77		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.03mg		
<b>Carbohydrates</b>	3.42g		
<b>Fiber</b>	2.05g		
<b>Sugar</b>	0.68g		
<b>Protein</b>	2.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# PRO & STE-Corn

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	3 #10 CAN	Rinse can free from debris. Place 2 #10 cans in a slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees for 15 seconds or longer.	100313

## Preparation Instructions

1/4 cup serving per portion.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.24

### Nutrition Facts

Servings Per Recipe: 159.00

Serving Size: 0.25 Cup

#### Amount Per Serving

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

# PRO & STE-Green Beans

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	3 #10 CAN	Rinse can free from debris. Place 2 #10 can in slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until the internal temperature reaches 135 degrees for 15 seconds or longer.	100307

## Preparation Instructions

1/4 cup serving size per portion.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.23
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	7.39		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	64.67mg		
<b>Carbohydrates</b>	1.39g		
<b>Fiber</b>	0.92g		
<b>Sugar</b>	0.46g		
<b>Protein</b>	0.46g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# PRO & STE-Baked Beans

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	12 1/2 Cup	Place baked beans in a "6 Steam Table pan and cover with foil and bake for 20-25 minutes or until the internal temperature reaches 165 Degrees F for 15 seconds or longer.	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)

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.25 Serving

#### Amount Per Serving

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

# PRO & STE-Mashed Potatoes

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH INST 6-26Z BRILLIANT	139 5/16 Ounce	<b>RECONSTITUTE</b> 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 4: Use these potatoes in your recipe. [Alternate] Add ingredients to create signature mashed potatoes or other dishes that use riced potatoes.	675031

## Preparation Instructions

1/4 cup serving size

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.25 Cup

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

# Breakfast English Muffin Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
English Muffin	100 Each	Keep Frozen Until ready to serve Thaw at room temperature 2-4 hours or under refrigeration for 24 hours.	2206
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	Keep Frozen until ready to heat. Place sausage patties in a single layer on a parchment lined sheet tray. Bake in 350 degree F oven for 3-5 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. Shelf life: frozen for 180 days	184970
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	100 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	240.80		
<b>Fat</b>	8.05g		
<b>SaturatedFat</b>	2.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	130.15mg		
<b>Sodium</b>	450.00mg		
<b>Carbohydrates</b>	26.02g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.02g		
<b>Protein</b>	14.06g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.08mg

# Assorted Cereal

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	10 Package	READY_TO_EAT Ready-to-eat	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.67
<b>Fruit</b>	0.08
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

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

# Mini Chocolate Donut Kit

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mini Chocolate Donuts	158 2/5 Ounce	READY_TO_EAT Keep Frozen until ready to serve 48 per case=458.4 oz	Wilkens Food Service
BlueRaspberry-Lemon	211 1/5 fl. oz	READY_TO_EAT Remove from freezer and let sit out a short time before eating 4.4 fl oz per serving/211.2 fl oz= 48 servings	Wilkens Food Service

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

#### Amount Per Serving

<b>Calories</b>	410.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	63.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	37.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Mini Powdered Donut Kit

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mini Powdered Donuts	144 Ounce	Keep Frozen Until serving 270 oz = 48 packages	Wilkens Food Service
SourCherry-Lemon	211 1/5 fl. oz	READY_TO_EAT Remove from freezer and let sit out a short time before eating	Wilkens Food Service

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

<b>Amount Per Serving</b>			
<b>Calories</b>	360.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	345.00mg		
<b>Carbohydrates</b>	63.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	40.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Trix Strawberry Banana Bash Kit

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberry Banana Bash Yogurt	192 fl. oz	READY_TO_EAT Keep Refrigerated	Wilkens Food Service
JUICE BOX PNCH 100 125ML 40CT	48 Each		733230
Rockin'ola Pro granola	48 Ounce	BAKE pre-packaged 1.5 oz- 1 per student K-6	8004216

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.67
<b>Grain</b>	0.67
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

Amount Per Serving	
<b>Calories</b>	260.00
<b>Fat</b>	4.83g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	108.33mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	2.67g
<b>Sugar</b>	27.33g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 22.67mg	<b>Iron</b> 6.67mg



# PRO & STE-Breakfast Anytime

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN 176-.77Z	400 Piece	Keep Frozen: Convection Oven: arrange frozen french toast sticks on a sheet pan in a single layer. Bake uncovered at 325 degrees for 6-8 minues. Shelf Life:Frozen = 365 days from date of production	611201
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	Keep Frozen: Place in a single layer on a parchment lined sheet tray. Place in a preheated oven at 350 degrees. Bake for 10-15 minutes. heat until internal temperature reaches 165 degrees F for 15 seconds or longer. Shelf life: Frozen = 180 days	184970

## Preparation Instructions

4 Stick and 1 patty per serving portion

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	270.00		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	770.00mg		
<b>Carbohydrates</b>	53.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	3.42mg

# Pro & STE-Individual Pan Pepperoni Pizza

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Personal 5" Deep Dish Pepperoni Pizza	450 2/5 Ounce	<b>BAKE</b> Keep frozen: Preheat oven to 325 degrees F. Place pizza on parchment lined sheet tray. Frozen: Bake 13-15 minutes Thawed: Bake 11-13 minutes or until internal temperature reaches 165 degrees F for 15 seconds. 5.63 oz individual 450.4 oz = 80 ind per case	Wilkens Food Service

## Preparation Instructions

1 individual pizza per serving

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# PRO & STE-Breaded Chicken Patty Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	128 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. 128-3.75oz patty/case <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
Hamburger bun, Whole Grain, White	128 Each	<b>READY_TO_EAT</b> Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration. case 12 per bag/10 bags per case	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	330.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 1.08mg

# PRO & STE-Roasted Brussel Sprouts

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL 3-2 RSS	128 Each	3/2#bags per case 4 each per serving	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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 3.00 Ounce

Amount Per Serving			
<b>Calories</b>	85.00		
<b>Fat</b>	5.25g		
<b>SaturatedFat</b>	0.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	1 Case = 394.88 Ounces (4 x 98.72 Ounces per Bag) of Turkey Breasts, Steaks, Sliced, Frozen THAW UNDER REFRIGERATION FOR AT LEAST 48 HOURS FOR SINGLE BAGS OR UP TO 72 HOURS FOR MULTIPLE BAG UNITS IN BOX. DO NOT THAW AT ROOM TEMPERATURE. STEAMER: (PREFERRED METHOD) PLACE BAG OF PRODUCT IN PACKAGING INTO A STEAM PAN AND PLACE IN PREHEATED STEAMER. HEAT ACCORDING TO CHART AND UNTIL INTERNAL TEMPERATURE IS 140 DEGREES F. REMOVE FROM STEAMER AND SERVE HOT. SHELF LIFE-FROZEN = 365 DAYS FROM DATE OF PRODUCTION	563652
CORNBREAD PRE-CUT 4-30CT CP	100 Piece	1 Case = 120 (4 x 30 per Tray) Cornbread, Sliced, Frozen THAW-LEAVE CORNBREAD IN TRAY WITH PLASTIC WRAP. THAW WHOLE SHEET AT ROOM TEMPERATURE: 1-1/2 TO 2 HOURS.	579785
Brown Gravy	100 Ounce	Reconstitute- IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE; YIELDS APPROXIMATELY 1088 OUNCES. Portion size is 2 Tbl	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

### SLE Components

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	300.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.24g
<b>Cholesterol</b>	75.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	0.40g
<b>Sugar</b>	11.00g
<b>Protein</b>	20.50g

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<b>Vitamin A</b>	71.47IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

# PRO & STE-Mesquite Glazed Drumstick

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	105 Piece	PREPARATION: Appliances vary, adjust accordingly. BAKE: Convection Oven 28 - 30 minutes at 375°F from Frozen. 22 - 27 minutes at 375°F from Thawed. or until internal temperature reaches 165 degrees F for 15 seconds or longer. Place pan of water in bottom of oven during cooking.	591160
CORN COB EARS LITTLE 2.75 96CT GFS	105 Each	Do not thaw prior to cooking. Place frozen cobbet in steam table pan. add small amount of boiling water to pan w/corn cobbett. palce in steam table and cook/steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1 case = 96 count	119385

## Preparation Instructions

1 drumstick per portion

1 corn cobbett

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.25

### Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	250.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	9.00mg	<b>Iron</b>	1.00mg



# PRO & STE-Loaded French Fries

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	1 3/10 Cup	1oz portion=Use #16 Scoop	135261
CHILI BEEF W/BEAN 6-5 COMM	2 1/2 Cup	1oz portion=Use #16 Scoop	344012
BACON CRUMBLES CKD 12-1 GFS	3/5 Cup	1/2 oz portion=Use Tablespoon	357220
SALSA 103Z 6-10 REDG	1 4/5 Cup	READY_TO_EAT 2oz portion=Use #16 Scoop	452841
Green Onion	3/5 Cup	READY_TO_EAT Rinse and slice green onion into 1/4" pieces 1/2 oz portion-Use 1 Tablespoon	Wilkens Food Service
Fries 3/8 S/C Ovarions 6-5 Mcc	24 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	868961
SOUR CREAM PKT 400-1Z GCHC	20 Each	READY_TO_EAT Served as a topping on a hot or cold meal	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,

### SLE Components

Amount Per Serving

<b>Meat</b>	0.30
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<b>Grain</b>	0.00
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<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.03
<b>Legumes</b>	0.00
<b>Starch</b>	0.25

### Nutrition Facts

Servings Per Recipe: 20.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	165.36
<b>Fat</b>	9.42g
<b>SaturatedFat</b>	4.95g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	28.26mg
<b>Sodium</b>	328.67mg
<b>Carbohydrates</b>	13.39g
<b>Fiber</b>	0.71g
<b>Sugar</b>	1.71g
<b>Protein</b>	5.03g

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<b>Vitamin A</b>	312.28IU	<b>Vitamin C</b>	3.19mg
<b>Calcium</b>	105.99mg	<b>Iron</b>	0.29mg

# PRO & STE-Soft Beef Tacos

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each	Thaw under refrigeration for 24-48 hours	882690
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 2.03 oz per portion Use #10 scoop	674312
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	12 1/2 Cup	1 cs-4/5# -320 oz or 320 servings @ 1oz 1 bag =80 oz or 80 servings 2 Tbl portions Use #30 scoop 100 servings use 1.25 bags	359572
Romaine Lettuce	12 1/2 Cup	<b>READY_TO_EAT</b> Place in cooler until time of preparation: <b>DO NOT WASH UNTIL YOU ARE READY DAY OF MENUED ITEMS!</b> Cut bottoms off lettuce- take leaves and place in salad spinner- let soak in cold water for 30 minutes. Drain water through bottom of salad spinner. place plug back in after all water is drained. spin until very little to no water remains on lettuce. For Salad bar-rough chop lettuce into bite size pieces For Tacos/Nachos cut into 1/4" strips 1/8 Cup per portion	Wilkens Food Service
Tomato, Red, ripe-med	12 1/2 Cup	<b>READY_TO_EAT</b> Wash and rinse tomatoes Dice into 1/4" pieces. 1 Tbl per portion Use #30 scoop	Wilkens Food Service
SEASONING TACO 21Z TRDE	4 Cup	Add 4 Cups of taco seasoning to cooked beef tacomeat, mix thoroughly until all meat is coated.	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

## SLE Components

### Amount Per Serving

<b>Meat</b>	2.13
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		236.72	
<b>Fat</b>		10.63g	
<b>SaturatedFat</b>		5.25g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		28.13mg	
<b>Sodium</b>		691.28mg	
<b>Carbohydrates</b>		19.84g	
<b>Fiber</b>		2.25g	
<b>Sugar</b>		2.59g	
<b>Protein</b>		13.96g	
<b>Vitamin A</b>	1021.04IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	38.79mg	<b>Iron</b>	2.15mg

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F 1 cs=320 oz 80 servings 1.25 cs =400oz 100 servings	498702
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.	277862

## Preparation Instructions

To assemble:

Place 1 slice of toasted garlic bread on tray

Add 4oz of pulled pork on top of garlic bread

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

# PRO-BAKED MOSTACCIOLI w/Lentil pasta

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO 6" FULL STEAM TABLE PANS AND HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F.	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
BEEF CRMBL CKD 6- 5 SMRTPCKS	150 Ounce	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN-PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPURTURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNEED. 1-2 MINUTES	Wilkens Food Service
Lentil Penne	800 Ounce	BOIL Add 1 bag pasta to boiling water. Reduce heat to medium high, stir occasionally. cook 9 minutes. Drain, rinse and serve Hold hot at 145 degrees F unitl service	Wilkens Food Service
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Tablespoon	Mix 3 TBL in with beef crumbles and sauteed onions prior to heating.	413453
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon		513881

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	100 Each	<p><b>CONVECTION</b> Convection Oven1. Preheat oven to 400° F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks may be thawed in packaging.4. Bosco Stick have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	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

### SLE Components

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.32
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.25
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	391.78
<b>Fat</b>	9.91g
<b>SaturatedFat</b>	4.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.38mg
<b>Sodium</b>	455.19mg
<b>Carbohydrates</b>	50.97g
<b>Fiber</b>	5.26g

<b>Sugar</b>	3.56g
<b>Protein</b>	25.51g
<b>Vitamin A</b> 258.37IU	<b>Vitamin C</b> 3.75mg
<b>Calcium</b> 247.78mg	<b>Iron</b> 0.94mg



# STE-BAKED MOSTACCIOLI w/Lentil pasta

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3/10 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO 6" FULL STEAM TABLE PANS AND HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F.	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/20 Cup		732900
BEEF CRMBL CKD 6- 5 SMRTPCKS	15 Ounce	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN-PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPURTURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
CHEESE MOZZ SHRD 4-5 LOL	2 1/2 Cup	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1/10 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNEED. 1-2 MINUTES	Wilkins Food Service
Lentil Penne	80 Ounce	BOIL Add 1 bag pasta to boiling water. Reduce heat to medium high, stir occasionally. cook 9 minutes. Drain, rinse and serve Hold hot at 145 degrees F unitl service	Wilkins Food Service
SEASONING SPAGHETTI ITAL 12Z TRDE	3/10 Tablespoon	Mix 3 TBL in with beef crumbles and sauteed onions prior to heating.	413453
SPICE GARLIC GRANULATED 24Z TRDE	1/5 Tablespoon		513881

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	10 Each	<p><b>CONVECTION</b> Convection Oven1. Preheat oven to 400° F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks may be thawed in packaging.4. Bosco Stick have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	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

### SLE Components

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.32
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.25
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	391.78
<b>Fat</b>	9.91g
<b>SaturatedFat</b>	4.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.38mg
<b>Sodium</b>	455.19mg
<b>Carbohydrates</b>	50.97g
<b>Fiber</b>	5.26g

<b>Sugar</b>	3.56g
<b>Protein</b>	25.51g
<b>Vitamin A</b> 258.37IU	<b>Vitamin C</b> 3.75mg
<b>Calcium</b> 247.78mg	<b>Iron</b> 0.94mg

# Nacho Grande

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	203 Ounce	Steamer: place a 1/4 cup of WATER in bottom of pan and place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 2.03oz serving=3oz scoop/ladle	674312
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	25 cups=200 ounce(2 Bags) Place 1 plastic cooking bag lining inside a 4" half pan-pour 1 bag of cheese sauce in pan, cover with lid and put in steamer for 10-15 minutes or until the internal temperature reaches 165 degrees F for 15 seconds or longer. Portion size:2oz of warm cheese sauce- Use a #30 Scoop	135261
Beans, Refried, Low sodium, canned	1 1/2 #10 CAN	BAKE Open can and heat according to recipe or instructions on can or until internal temperature reaches 165 degrees F. Portion size of .50 Cup	100362
Tomato, Red, ripe-med	12 1/2 Pound	READY_TO_EAT Using the slicer- dice Wash tomatoes in cool water-12.5#=25 cups	Wilkens Food Service
CILANTRO CLEANED 4-1 RSS	3 Pound	1lbs bag=32 (1/2oz) servings Wash and air dry on paper towel. Rough chop and place in 1/2 pan and cover. keep in cooler until serving time.	219550
SEASONING TACO 21Z TRDE	4 Cup	Mix 5.5 Cups of Seasoning to the beef crumbles and heat. 1/3 Cup of seasoning per bag.	413429
CHIP TORTL RND YEL 5-1.5 KE	1100 Piece	1 case= 1100 chips serving size 11 chips	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.54
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	1615.05		
<b>Fat</b>	60.11g		
<b>SaturatedFat</b>	10.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.38mg		
<b>Sodium</b>	1874.91mg		
<b>Carbohydrates</b>	226.29g		
<b>Fiber</b>	22.27g		
<b>Sugar</b>	1.59g		
<b>Protein</b>	35.89g		
<b>Vitamin A</b>	960.15IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	544.50mg	<b>Iron</b>	5.40mg

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	20 Cup	2 cups of romaine lettuce = 1 cup eq. of vegetable	735787
TOMATO CHERRY 11 MRKN	50 Each	Wash and air dry 5 medium size cherry tomatoes =1oz approx. 120 cherry tomatoes will be used for 24 salads.	569551
Cucumber	40 Slice	4 slices = 1 1/2 oz (wt.) cucumber	16P98
Carrots, baby	30 Each	3 baby carrots = 1/8 cup/1oz	18D69
BREADSTICK CHS STFD WGRAIN 6 144CT	10 Each	<p><b>Thawing Instructions</b></p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p><b>Convection Oven</b></p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b></p> <p>Oven temperatures may vary. Adjust baking time and/or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	10 Ounce		359572

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	120 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.18
<b>Grain</b>	2.09
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	3.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	700.35		
<b>Fat</b>	28.42g		
<b>SaturatedFat</b>	11.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	61.82mg		
<b>Sodium</b>	1227.22mg		
<b>Carbohydrates</b>	77.47g		
<b>Fiber</b>	8.59g		
<b>Sugar</b>	5.09g		
<b>Protein</b>	32.23g		
<b>Vitamin A</b>	11408.73IU	<b>Vitamin C</b>	74.80mg
<b>Calcium</b>	466.44mg	<b>Iron</b>	4.70mg

# BAKED MOSTACCIOLI w/Lentil pasta

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	2 #10 CAN	READY_TO_EAT None ADD 3#10 CANS OF PASTA SAUCE (MARINARA) TO BEEF CRUMBLES & ONION MIXTURE	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	USE 1/4 CUP WITH SAUTEEING ONIONS USE 1/2 CUP WITH PASTA	732900
BEEF CRMBL CKD 6- 5 SMRTPCKS	90 Ounce	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN-PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERTURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER. 11.25 CUPS	674312
CHEESE MOZZ SHRD 4-5 LOL	15 Cup	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1 1/4 Cup	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNEED. 1-2 MINUTES	Wilkens Food Service
Lentil Penne	480 Ounce	BOIL Open 1 bag pasta and add to boiling water. Reduce heat to medium high, stir occasionally. cook 6-8 minutes. Drain, rinse and serve Hold hot at 145 degrees F unitl service 60 CUPS	Wilkens Food Service
SEASONING SPAGHETTI ITAL 12Z TRDE	2 Tablespoon	Mix 3 TBL in with beef crumbles and sauteed onions prior to heating.	413453
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon	Mix 2 TBL in with beef crumbles and sauteed onions prior to heating.	513881



Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	60 Each	<p><b>THAW</b> Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks may be thawed in packaging.4. Bosco Stick have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>CONVECTION</b> Convection Oven1. Preheat oven to 400° F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411

## Preparation Instructions

### COOKING INSTRUCTIONS:

- 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)
- 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.
- 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.
- NEXT MIX BEEF CRUMBLES MIXTURE WITH 3 CANS OF MARINARIA SAUCE TOGETHER.
- MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE WITH THE COOKED & RINSED PASTA.
- 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.
- 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

### SLE Components

Amount Per Serving

<b>Meat</b>	3.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.69
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	793.85
<b>Fat</b>	20.85g
<b>SaturatedFat</b>	8.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	48.75mg
<b>Sodium</b>	956.90mg
<b>Carbohydrates</b>	102.35g
<b>Fiber</b>	10.74g

<b>Sugar</b>	7.49g
<b>Protein</b>	51.24g
<b>Vitamin A</b> 534.92IU	<b>Vitamin C</b> 8.21mg
<b>Calcium</b> 456.09mg	<b>Iron</b> 1.85mg

# BBQ Chicken Meatball w/Ranch Rice-HUFF

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FC Chicken Meatball	180 Ounce	Servings size 3ea (2.78oz) 2/5# case 160oz-62 servings Cook from Frozen 1.90 cs=100 servings PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES. FROZEN = 365 DAYS FROM DATE OF PRODUCTION	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	30 Cup	50 Cups of cooked rice=100 servings 1/4 cup dry=1 cup prepared 1 bag: 160oz = 80 cups (cooked) servings 1.25 bags: 200oz = 100 Cup(cooked) servings CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES.	699181
CARROTS CHL BABY WHL 100/2.6 OZ PG	15 Cup	12.5# Wash and peel Carrots- Dice the carrots into 1/4" pieces.	03680
CELERY CHL STICKS 5 LB CS	15 Cup	25 C=200oz=12.5# Wash celery & slice into 1/8" pieces.	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	Open & Drain tomatoes	100329
Vegetable broth	1 1/2 Cup	READY_TO_EAT Ready to use	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.36
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# KHS-Loaded French Fries

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	2oz portion=Use #10 Scoop	135261
CHILI BEEF W/BEAN 6-5 COMM	50 Cup	2oz portion=Use #10 Scoop	344012
BACON CRUMBLES CKD 12-1 GFS	12 1/2 Cup	1 oz portion=Use #30 Scoop	357220
Green Onion	6 1/4 Cup	READY_TO_EAT Rinse and slice green onion into 1/4" pieces 1/2 oz portion-Use 1 Tablespoon	Wilkens Food Service
Fries 3/8 S/C Ovations 6-5 Mcc	474 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. 1 cup of french fries per portion	868961
SOUR CREAM PKT 400-1Z GCHC	100 Each	READY_TO_EAT Served as a topping on a hot or cold meal	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,

### SLE Components

Amount Per Serving

<b>Meat</b>	1.17
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.03
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.00

Starch

1.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	445.54		
<b>Fat</b>	22.43g		
<b>SaturatedFat</b>	9.15g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	52.66mg		
<b>Sodium</b>	952.23mg		
<b>Carbohydrates</b>	40.79g		
<b>Fiber</b>	2.59g		
<b>Sugar</b>	1.68g		
<b>Protein</b>	17.11g		
<b>Vitamin A</b>	307.38IU	<b>Vitamin C</b>	8.83mg
<b>Calcium</b>	258.37mg	<b>Iron</b>	1.07mg

# BAKED MOSTACCIOLI K-8

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9709

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	1 1/2 #10 CAN	READY_TO_EAT None ADD 1.5 #10 CANS OF PASTA SAUCE (MARINARA) TO BEEF CRUMBLES & ONION MIXTURE	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3 Fluid Ounce	USE 2 Tablespoons WITH SAUTEING ONIONS USE 1/4 CUP WITH PASTA	732900
BEEF CRMBL CKD 6- 5 SMRTPCKS	100 Ounce	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 1/4 BAG OF THAWED BEEF CRUMBLES TO PAN-PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERTURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
CHEESE MOZZ SHRD 4-5 LOL	12 1/2 Cup	Use 1 1/4 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1/2 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNEED. 1-2 MINUTES 1#=16oz	Wilkens Food Service
Lentil Penne	400 Ounce	BOIL Open 1 bag pasta and add to boiling water. Reduce heat to medium high, stir occasionally. cook 6-8 minutes. Drain, rinse and serve Hold hot at 145 degrees F unitl service 6/5#/CS 5 BAGS = 400OZ	Wilkens Food Service
SEASONING SPAGHETTI ITAL 12Z TRDE	1 1/2 Tablespoon	Mix 1 1/2 TBL in with beef crumbles and sauteed onions prior to heating.	413453
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon	Mix 2 TBL in with beef crumbles and sauteed onions prior to heating.	513881

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	100 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.<b>CAUTION: FILLING MAY BE HOT!</b>Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>144 COUNT PER CASE</p>	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

## SLE Components



### Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.32
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.25
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		482.93	
<b>Fat</b>		13.57g	
<b>SaturatedFat</b>		5.81g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		35.00mg	
<b>Sodium</b>		580.19mg	
<b>Carbohydrates</b>		59.47g	
<b>Fiber</b>		6.26g	
<b>Sugar</b>		4.06g	
<b>Protein</b>		31.76g	
<b>Vitamin A</b>	258.37IU	<b>Vitamin C</b>	3.75mg
<b>Calcium</b>	358.78mg	<b>Iron</b>	1.58mg

# Tex Mex Hummus

<b>Servings:</b>	70.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9840

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	25 Ounce	RECONSTITUTE Ready to Mix 1/2 bag = 55 servings	Wilkens Food Service
BEAN GARBANZO 6-10 GFS	2 #10 CAN	Drain and rinse	118753
Original with Sea Salt Wave	70 Bag	READY_TO_EAT Ready to Eat	Wilkens Food Service
SEASONING TACO 21Z TRDE	3 Tablespoon	3 tablespoons=9 teaspoons for each 1/2 batch use	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 cooler overnight until serving time  
Serve 1-1/2 cup hummus with 1 bag of pita chips.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	184.01
<b>Fat</b>	6.62g
<b>SaturatedFat</b>	1.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	385.86mg
<b>Carbohydrates</b>	25.92g
<b>Fiber</b>	5.70g
<b>Sugar</b>	3.64g
<b>Protein</b>	4.50g
<b>Vitamin A</b>	64.29IU
<b>Vitamin C</b>	0.00mg

**Calcium** 44.34mg **Iron** 0.56mg

# Classic Hummus

<b>Servings:</b>	70.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9841

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	25 Ounce	RECONSTITUTE Ready to Mix 1 bag of sauce to 2-10# cans of garbanzo beans	Wilkens Food Service
BEAN GARBANZO 6-10 GFS	2 #10 CAN	Drain and rinse	118753
Original with Sea Salt Wave	70 Bag	READY_TO_EAT Ready to Eat	Wilkens 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.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	182.72		
<b>Fat</b>	6.62g		
<b>SaturatedFat</b>	1.23g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	355.64mg		
<b>Carbohydrates</b>	25.66g		
<b>Fiber</b>	5.70g		
<b>Sugar</b>	3.57g		
<b>Protein</b>	4.43g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 44.34mg **Iron** 0.53mg

# KHS-Boom Boom Sauce

<b>Servings:</b>	54.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9976

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD LT 4-1GAL GFS	2 Cup		429422
SALSA 103Z 6-10 REDG	33/100 Cup	READY_TO_EAT None 1/3rd Cup per 54 servings	452841
SAUCE SRIRACHA CHILI 12-17Z ROLAND	1/2 Cup	READY_TO_EAT Ready to use out of the bottle, just tip bottle and squeeze.	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 0.50 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	23.45		
<b>Fat</b>	1.48g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.93mg		
<b>Sodium</b>	112.29mg		
<b>Carbohydrates</b>	2.32g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.66g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	5.80IU	<b>Vitamin C</b>	0.07mg
<b>Calcium</b>	0.55mg	<b>Iron</b>	0.00mg

# KHS-Chicka Boom Boom Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9977

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hoagie Roll, WG Split top	50 Each	READY_TO_EAT Keep frozen until serving. Thaw under refrigeration for 24 hours. Shelf Life of 5 days in ambient temperature. 365 days	Wilkens Food Service
CHIX BRST STRP BRD WGRAIN 6-5.15	152 Ounce	BAKE PREPARATION: Appliances vary, adjust accordingly. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered. 3 strips per sandwich	740820
Lettuce Chopped Romaine 2#	25 Cup	1 case-2# =8 cups(16-1/2 cup servings) 1/2 cup per serving	2784
TOMATO 6X6 LRG 25 MRKN	2 1/2 Cup	1 case = 25#=50 cups 1 Tablespoon per serving	199036
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	1 case 2/3# bags=96oz=12 cups 1/8 cup per serving (1oz)	313157
PICKLE SWT/SPCY CHIP 2GAL BRICK	150 Slice	3 slices per sandwich	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.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.03
<b>Grain</b>	3.01
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.05
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	434.53		
<b>Fat</b>	17.82g		
<b>SaturatedFat</b>	2.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.73mg		
<b>Sodium</b>	758.51mg		
<b>Carbohydrates</b>	46.73g		
<b>Fiber</b>	1.37g		
<b>Sugar</b>	10.36g		
<b>Protein</b>	21.42g		
<b>Vitamin A</b>	74.97IU	<b>Vitamin C</b>	1.23mg
<b>Calcium</b>	18.06mg	<b>Iron</b>	1.08mg



# KHS-Italian Supreme Sub Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9978

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	300 Ounce	192oz/case 3oz per serving 100 servings needs 1.5 cases	199721
CHEESE MOZZ LMPS SHRD FTTH 4-5#	6 1/4 Cup	320oz per case-80oz per bag 1/2oz (1 Tablespoon)per sandwich	265041
SAUCE MARINARA A/P 6-10 REDPK	6 1/4 Cup	READY_TO_EAT None 1/2 oz (1 Tablespoon) per serving	592714
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1/2 #10 CAN	4 tsp per serving (.66oz) 1/2 can per 100 servings #10 can (110.3oz)	324531
PEPPERS GREEN DCD 1/4 2-3 RSS	1/2 #10 CAN	4 tsp per serving (.66oz) 1 1/2 trays per 100 servings 2/3# tray (96oz)	198331
BREAD PANINI 192-.82Z PILLS	100 Piece	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.	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

## SLE Components

Amount Per Serving

<b>Meat</b>	0.06
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.09
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	281.62		
<b>Fat</b>	11.83g		
<b>SaturatedFat</b>	3.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	58.94mg		
<b>Sodium</b>	784.16mg		
<b>Carbohydrates</b>	22.10g		
<b>Fiber</b>	1.36g		
<b>Sugar</b>	6.22g		
<b>Protein</b>	17.30g		
<b>Vitamin A</b>	69.82IU	<b>Vitamin C</b>	4.39mg
<b>Calcium</b>	42.87mg	<b>Iron</b>	2.42mg

# KHS-Philly Cheesesteak on Hoagie Roll

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9995

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Yellow Onions	12 1/2 Pound	READY_TO_EAT 2 1/2 cases	Wilkens Food Service
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	4 Cup	4 cups for of oil for Onions & peppers	732900
PEPPERS GREEN STRP 3/4 2-3 RSS	50 Ounce	3/4# per case	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	37 1/2 Cup	2 case per 100 servings	637442
CHEESE MOZZ LMPS SHRD FTNR 4-5#	100 Ounce	1/8 cup per sandwich 1 1/4 bag per 100 servings	265041
PARSLEY ITAL FRESH 1# MRKN	1 1/2 Cup	2 1/3rd case per 100 servings	521520
Hoagie Roll, WG Split top	100 Each	READY_TO_EAT Keep frozen until serving. Thaw under refrigeration for 24 hours. Shelf Life of 5 days in ambient temperature. 365 days	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	250 Ounce	BAKE From Frozen: Convection-Preheat oven to 350 degrees F. Place 3 lb. bags of sliced beef (keep product in bag), into hotel pan and filled with hot water. Heat for 1 hour. From Thawed: Preheat oven to 350 degrees F. Place 3 lb bags of sliced beef (keep product in bag), into hotel pan and fill up with hot water. Heat for 40 minutes Shelf life of 365 days frozen or 5 days in ambient temperature. 2.5 oz per serving 4 bags per 100 servings 10/3# bag per case 48oz per bag	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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.80
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.33
<b>OtherVeg</b>	0.38
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	464.02		
<b>Fat</b>	25.03g		
<b>SaturatedFat</b>	7.79g		
<b>Trans Fat</b>	0.45g		
<b>Cholesterol</b>	55.47mg		
<b>Sodium</b>	626.69mg		
<b>Carbohydrates</b>	37.02g		
<b>Fiber</b>	1.28g		
<b>Sugar</b>	7.22g		
<b>Protein</b>	25.30g		
<b>Vitamin A</b>	576.83IU	<b>Vitamin C</b>	3.38mg
<b>Calcium</b>	618.99mg	<b>Iron</b>	1.96mg

# KHS-Cuban Style Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9996

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	62 Cup	2/5# case 160oz 1 tray=80oz	786543
CUCUMBER SELECT SUPER 45 MRKN	35 Cup	diced cucumber 17.5# per 100 servings	198587
ONION RD SLIVERED 1/8 2-3 RSS	3 3/4 Cup	diced red onion	313157
PARSLEY ITAL FRESH 1# MRKN	1 1/4 Cup	chopped	521520
LIME 200CT 40 MRKN	40 Each	20 oz per 100 servings	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.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	35.26		
<b>Fat</b>	0.08g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.58mg		
<b>Carbohydrates</b>	8.44g		
<b>Fiber</b>	1.58g		
<b>Sugar</b>	3.49g		
<b>Protein</b>	0.98g		
<b>Vitamin A</b>	96.53IU	<b>Vitamin C</b>	9.32mg
<b>Calcium</b>	26.70mg	<b>Iron</b>	0.50mg

# KHS-Cuban-Style Ham & Cheese Panini

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10007

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	THAW UNDER REFRIGERATION FOR AT LEAST 48 HOURS FOR SINGLE BAGS OR UP TO 72 HOURS FOR MULTIPLE BAG UNITS IN BOX. DO NOT THAW AT ROOM TEMPERATURE. FROZEN = 365 DAYS FROM DATE OF PRODUCTION	563652
CHEESE MOZZ LMPS SHRD FTHR 4-5#	6 1/4 Cup	1/2 OZ OF MOZZ. CHEESE PER SANDWICH	265041
TURKEY HAM UNCURED 6-2 JENNO	200 Slice	Thaw under refrigeration for 24-48 hours.	690041
BREAD PANINI 192- .82Z PILLS	200 Piece	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.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	3.06
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	405.63		
<b>Fat</b>	10.88g		
<b>SaturatedFat</b>	2.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.94mg		
<b>Sodium</b>	884.38mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	29.44g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.60mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.80mg

# KHS-Roasted Veggie Flatbread

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10011

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	READY_TO_EAT HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed For best results thaw out to room temperature prior to heating. Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen For individual pieces (out of bag)	220462
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	1 TEASPOON PER FLATBREAD	732900
SEASONING ITAL HRB 6Z TRDE	1 Ounce		428574
TOMATO 6X6 LRG 25 MRKN	6 Cup	2 slices per flatbread 1/4 cup	199036
PEPPERS GREEN STRP 3/4 2-3 RSS	3 Cup	1/8 cup per flatbread	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	3 Cup	1 tablespoon per flatbread	637442
ONION RD SLIVERED 1/8 2-3 RSS	3 Cup	1 tablespoon per flatbread	313157
CHEESE MOZZ LMPS SHRD FTHR 4-5#	100 Ounce	50 flatbread use 1 1/4 bags 2oz of cheese per flatbread	265041
SPINACH LEAF FLAT CLND 4-2.5 RSS	3 Cup	rough chop spinach 1 tablespoon per flatbread	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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.12
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Slice

### Amount Per Serving

<b>Calories</b>	369.44		
<b>Fat</b>	18.42g		
<b>SaturatedFat</b>	8.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	438.05mg		
<b>Carbohydrates</b>	28.33g		
<b>Fiber</b>	3.64g		
<b>Sugar</b>	2.28g		
<b>Protein</b>	18.43g		
<b>Vitamin A</b>	179.93IU	<b>Vitamin C</b>	3.06mg
<b>Calcium</b>	86.89mg	<b>Iron</b>	1.60mg

# KHS-Pickled Jalapeno Pickle Relish

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10018

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup		786543
PEPPERS JALAP SLCD 4-106Z ELPAS	6 1/4 Cup	READY_TO_EAT Refrigerate after opening. ROUGH CHOP JALAPENOS	786802
PICKLE SWT/SPCY CHIP 2GAL BRICK	12 1/2 Cup	ROUGH CHOP PICKLES	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	17.92		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.63mg		
<b>Carbohydrates</b>	3.65g		
<b>Fiber</b>	0.25g		
<b>Sugar</b>	2.23g		
<b>Protein</b>	0.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.09mg

# KHS-Cheeseburger Sauce

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10020

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD LT 4-1GAL GFS	3 Cup		429422
SAUCE SRIRACHA CHILI 12-17Z ROLAND	2 Tablespoon	READY_TO_EAT Ready to use out of the bottle, just tip bottle and squeeze.	246911
MUSTARD VOL PK 3GAL HNZ	3/4 Cup		806889
PICKLE SWT/SPCY CHIP 2GAL BRICK	1 Tablespoon	use 1 Tablespoon of juice of the pickles	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	34.40		
<b>Fat</b>	2.40g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.60mg		
<b>Sodium</b>	103.20mg		
<b>Carbohydrates</b>	3.06g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.09g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# KHS-Cheeseburger Flatbread mixture

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10026

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	To thaw: product must be heated from thawed state; thaw under refrigeration 24-48 hours Cook in Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 100 OZ = 1 1/4 BAG OF BEEF CRUMBLES 2oz of beef crumble per flatbread	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	1/4 CUP OF SHREDDED CHEESE PER FLATBREAD	344721
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	READY_TO_EAT HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen THAW HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	220462
Lettuce Chopped Romaine 6/2#	6 1/4 Cup	1/8 cup per flatbread	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Slice

<b>Amount Per Serving</b>			
<b>Calories</b>	365.00		
<b>Fat</b>	18.75g		
<b>SaturatedFat</b>	7.63g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	420.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	280.00mg	<b>Iron</b>	2.52mg

# KHS-Thai Chicken Flatbread

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10038

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	THAW UNDER REFRIGERATION OR ROOM TEMPERATURE FOR 1-2 HOURS HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen 1 slice per serving 144 count per case	220462
SAUCE CHS WHT BLND 6-106Z LOL	9 3/8 Cup	6/106 bag per case 75oz per 50 servings 3/4 of bag-9 1/3rd cup per 50 servings	235631
SAUCE SRIRACHA CHILI 4-.5GAL FRNKS	1 1/2 Cup	4/5 gal per case 1 1/2 cup per 50 servings	606431
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	4 Pound	4/5# bags per case 2/3rd cup per flatbread	198234
CHIX PULLED WHT & DRK BLND 2-5 TYS	3 1/8 Pound	Fully cooked. Simply use or heat and use. Fully cooked-heat in steamer for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2/5# bags per case-160oz per case 1oz of chicken per flatbread	467802
CHEESE MOZZ LMPS SHRD FTHR 4-5#	50 Ounce	4/5# bags 1/4 cup per 50 servings	265041
CILANTRO CLEANED 4-1 RSS	2 Cup	4/1# bag 1/8Cup per flatbread	219550
Broccoli Florets	1 Pound	1/8 cup per flatbread	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.

## SLE Components

Amount Per Serving

<b>Meat</b>	1.73
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	300.71		
<b>Fat</b>	11.29g		
<b>SaturatedFat</b>	4.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.91mg		
<b>Sodium</b>	493.98mg		
<b>Carbohydrates</b>	28.23g		
<b>Fiber</b>	3.11g		
<b>Sugar</b>	1.22g		
<b>Protein</b>	18.23g		
<b>Vitamin A</b>	6.25IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.63mg	<b>Iron</b>	2.78mg

# KHS-BBQ Chicken Pizza

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10042

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	50 Each	Keep Frozen; thaw under refrigeration for 24 hours 30/12 count per case=360	882690
CHIX PULLED WHT & DRK BLND 2-5 TYS	200 Ounce	Keep frozen until ready to use. Thaw under refrigeration for 24-48 hours Warm in 2" steam table pan heat for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2.2oz per tortilla pizza	467802
SAUCE BBQ SMOKY 4- 1GAL CATL	6 1/4 Cup	4/1 gallon per case	300829
CORN CUT IQF 30 KE	12 1/2 Cup	30# case Place 12.5 Cup of frozen corn in 4" steam table pan and heat until internal temperature reaches 135 degrees for 15 seconds or longer. 2oz per tortilla use #20 scoop	283730
ONION RD SLIVERED 1/8 2- 3 RSS	6 1/4 Cup	2/3# bags rough chop red onion into 1/4" pieces 1oz per tortilla use a #30 scoop	313157
PEPPERS BELL ORANGE 11	6 1/4 Cup	11# case .75oz per tortilla	460860
CHEESE MOZZ LMPS SHRD FTHR 4-5#	9 3/8 Cup	4/5# bags=320oz per case 1/8 cup per tortilla use #30	265041
CILANTRO CLEANED 4-1 RSS	3 1/8 Cup	4/1# bags 64oz per case rough chop 1 tablespoon per tortilla use #60	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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.85
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.19

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	365.51		
<b>Fat</b>	10.97g		
<b>SaturatedFat</b>	4.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	82.81mg		
<b>Sodium</b>	784.57mg		
<b>Carbohydrates</b>	35.17g		
<b>Fiber</b>	3.60g		
<b>Sugar</b>	8.62g		
<b>Protein</b>	31.72g		
<b>Vitamin A</b>	237.31IU	<b>Vitamin C</b>	2.10mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	1.86mg

# KHS-Meat Lover's Supreme Flatbread

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10044

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	READY_TO_EAT THAW UNDER REFRIGERATION FOR 24 HOURS OR AT ROOM TEMPERATURE 1-2 HOURS HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed For best results thaw out to room temperature prior to heating Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen	220462
SAUCE MARINARA A/P 6-10 REDPK	9 3/8 Cup	READY_TO_EAT None rinse top of can free from debris 6/#10 cans 1 tsp per flatbread	592714
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	4/5# bags =320oz per case 1oz per flatbread use #30 scoop	265041
TURKEY ITAL COMBO SLCD 12-1 JENNO	100 Ounce	cut deli meat into 1/2" pieces. 12-16oz bags per case=192 oz 2oz per flatbread	199721
PEPPERS GREEN STRP 3/4 2-3 RSS	50 Ounce	2/3# bags 96oz per case 1oz per flatbread use #30	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	12 1/2 Cup	1/10# case 160oz per case 2oz per flatbread use #20 scoop	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

## SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.27
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	353.26		
<b>Fat</b>	14.66g		
<b>SaturatedFat</b>	5.47g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	53.67mg		
<b>Sodium</b>	797.22mg		
<b>Carbohydrates</b>	32.40g		
<b>Fiber</b>	4.85g		
<b>Sugar</b>	4.16g		
<b>Protein</b>	22.15g		
<b>Vitamin A</b>	207.97IU	<b>Vitamin C</b>	5.77mg
<b>Calcium</b>	119.61mg	<b>Iron</b>	2.48mg

# KHS-Veggie Burger

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10077

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	50 Each	READY_TO_EAT Keep frozen until ready to use Thaw under refrigeration for 24 hours or room temperature 1-2 hours	3354
BURGER VEGGIE CAULIF QUINOA 4-8CT	50 Each	32 patties per case Preferred method is skillet/Flatop Grill: Add 1 teaspoon of cooking oil to skillet and pre-heat on low. Cook frozen burger on low heat for 9-10 minutes turning with spatula after 5 minutes. Conventional Oven: Spray pan release on baking sheet and preheat oven to 400 degrees F. Place frozen burger on the baking sheet. Bake at 400 degrees F for 13-15 minutes turning with spatula after 7 minutes.	620231
CHEESE AMER/PEPR JK	50 Slice	Keep in cooler Shelf life of 150 days from manufacture date	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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	350.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	970.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	7.00g
<b>Sugar</b>	8.00g

<b>Protein</b>	18.00g		
<b>Vitamin A</b>	1700.00IU	<b>Vitamin C</b>	24.00mg
<b>Calcium</b>	162.00mg	<b>Iron</b>	11.60mg

# KHS-Turkey Burger

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10078

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRGR CKD 2.75Z 3-10 JENNO	100	175 count per case Heat from frozen. Product is fully cooked; bake until internal temperature is 165 degrees F. Shelf Life:Frozen = 180 days from date of production 1 patty per serving 2.75oz	511265
ONION RING 1/4 2-5 RSS	100 Ounce	2/5# bag per case=160oz per case 1oz per burger Sautee' raw onion with oil for 8-10 minutes or until onions are tender and golden brown.	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon	6/1 gallon per case 1 tablespoon of oil per 50oz for sauteed onions	732900
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	100 Slice	Keep in cooler until ready to use time Shelf Life: use by expiration date on packaging. 1 slice per serving	726532
3.5 WG Hamburger Bun	100 Each	READY_TO_EAT Thaw under refrigeration for 24 hours or at room temperature for 1-2 hours 1 bun per serving	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

### SLE Components

Amount Per Serving

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

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	202.40
<b>Fat</b>	7.78g
<b>SaturatedFat</b>	3.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	10.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	164.00mg	<b>Iron</b>	8.00mg

# KHS-Smoky BBQ Pulled Pork Burger

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10079

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	100 Each	READY_TO_EAT Keep frozen until ready to use Thaw under refrigeration for 24 hours or at room temperature 1-2 hours	3354
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	Keep frozen until ready to use: FLAT GRILL 350 DEGREES FOR 8-15 MINUTES PER SIDE. CONVENTIONAL OVEN 350 DEGREES FOR 10-15 MINUTES. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, 40 patties per case 1-4oz patty per serving Shelf Life:FROZEN= 365 DAYS FROM PRODUCTION DATE	753760
PORK PULLED BBQ LO SOD 4-5 BROOKWD	100 Ounce	4/5# bags per case=320oz USE 2/3RD BAG PER 50 SERVINGS- Place frozen pulled pork in a 6" steam table pan and bake at 350 degrees F for 30 minutes or until internal temperature reaches 160 degrees F for 15 seconds or longer. 1oz - use #30 scoop per burger Shelf life: 365 days from date of production.	498702
CHEESE AMER/PEPR JK	100 Slice	Keep in cooler until ready to use Shelf life of 150 days or follow "use by date" 1 slice per serving	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

### SLE Components

Amount Per Serving

<b>Meat</b>	4.75
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00



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

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	564.75
<b>Fat</b>	34.75g
<b>SaturatedFat</b>	14.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	122.75mg
<b>Sodium</b>	858.25mg
<b>Carbohydrates</b>	26.25g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	37.50g

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<b>Vitamin A</b>	612.50IU	<b>Vitamin C</b>	6.30mg
<b>Calcium</b>	122.00mg	<b>Iron</b>	8.77mg

# KHS-Beef Street Tacos

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10089

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4.5" Corn Tortillas	150 Each	<b>READY_TO_EAT</b> Set grill or hot plate to 350°F. Heat individual tortilla for 7-10 seconds on each side. Keep in cooler Shelf Life of 75 days from date of production 3 tortillas per serving	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	150 Ounce	Keep Frozen until ready to use: Thaw under refrigeration 24-48 hours. Convection Oven: Preheat oven to 325 degrees F. Remove product from bag. If thawed, heat for 30 minutes. Not recommended if frozen. Frozen = 365 days from date of production 480oz per case=3oz serving = 160 servings per case 1oz of sliced beef per tortilla	598762
SEASONING TACO 21Z TRDE	1 1/2 Cup	Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to beef slices prior cooking.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.16
<b>Grain</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 3.00 Each

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**Amount Per Serving**

<b>Calories</b>	296.27		
<b>Fat</b>	12.79g		
<b>SaturatedFat</b>	3.78g		
<b>Trans Fat</b>	0.54g		
<b>Cholesterol</b>	48.56mg		
<b>Sodium</b>	639.82mg		
<b>Carbohydrates</b>	31.20g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.88g		
<b>Protein</b>	17.75g		
<b>Vitamin A</b>	720.12IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.02mg	<b>Iron</b>	1.77mg

# KHS-Shredded Chicken Street Tacos

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10090

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4.5" Corn Tortillas	150 Each	<b>READY_TO_EAT</b> Set grill or hot plate to 350°F. Heat individual tortilla for 7-10 seconds on each side. Keep in cooler Shelf Life of 75 days from date of production 3 tortillas per serving	Wilkens Food Service
SEASONING TACO 21Z TRDE	1 1/2 Cup	Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to beef slices prior to cooking.	413429
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen: Place frozen chicken in 6" steam table pan and cook for 20-30 minutes or until the internal temperature reaches 165 degrees for 15 seconds or longer. 3oz serving 1oz per tortilla use #30 scoop	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

### SLE Components

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 3.00 Each

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**Amount Per Serving**

<b>Calories</b>	264.40
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	463.45mg
<b>Carbohydrates</b>	27.88g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.72g
<b>Protein</b>	23.72g

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<b>Vitamin A</b>	720.12IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.98mg

# KHS-Pork Carnitas Street Tacos

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10091

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4.5" Corn Tortillas	150 Each	<b>READY_TO_EAT</b> Set grill or hot plate to 350°F. Heat individual tortilla for 7-10 seconds on each side. Keep in cooler Shelf Life of 75 days from date of production 3 tortillas per serving	Wilkens Food Service
SEASONING TACO 21Z TRDE	1 1/2 Cup	Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to meat prior to cooking.	413429
CARNITA PORK CHPD 4-5 BROOKWOOD	150 Ounce	4/5# bags per case=320oz 30z serving=107 serving per case 1oz per tortilla	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.40
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 3.00 Each

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**Amount Per Serving**

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<b>Calories</b>	313.20
<b>Fat</b>	11.60g
<b>SaturatedFat</b>	3.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.60mg
<b>Sodium</b>	416.85mg
<b>Carbohydrates</b>	28.08g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.92g
<b>Protein</b>	22.92g

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<b>Vitamin A</b>	720.12IU	<b>Vitamin C</b>	2.16mg
<b>Calcium</b>	12.00mg	<b>Iron</b>	0.91mg

# KHS-Carne Asada Torta

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10093

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC POWDER 6 TRDE	1 Cup	Ingredient for Marinade	513857
SPICE ONION POWDER 19Z TRDE	1 Cup	Ingredient for Marinade	126993
SPICE PAPRIKA SMOKED 19Z TRDE	1 Cup	Ingredient for Marinade	860430
SPICE CUMIN GRND 15Z TRDE	3/4 Cup	Ingredient for Marinade	273945
SPICE CHILI POWDER MILD 16Z TRDE	1/2 Cup	Ingredient for Marinade	331473
SPICE PEPR BLK 30 MESH REG GRIND 5	12 1/2 Teaspoon	Ingredient for Marinade	225045
GARLIC MINCED IN WTR 6-32Z ITALR	1 1/2 Cup	Ingredient for Marinade	874910
LIME 2 RNDM 40 MRKN	3 1/8 Cup	Ingredient for Marinade	774117
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	4 17/25 Cup	Ingredient for Marinade	732900
BEEF SLCD CKD 10-3# ADV	125 Ounce	<p><b>BAKE</b>                      From Frozen: Convection-Preheat oven to 350 degrees F. Place 3 lb. bags of sliced beef (keep product in bag), into hotel pan and fill up with hot water. Heat for 1 hour.                      From Thawed: Preheat oven to 350 degrees F. Place 3 lb bags of sliced beef (keep product in bag), into hotel pan and fill up with hot water. Heat for 40 minutes.</p> <p><b>GRILL</b>                      Flat Grill: From thawed state, preheat flat grill to 350 degrees F. Place portioned amount on top of flat grill and spread out to ensure even cooking. Cook for 1-2 minutes on each side or until internal temperature reaches 145 degrees F.                      Convection Oven: From thawed state, preheat oven to 350 degrees F. Remove product from pouch and arrange product in a single layer in a 2 inch hotel pan. Break up any large pieces and cover with foil. Heat for 20-22 minutes or until internal temperature reaches 145 degrees F. drain off excess fat after cooking.</p>	598762



Description	Measurement	Prep Instructions	DistPart #
Hoagie Roll, WG Split top	50 Each	READY_TO_EAT Keep frozen until day before serving. Thaw under refrigeration for 24 hours. Shelf Life of 5 days in ambient temperature. 365 days	Wilkens Food Service
Lettuce Chopped Romaine 6/2#	12 1/2 Cup	6/2# bags per case 32oz per bag/192oz per case. 3 1/4 bags per 50 servings	2783
AVOCADO CHNKY 8-2 MRKN	15 33/50 Cup	8/2# per case 32oz per tray/256 oz 4 trays per 50 servings 2.5oz use a #12 spread	789942
TOMATO 6X6 LRG 25 MRKN	16 Cup	25# per case=80 6x6 tomatoes (6 slices per tomato) 8 tomatoes = 50 servings w/2 slices per torta	199036
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	2/3# bags per case=48oz per bag/96oz per case 1/8 cup-1oz sliced red onion per torta	313157
CHEESE QUESO FRESCO CRMBL 6-2 V&V	6 1/4 Cup	READY_TO_EAT Ready to eat. Crumble on salads, soups, beans, tacos, tostadas, side dishes, or as a filling for enchiladas. 1/8 cup -1oz per serving use #30 scoop	559862
PEPPERS JALAP SLCD 4-106Z ELPAS	3 1/8 Cup	READY_TO_EAT Refrigerate after opening. 3 Tbs per torta (3 slices)	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

## SLE Components

Amount Per Serving

<b>Meat</b>	1.80
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<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.32
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	511.51
<b>Fat</b>	33.86g
<b>SaturatedFat</b>	5.55g
<b>Trans Fat</b>	0.47g
<b>Cholesterol</b>	43.22mg
<b>Sodium</b>	628.08mg
<b>Carbohydrates</b>	41.10g
<b>Fiber</b>	2.85g
<b>Sugar</b>	6.80g
<b>Protein</b>	18.74g

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<b>Vitamin A</b>	2094.77IU	<b>Vitamin C</b>	11.26mg
<b>Calcium</b>	58.63mg	<b>Iron</b>	3.30mg

# KHS-Nacho Bowl-chicken

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10189

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA BOWL EDIBOWL 6.25 12-12CT	50 Each	Ready to eat Shelf Stable 12/12 count-144 count per case	549096
CHIX PULLED WHT & DRK BLND 2-5 TYS	110 Ounce	Keep Frozen: Fully cooked Thaw under refrigeration 24-48 hours. 2/5# bags per case 80oz bag/160 oz per case Heat Thawed Chicken in steam table pan for 15- 20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2.2oz per serving Use # 16 scoop	467802
Lettuce Chopped Romaine 6/2#	100 Cup	6/2# bags/case 32oz per bag/192 oz per case 2 cups per serving (16oz)	2783
BEANS BLACK LO SOD 6- 10 BUSH	12 1/2 Cup	6/10# cans Clean cans free from debris Drain and rinse beans 1/4 cup of beans per serving Use #16 scoop	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	6/106oz pouches=636oz per case 53-1/4 cup (2oz) servings per pouch 318-1/4 cup (2oz) servings per case 1/4 cup serving use #16 scoop	135261
CORN CUT IQF 30 KE	12 1/2 Cup	30# bag/case Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. Serve at ambient cooler temperature 1/4 cup per servings Use #16 scoop	283730
TOMATO ROMA DCD 3/8 2- 5 RSS	6 1/4 Cup	2/5# trays per case 80oz per tray or 160oz per case 1/8 cup (1oz) per serving	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)

## SLE Components

Amount Per Serving

<b>Meat</b>	2.47
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.13
<b>Starch</b>	0.19

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	428.62
<b>Fat</b>	15.29g
<b>SaturatedFat</b>	5.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.00mg
<b>Sodium</b>	1118.46mg
<b>Carbohydrates</b>	45.86g
<b>Fiber</b>	5.87g
<b>Sugar</b>	2.23g
<b>Protein</b>	27.89g
<b>Vitamin A</b> 517.39IU	<b>Vitamin C</b> 0.90mg
<b>Calcium</b> 241.50mg	<b>Iron</b> 3.22mg

# KHS-Nacho Bowl-Beef

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10199

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA BOWL EDIBOWL 6.25 12-12CT	50 Each	Ready to eat Shelf Stable 12/12 count-144 count per case	549096
Lettuce Chopped Romaine 6/2#	100 Cup	6/2# bags/case 32oz per bag/192 oz per case 2 cups per serving (16oz)	2783
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/10# cans Clean cans free from debris Drain and rinse beans 1/4 cup of beans per serving Use #16 scoop	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	6/106oz pouches=636oz per case 53-1/4 cup (2oz) servings per pouch 318-1/4 cup (2oz) servings per case 1/4 cup serving use #16 scoop	135261
CORN CUT IQF 30 KE	12 1/2 Cup	30# bag/case Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. Serve at ambient cooler temperature 1/4 cup per servings Use #16 scoop	283730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	2/5# trays per case 80oz per tray or 160oz per case 1/8 cup (1oz) per serving	786543
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	Keep Frozen To thaw, place product under refrigeration overnight. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 2oz of beef crumbles per servings. Use #16 scoop	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)

## SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.13
<b>Starch</b>	0.19

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	443.29
<b>Fat</b>	18.62g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	1154.13mg
<b>Carbohydrates</b>	45.13g
<b>Fiber</b>	5.87g
<b>Sugar</b>	2.23g
<b>Protein</b>	23.22g
<b>Vitamin A</b> 517.39IU	<b>Vitamin C</b> 0.90mg
<b>Calcium</b> 241.50mg	<b>Iron</b> 3.77mg

# KHS-Nacho Bowl-pork

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10203

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA BOWL EDIBOWL 6.25 12-12CT	50 Each	Ready to eat Shelf Stable 12/12 count-144 count per case	549096
Lettuce Chopped Romaine 6/2#	100 Cup	6/2# bags/case 32oz per bag/192 oz per case 2 cups per serving (16oz)	2783
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/10# cans Clean cans free from debris Drain and rinse beans 1/4 cup of beans per serving Use #16 scoop	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	6/106oz pouches=636oz per case 53-1/4 cup (2oz) servings per pouch 318-1/4 cup (2oz) servings per case 1/4 cup serving use #16 scoop	135261
CORN CUT IQF 30 KE	12 1/2 Cup	30# bag/case Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. Serve at ambient cooler temperature 1/4 cup per servings Use #16 scoop	283730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	2/5# trays per case 80oz per tray or 160oz per case 1/8 cup (1oz) per serving	786543
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	Keep Frozen Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F. Shelf Life: Frozen = 365 days from date of production 4/#3 bags per case 80oz per bags/320oz per case 1 1/5 bags per 50 servings	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)

## SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.13
<b>Starch</b>	0.19

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	472.69		
<b>Fat</b>	19.62g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	73.00mg		
<b>Sodium</b>	865.49mg		
<b>Carbohydrates</b>	44.21g		
<b>Fiber</b>	5.87g		
<b>Sugar</b>	2.75g		
<b>Protein</b>	28.74g		
<b>Vitamin A</b>	37.31IU	<b>Vitamin C</b>	2.70mg
<b>Calcium</b>	251.50mg	<b>Iron</b>	3.06mg



# KHS-Burrito Bowl-Beef

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10218

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	Keep frozen until ready to use. Place 12.5 cups of frozen corn into 4" steam table pan with slotted insert. add 1/2 cup water to bottom pan. Place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving Use #16 scoop	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/#10 cans -111oz per can or 666oz per case Rinse cans free from debris. drain and rinse beans in colander. Place 2 cans in 4" steam table pan with 1/2 cup of water. Place in steamer and cook 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving size-use #16 scoop	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	8/2# trays=32oz per tray or 768oz per case Use 4 trays per 50 servings. 2.5oz per serving use #12 scoop per portion	789942
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	To thaw, place product under refrigeration overnight. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 6/5# bags per case=80oz per bag/480oz per case 2oz portion per serving. use #16 scoop	674312
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	1oz per serving Use #30 scoop	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	4/5# bags per case-80 oz per bag/320oz per case 1/4 cup per serving use #16 scoop	344721
SEASONING TACO 21Z TRDE	1 Cup	add 1 cup of taco seasoning into beef crumbles prior to cooking meat	413429
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES. 1 Case = 960 Ounces (6 x 160 Ounces per Bag) of Rice, Parboiled, Long Grain, Enriched 1/4 Cup dry uncooked rice = 1 cup cooked	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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.13
<b>Starch</b>	0.19

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	533.83		
<b>Fat</b>	20.38g		
<b>SaturatedFat</b>	6.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	28.76mg		
<b>Sodium</b>	464.44mg		
<b>Carbohydrates</b>	65.13g		
<b>Fiber</b>	8.87g		
<b>Sugar</b>	2.23g		
<b>Protein</b>	22.85g		
<b>Vitamin A</b>	592.51IU	<b>Vitamin C</b>	0.90mg
<b>Calcium</b>	91.58mg	<b>Iron</b>	4.13mg

# KHS-Burrito Bowl-Chicken

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10246

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	Keep frozen until ready to use. Place 12.5 cups of frozen corn into 4" steam table pan with slotted insert. add 1/2 cup water to bottom pan. Place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving Use #16 scoop	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/#10 cans -111oz per can or 666oz per case Rinse cans free from debris. drain and rinse beans in colander. Place 2 cans in 4" steam table pan with 1/2 cup of water. Place in steamer and cook 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving size-use #16 scoop	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	8/2# trays=32oz per tray or 768oz per case Use 4 trays per 50 servings. 2.5oz per serving use #12 scoop per portion	789942
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	1oz per serving Use #30 scoop	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	4/5# bags per case-80 oz per bag/320oz per case 1/4 cup per serving use #16 scoop	344721
SEASONING TACO 21Z TRDE	1 Cup	add 1 cup of taco seasoning into shredded chicken prior to cooking meat	413429
CHIX PULLED WHT & DRK BLND 2-5 TYS	110 Ounce	Keep Frozen until ready to use- Thaw under refrigeration for 24-48 hours. Place Thawed Chicken in 2" steam table pan with 1/2 cup water, mix in 1 cup taco seasoning thoroughly. Heat for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2/5# bags per case-80oz per bag/160oz per case. 2.2oz serving use #16 scoop	467802
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES. 1 Case = 960 Ounces (6 x 160 Ounces per Bag) of Rice, Parboiled, Long Grain, Enriched Shelf Life DAYS = 365	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

## SLE Components

Amount Per Serving

<b>Meat</b>	1.72
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.13
<b>Starch</b>	0.19

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	519.16		
<b>Fat</b>	17.04g		
<b>SaturatedFat</b>	4.23g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.76mg		
<b>Sodium</b>	428.78mg		
<b>Carbohydrates</b>	65.86g		
<b>Fiber</b>	8.87g		
<b>Sugar</b>	2.23g		
<b>Protein</b>	27.52g		
<b>Vitamin A</b>	592.51IU	<b>Vitamin C</b>	0.90mg
<b>Calcium</b>	91.58mg	<b>Iron</b>	3.58mg

# KHS-Burrito Bowl-Pork Carnita

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10247

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	Keep frozen until ready to use. Place 12.5 cups of frozen corn into 4" steam table pan with slotted insert. add 1/2 cup water to bottom pan. Place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving Use #16 scoop	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/#10 cans -111oz per can or 666oz per case Rinse cans free from debris. drain and rinse beans in colander. Place 2 cans in 4" steam table pan with 1/2 cup of water. Place in steamer and cook 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving size-use #16 scoop	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	8/2# trays=32oz per tray or 768oz per case Use 4 trays per 50 servings. 2.5oz per serving use #12 scoop per portion	789942
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	1oz per serving Use #30 scoop	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	4/5# bags per case-80 oz per bag/320oz per case 1/4 cup per serving use #16 scoop	344721
SEASONING TACO 21Z TRDE	1 Cup	add 1 cup of taco seasoning into pork prior to cooking meat	413429
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	Keep frozen until ready to use. Thaw under refrigeration for 24-48 hours. Place thawed pork carnita meat in 4" steam table pan add 1 cup taco seasoning with 1/2 cup water mix thoroughly. Heat for 15-20 minutes or until internal temperature reaches 160 degrees F for 15 seconds or longer. 4/5# bags/case 80oz per bag/320oz per case 2.5oz per serving use #12 scoop	549412
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES. 1 Case = 960 Ounces (6 x 160 Ounces per Bag) of Rice, Parboiled, Long Grain, Enriched Shelf Life DAYS = 365	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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.13
<b>Starch</b>	0.19

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	572.83
<b>Fat</b>	21.38g
<b>SaturatedFat</b>	6.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.76mg
<b>Sodium</b>	401.44mg
<b>Carbohydrates</b>	66.13g
<b>Fiber</b>	8.87g
<b>Sugar</b>	3.23g
<b>Protein</b>	28.85g
<b>Vitamin A</b> 592.51IU	<b>Vitamin C</b> 2.70mg
<b>Calcium</b> 101.58mg	<b>Iron</b> 3.59mg

# KHS-Mexican Street Corn

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10253

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	25 Cup	Keep frozen until ready to serve. Thaw under refrigeration for 24-48 hours. Heat skillet on med-high temperature. Place corn in oiled skillet and grill corn until it caramelizes (light brown in color) or until the internal temperature reaches 135 degrees F for 15 seconds or longer. turning every 2-3 minutes to prevent burning, 1/2 cup corn per servings	283730
OIL BLND CNOLA/XVRGN 90/10 6- 1GAL GFS	1 Cup	Place 2 tablespoons of oil in hot skillet.	732900
DRESSING SALAD LT 4- 1GAL GFS	1 Cup	4/1 gallon per case	429422
SOUR CREAM 4-5 GCHC	1 Cup	READY_TO_EAT Served as a topping on a hot or cold meal	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	READY_TO_EAT Ready to eat. Crumble on salads, soups, beans, tacos, tostadas, side dishes, or as a filling for enchiladas.	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.

## SLE Components

### Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.37

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		141.68	
<b>Fat</b>		7.32g	
<b>SaturatedFat</b>		1.08g	
<b>Trans Fat</b>		0.01g	
<b>Cholesterol</b>		7.28mg	
<b>Sodium</b>		70.60mg	
<b>Carbohydrates</b>		18.11g	
<b>Fiber</b>		1.80g	
<b>Sugar</b>		2.49g	
<b>Protein</b>		2.72g	
<b>Vitamin A</b>	119.99IU	<b>Vitamin C</b>	4.91mg
<b>Calcium</b>	17.94mg	<b>Iron</b>	0.33mg



# KHS-Mexican Street Corn-Entree

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10254

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	100 Cup	Keep frozen until ready to serve. Thaw under refrigeration for 24-48 hours. Heat skillet on med-high temperature. Place corn in oiled skillet and grill corn until it caramelizes (light brown in color) or until the internal temperature reaches 135 degrees F for 15 seconds or longer. turning every 2-3 minutes to prevent burning, 1/2 cup corn per servings	283730
OIL BLND CNOLA/XVRGN 90/10 6- 1GAL GFS	4 Cup	Place 2 tablespoons of oil in hot skillet.	732900
DRESSING SALAD LT 4- 1GAL GFS	4 Cup	4/1 gallon per case	429422
SOUR CREAM 4-5 GCHC	4 Cup	READY_TO_EAT Served as a topping on a hot or cold meal	285218
LIME 200CT 40 MRKN	32 Each		774121
SPICE CHILI POWDER MILD 16Z TRDE	1 1/4 Cup	2/3 Cup	331473
CHEESE QUESO FRESCO CRMBL 6-2 V&V	8 Cup	READY_TO_EAT Ready to eat. Crumble on salads, soups, beans, tacos, tostadas, side dishes, or as a filling for enchiladas.	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

## SLE Components

### Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.75

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		283.37	
<b>Fat</b>		14.64g	
<b>SaturatedFat</b>		2.16g	
<b>Trans Fat</b>		0.01g	
<b>Cholesterol</b>		14.56mg	
<b>Sodium</b>		170.00mg	
<b>Carbohydrates</b>		36.22g	
<b>Fiber</b>		3.59g	
<b>Sugar</b>		4.99g	
<b>Protein</b>		5.44g	
<b>Vitamin A</b>	239.97IU	<b>Vitamin C</b>	9.82mg
<b>Calcium</b>	35.88mg	<b>Iron</b>	0.67mg

# KHS-Strawberry PB & J Bento Box

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10274

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Uncrustables-Strawberry	72 Serving	READY_TO_EAT Keep Frozen until ready to use. Thaw under refrigeration for 24-48 hours	Wilkens Food Service
Diced Peaches in Juice	72 Cup	READY_TO_EAT 72 count per case	Wilkens Food Service

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	740.00		
<b>Fat</b>	34.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	100.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	61.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# KHS-Grape PB & J Bento Box

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10277

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches in Juice	72 Cup	READY_TO_EAT 72 count per case 1/2 cup per serving	Wilkens Food Service
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	72 Each	Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. 1-5.3oz uncrustable per serving 72 count/case	516761

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	740.00		
<b>Fat</b>	34.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	100.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	61.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	78.00mg	<b>Iron</b>	3.00mg

# KHS-Banana Bread Bento Box

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10278

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	72 Serving	READY_TO_EAT Rinse under cool water and let dry	Wilkens Food Service
Grape Tomatoes	36 Cup	READY_TO_EAT 1/2 cup serving (2oz)	Wilkens Food Service
Mini Banana Loaf	72 Each	READY_TO_EAT Keep Frozen until ready to serve Thaw at room temperature 120 count per case	Wilkens Food Service
Buttermilk ranch dipping cup	72 Each	READY_TO_EAT Ready to eat 100/1oz cups per case	Wilkens Food Service

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	408.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	357.00mg		
<b>Carbohydrates</b>	57.53g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	37.84g		
<b>Protein</b>	4.43g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	27.00mg
<b>Calcium</b>	12.00mg	<b>Iron</b>	0.57mg

# KHS-Classic Hummus Bento Box

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10281

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	18 Ounce	RECONSTITUTE Ready to Mix 1 bag of sauce to 2-10# cans of garbanzo beans	Wilkens Food Service
BEAN GARBANZO 6-10 GFS	2 #10 CAN	Drain and rinse	118753
Original with Sea Salt Wave	50 Bag	READY_TO_EAT Ready to Eat	Wilkens Food Service
Baby Carrots	25 Cup	UNSPECIFIED None 1/2 cup of baby carrots (2oz)	
Grapes	25 Cup	UNSPECIFIED NONE Rinse and take grape off stem 1/2 cup of grapes per serving (2oz)	

## 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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	215.41		
<b>Fat</b>	7.23g		
<b>SaturatedFat</b>	1.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	444.60mg		
<b>Carbohydrates</b>	30.98g		
<b>Fiber</b>	7.17g		
<b>Sugar</b>	4.46g		
<b>Protein</b>	6.21g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	62.08mg	<b>Iron</b>	0.74mg

# KHS-Egg Salad Sandwich Bento Box

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10284

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	8 1/4 Cup	2/5# tubs per case=80oz/tub-160oz/case 1/3 cup of prepared egg salad per sandwich.	695210
32 oz Pullman Loaf WW	25 Ounce	Keep frozen until ready to use. Thaw under refrigeration for 24 hours-good for 5 days at ambient temperature. 1 slice =1oz Per sandwich 2oz or 2 slices 12/28oz bags per case 26-1 oz slices/bag=13 sandwiches/bag 156 sandwiches/case	
Diced Pears in Juice	12 1/2 Cup	READY_TO_EAT	Wilkens Food Service
Broccoli Florets	12 1/2 Cup	READY_TO_EAT 1/2 cup per serving (2oz)	Wilkens Food Service
Buttermilk ranch dipping cup	25 Each	READY_TO_EAT Ready to eat	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00



<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 25.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	575.00		
<b>Fat</b>	40.00g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	300.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	3.50g		
<b>Sugar</b>	21.00g		
<b>Protein</b>	15.50g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	39.00mg
<b>Calcium</b>	88.87mg	<b>Iron</b>	37.79mg

# KHS-Ranch Veggie Wrap Bento Box

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10301

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 4-1GAL GCHC	3 Cup	4/1gallon case 128 fl oz/bag-512 fl oz/case 1 Tablespoon per tortilla wrap	472999
Baby Spinach	50 Cup	1/2 cup per wrap	15R76
Cucumber	150 Slice	Wash and slice 1/4" thick 3 slices per wrap	
TOMATO SLCD 1/4 5 RSS	100 Slice	1/4 cup (2oz) per wrap=2 slices	786535
ONION RD SLIVERED 1/8 2-3 RSS	25 Ounce	.50 oz per wrap	313157
Shredded Cheddar redu fat/sodium	100 Ounce	1/4 cup shredded cheese per wrap use #16 scoop	344721
PEPPERS GREEN STRP 3/4 2-3 RSS	100 Ounce	1/4 cup per wrap (2oz)	849995
CHEESE CHED SLCD 8-1.5# BONGARDS	100 Slice	2oz-2 slices per serving wrap	534040
TORTILLA FLOUR 10 ULTRGR 12-12CT	50 Each	<b>STEAM</b> PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standing bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
Apple, orange, strawberries, grapes	50 Each	READY_TO_EAT Wash, trim & cut place one whole orange in bento box	

## 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

## SLE Components

Amount Per Serving

<b>Meat</b>	0.80
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	603.74		
<b>Fat</b>	25.40g		
<b>SaturatedFat</b>	14.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	54.40mg		
<b>Sodium</b>	777.75mg		
<b>Carbohydrates</b>	48.24g		
<b>Fiber</b>	5.70g		
<b>Sugar</b>	10.69g		
<b>Protein</b>	21.48g		
<b>Vitamin A</b>	1014.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	601.79mg	<b>Iron</b>	1.88mg

# KHS-Mini Chocolate Chip Loaf Bento Box

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10302

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	50 Each		197769
YOGURT VAN L/F PARFPR 6-4 YOPL	200 Ounce	6/64oz bag/case READY_TO_EAT Ready to use with pouch & serving tip. 4oz cup of yogurt (use #8 scoop) place in 5oz cup w/lid	811500
Mini Chocolate Chip Loaf	50 Serving	READY_TO_EAT Keep Frozen until ready to serve Thaw at room temperature 1-2 hours	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	365.00		
<b>Fat</b>	6.15g		
<b>SaturatedFat</b>	1.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.50mg		
<b>Sodium</b>	158.70mg		
<b>Carbohydrates</b>	72.50g		
<b>Fiber</b>	4.10g		
<b>Sugar</b>	42.00g		
<b>Protein</b>	7.80g		
<b>Vitamin A</b>	575.52IU	<b>Vitamin C</b>	10.27mg
<b>Calcium</b>	105.90mg	<b>Iron</b>	0.31mg

# KHS-Veggie & Fruit w/Cornbread Bento Box

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10304

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cornbread Muffins-Whole Grain	150 Ounce	READY_TO_EAT Thaw desired amount at room temperature for approximately two hours, Remove all packaging from product before placing in any heating device. 1 cornbread muffin per serving 48 per case	Wilkens Food Service
Buttermilk ranch dipping cup	50 Each	READY_TO_EAT Ready to eat 100 per case	Wilkens Food Service
Broccoli Florets	25 Cup	READY_TO_EAT 1/2 cup of broccoli florets, place in 5oz cup w/lid per bento box	Wilkens Food Service
Pineapple Tidbits in Juice	50 Serving	READY_TO_EAT Shelf Stable-Use by expiration date 1-1/2 cup per 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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	435.00
<b>Fat</b>	20.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	400.00mg
<b>Carbohydrates</b>	59.00g
<b>Fiber</b>	4.50g
<b>Sugar</b>	32.00g
<b>Protein</b>	6.50g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	39.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	36.00mg

# KHS-Roasted Veggie Wrap w/Hummus Spread

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10324

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	2 Cup	RECONSTITUTE Ready to Mix 1 bag of sauce to 2-10# cans of garbanzo beans	Wilkens Food Service
BEAN GARBANZO 6-10 GFS	1 1/2 #10 CAN	Drain and rinse	118753
ONION RD SLIVERED 1/8 2-3 RSS	12 1/2 Cup	1/4 cup per tortilla	313157
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	12 1/2 Cup	1/4 cup per tortilla	637442
PEPPERS GREEN STRP 3/4 2-3 RSS	12 1/2 Cup	1/4 cup per tortilla	849995
PEPPERS RED DOMESTIC 23 MRKN	12 1/2 Cup	1/4 cup per tortilla	560715
PEPPERS BELL ORANGE 11	12 1/2 Cup	1/4 cup per tortilla	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	READY_TO_EAT Rinse under cool water and let dry	Wilkens Food Service

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	50 Each	<p><b>STEAM</b>  <b>PREPARATION</b>Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING</b>STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL</b>: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE</b>: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b>Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	786.73
<b>Fat</b>	51.19g
<b>SaturatedFat</b>	5.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	491.25mg
<b>Carbohydrates</b>	75.12g
<b>Fiber</b>	12.61g
<b>Sugar</b>	26.54g



<b>Protein</b>	11.40g
<b>Vitamin A</b> 999.94IU	<b>Vitamin C</b> 58.56mg
<b>Calcium</b> 176.33mg	<b>Iron</b> 2.62mg

# KHS-Egg Salad Wrap Bento Box

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10341

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	16 1/2 Cup	2/5# tubs per case=80oz/tub-160oz/case 1/3 cup of prepared egg salad per sandwich.	695210
Buttermilk ranch dipping cup	50 Each	READY_TO_EAT Ready to eat	Wilkens Food Service
TORTILLA FLOUR ULTRGR 6 30-12CT	50 Each	Keep frozen until ready to use. Thaw under refrigeration for 24 hours. Warm tortilla in hot holding for a few minutes. 1 tortilla per wrap	882690
PEPPERS RED DOMESTIC 23 MRKN	25 Cup	1/2 cup of red pepper strips per serving	560715
Applesauce, Unsweetened	50 Serving	READY_TO_EAT 96 per case	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	599.00
<b>Fat</b>	41.60g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	300.00mg
<b>Sodium</b>	636.40mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	2.80g
<b>Sugar</b>	21.00g
<b>Protein</b>	12.60g

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<b>Vitamin A</b>	2399.88IU	<b>Vitamin C</b>	116.28mg
<b>Calcium</b>	66.12mg	<b>Iron</b>	2.11mg

# KHS-Mini Berry Loaf Bento Box

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10342

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	200 Ounce	6/64oz bag/case READY_TO_EAT Ready to use with pouch & serving tip. 4oz cup of yogurt (use #8 scoop) place in 5oz cup w/lid	811500
Apples, Gala	50 Serving	READY_TO_EAT Rinse under cool water and let dry	Wilkens Food Service
Mini Berry Loaf	50 Each	READY_TO_EAT Keep frozen until ready to use Thaw at room temperature	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: Mini Berry loaf, 1 whole Apple & 4oz Yogurt cup

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	358.00		
<b>Fat</b>	5.75g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	194.50mg		
<b>Carbohydrates</b>	71.03g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	48.84g		
<b>Protein</b>	6.93g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	112.00mg	<b>Iron</b>	0.21mg

# KHS-Ranch Burger

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10343

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. FLAT GRILL 350 DEGREES FOR 8-15 MINUTES PER SIDE. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES TIME AND TEMPERATURE MAY VARY. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. 40-4oz burgers per case	753760
4" WG WHITE HAMBURGER BUN	100 bun	Keep Frozen until ready to use. Thaw under refrigeration 24-48 hours or room temperature 2 hours. Shelf life of 5 days at ambient temperature 1 hamburger bun per serving	1711
TOMATO SLCD 1/4 5 RSS	100 Slice	1 slice of tomato per burger	786535
ONION RD SLIVERED 1/8 2-3 RSS	25 Cup	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	313157
DRESSING RNCH LT 4-1GAL GCHC	3 1/8 Cup	4/1gal per case 1 tablespoon per burger use #70 scoop	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

## SLE Components

Amount Per Serving

<b>Meat</b>	3.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	497.93		
<b>Fat</b>	26.30g		
<b>SaturatedFat</b>	9.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	91.25mg		
<b>Sodium</b>	712.46mg		
<b>Carbohydrates</b>	35.38g		
<b>Fiber</b>	3.78g		
<b>Sugar</b>	7.63g		
<b>Protein</b>	31.45g		
<b>Vitamin A</b>	187.43IU	<b>Vitamin C</b>	3.08mg
<b>Calcium</b>	47.26mg	<b>Iron</b>	8.87mg

# KHS-Roasted Red Pepper w/Mozzarella Burger

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10344

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. CONVENTIONAL OVEN 350 DEGREES FOR 10-15 MINUTES. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. 40-4oz burgers per case	753760
4" WG WHITE HAMBURGER BUN	100 bun	Keep Frozen until ready to use. Thaw under refrigeration 24-48 hours or room temperature 2 hours. Shelf life of 5 days at ambient temperature 1 hamburger bun per serving	1711
CHEESE MOZZ LMPS SHRD FTHR 4-5#	100 Ounce	4/5# bags per case 80oz per bag/320oz per case 1oz per burger use#30 scoop	265041
PEPPERS RED DOMESTIC 23 MRKN	25 Cup	Add 1/2 Cup of oil to raw red peppers mix thoroughly. 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	560715
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	1/2 cup of oil per 25 cups.	732900
GARLIC MINCED IN WTR 6- 32Z ITALR	4 Teaspoon	Add to oil and Pepper mixture prior to sauteeing	874910
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	Add to peppers, oil, minced garlic prior to sauteeing	225045
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	Add to peppers, oil, minced garlic, black pepper prior to sauteeing	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

## SLE Components

Amount Per Serving

<b>Meat</b>	4.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	549.30		
<b>Fat</b>	31.67g		
<b>SaturatedFat</b>	13.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	105.00mg		
<b>Sodium</b>	810.70mg		
<b>Carbohydrates</b>	28.62g		
<b>Fiber</b>	2.40g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	38.30g		
<b>Vitamin A</b>	999.94IU	<b>Vitamin C</b>	58.14mg
<b>Calcium</b>	13.06mg	<b>Iron</b>	8.16mg



# KHS-Patty Melt w/carmelized onion & american cheese

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10346

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. FLAT GRILL 350 DEGREES FOR 8-15 MINUTES PER SIDE. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES TIME AND TEMPERATURE MAY VARY. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. 40-4oz burgers per case	753760
4" WG WHITE HAMBURGER BUN	100 bun	Keep Frozen until ready to use. Thaw under refrigeration 24-48 hours or room temperature 2 hours. Shelf life of 5 days at ambient temperature 1 hamburger bun per serving	1711
GARLIC MINCED IN WTR 6-32Z ITALR	4 Teaspoon	Add to oil and Onion mixture prior to sauteing	874910
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	Add to onions, oil, minced garlic prior to sauteing	225045
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	Add to onions oil, minced garlic, black pepper prior to sauteing	126993
ONION RING 1/4 2-5 RSS	25 Cup	1/4 cup per burger	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	1/2 cup of oil add to raw onions and seasonings in a large bowl then transfer to hot skillet	732900
Sliced American Cheese	100 Ounce	1 slice per patty melt	100018
DRESSING 1000 ISL 4-1GAL LTHSE	3 1/8 Cup	READY_TO_EAT Open, pour and enjoy! 1 tablespoon per patty melt use #60 scoop	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

## SLE Components

Amount Per Serving

<b>Meat</b>	4.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	592.35		
<b>Fat</b>	37.62g		
<b>SaturatedFat</b>	14.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	116.25mg		
<b>Sodium</b>	695.06mg		
<b>Carbohydrates</b>	29.87g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	36.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.75mg	<b>Iron</b>	8.00mg

# KHS-Stir Fry Beef w/Yakisoba noodles

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10362

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1 1/2 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup		560715
ONION RING 1/4 2-5 RSS	1 Cup		542326
Broccoli Florets	2 Cup	READY_TO_EAT	Wilkens Food Service
Yakisoba noodles-Whole Grain	5 Serving	Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F.	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	12 1/2 Ounce	GRILL Flat Grill: From thawed state, preheat flat grill to 350 degrees F. Place portioned amount on top of flat grill and spread out to ensure even cooking. Cook for 1-2 minutes on each side or until internal temperature reaches 145 degrees F.	598762
GARLIC MINCED IN WTR 6-32Z ITALR	1 Teaspoon	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	1/2 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	3 Tablespoon	6/5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3 Tablespoon	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	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.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.40
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	317.26
<b>Fat</b>	13.31g
<b>SaturatedFat</b>	3.35g
<b>Trans Fat</b>	0.45g
<b>Cholesterol</b>	40.47mg
<b>Sodium</b>	682.51mg
<b>Carbohydrates</b>	33.31g
<b>Fiber</b>	4.73g
<b>Sugar</b>	5.66g
<b>Protein</b>	17.30g
<b>Vitamin A</b> 6228.55IU	<b>Vitamin C</b> 57.75mg
<b>Calcium</b> 61.07mg	<b>Iron</b> 30.37mg

# KHS-Stir Fry Chicken w/Yakisoba noodles

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10363

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1 1/2 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup		560715
ONION RING 1/4 2-5 RSS	1 Cup		542326
Broccoli Florets	2 Cup	READY_TO_EAT	Wilkens Food Service
Yakisoba noodles-Whole Grain	5 Serving	Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F.	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1 Teaspoon	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	1/2 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	3 Tablespoon	6/5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3 Tablespoon	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
CHIX PULLED WHT & DRK BLND 2-5 TYS	15 Ounce	Keep Frozen until ready to serve. Thaw under refrigeration for 24-48 hours. 2.2oz per servings use #16 scoop	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.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.40
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	312.37
<b>Fat</b>	9.32g
<b>SaturatedFat</b>	1.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	554.71mg
<b>Carbohydrates</b>	30.71g
<b>Fiber</b>	4.73g
<b>Sugar</b>	3.86g
<b>Protein</b>	25.61g
<b>Vitamin A</b> 6228.55IU	<b>Vitamin C</b> 57.75mg
<b>Calcium</b> 46.05mg	<b>Iron</b> 29.83mg

# KHS-Stir Fry Pork w/Yakisoba noodles

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10364

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1 1/2 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup		560715
ONION RING 1/4 2-5 RSS	1 Cup		542326
Broccoli Florets	2 Cup	READY_TO_EAT	Wilkens Food Service
Yakisoba noodles-Whole Grain	5 Serving	Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F.	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1 Teaspoon	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	1/2 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	3 Tablespoon	6/5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3 Tablespoon	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
CARNITA PORK CHPD 4-5 BROOKWOOD	12 1/2 Ounce	Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F. 2.5oz per serving use #12 scoop 4/5# per case 80oz per bag/320oz per case=128 servings per case	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.40
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	331.37
<b>Fat</b>	12.32g
<b>SaturatedFat</b>	3.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.00mg
<b>Sodium</b>	496.71mg
<b>Carbohydrates</b>	30.71g
<b>Fiber</b>	4.73g
<b>Sugar</b>	4.86g
<b>Protein</b>	21.61g
<b>Vitamin A</b> 6228.55IU	<b>Vitamin C</b> 59.55mg
<b>Calcium</b> 56.05mg	<b>Iron</b> 29.65mg



# KHS-Stir Fry Beef w/Asian Fried Rice

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10367

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1 1/2 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup		560715
ONION RING 1/4 2-5 RSS	1 Cup		542326
Broccoli Florets	2 Cup	READY_TO_EAT	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	12 1/2 Ounce	GRILL Flat Grill: From thawed state, preheat flat grill to 350 degrees F. Place portioned amount on top of flat grill and spread out to ensure even cooking. Cook for 1-2 minutes on each side or until internal temperature reaches 145 degrees F.	598762
GARLIC MINCED IN WTR 6-32Z ITALR	1 Teaspoon	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	1/2 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	3 Tablespoon	6/5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3 Tablespoon	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
WINE CKING RICE AJI-MIRIN 60Z	3 Tablespoon	60oz bottle	877841

Description	Measurement	Prep Instructions	DistPart #
Vegetable Fried Rice	5 Serving	<b>HEAT_AND_SERVE</b> From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.40
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	417.26		
<b>Fat</b>	17.81g		
<b>SaturatedFat</b>	3.85g		
<b>Trans Fat</b>	0.45g		
<b>Cholesterol</b>	40.47mg		
<b>Sodium</b>	997.51mg		
<b>Carbohydrates</b>	45.31g		
<b>Fiber</b>	6.73g		
<b>Sugar</b>	7.66g		
<b>Protein</b>	21.30g		
<b>Vitamin A</b>	6228.55IU	<b>Vitamin C</b>	57.75mg
<b>Calcium</b>	61.07mg	<b>Iron</b>	30.37mg

# KHS-Stir Fry Chicken w/Asian Fried Rice

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10380

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1 1/2 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup		560715
ONION RING 1/4 2-5 RSS	1 Cup		542326
Broccoli Florets	2 Cup	READY_TO_EAT	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1 Teaspoon	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	1/2 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	3 Tablespoon	6/5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3 Tablespoon	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
WINE CKING RICE AJI-MIRIN 60Z	3 Tablespoon	60oz bottle	877841
CHIX PULLED WHT & DRK BLND 2-5 TYS	15 Ounce	Keep Frozen until ready to serve. Thaw under refrigeration for 24-48 hours. 2.2oz per servings use #16 scoop	467802

Description	Measurement	Prep Instructions	DistPart #
Vegetable Fried Rice	5 Serving	<b>HEAT_AND_SERVE</b> From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.40
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	412.37
<b>Fat</b>	13.82g
<b>SaturatedFat</b>	2.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	869.71mg
<b>Carbohydrates</b>	42.71g
<b>Fiber</b>	6.73g
<b>Sugar</b>	5.86g
<b>Protein</b>	29.61g
<b>Vitamin A</b> 6228.55IU	<b>Vitamin C</b> 57.75mg
<b>Calcium</b> 46.05mg	<b>Iron</b> 29.83mg

# KHS-Stir Fry Pork w/Asian Fried Rice

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10381

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	1 1/2 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup		560715
ONION RING 1/4 2-5 RSS	1 Cup		542326
Broccoli Florets	2 Cup	READY_TO_EAT	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1 Teaspoon	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	1/2 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	3 Tablespoon	6/.5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3 Tablespoon	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
WINE CKING RICE AJI-MIRIN 60Z	3 Tablespoon	60oz bottle	877841
CARNITA PORK CHPD 4-5 BROOKWOOD	12 1/2 Ounce	Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F. 2.5oz per serving use #12 scoop 4/5# per case 80oz per bag/320oz per case=128 servings per case	549412

Description	Measurement	Prep Instructions	DistPart #
Vegetable Fried Rice	5 Serving	<b>HEAT_AND_SERVE</b> From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.40
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	431.37		
<b>Fat</b>	16.82g		
<b>SaturatedFat</b>	3.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	53.00mg		
<b>Sodium</b>	811.71mg		
<b>Carbohydrates</b>	42.71g		
<b>Fiber</b>	6.73g		
<b>Sugar</b>	6.86g		
<b>Protein</b>	25.61g		
<b>Vitamin A</b>	6228.55IU	<b>Vitamin C</b>	59.55mg
<b>Calcium</b>	56.05mg	<b>Iron</b>	29.65mg

# KHS-Chicken Ramen Bowl

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10406

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	15 Ounce	Keep Frozen until ready to cook. Heat on grill/skillet for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 80oz per bag/160oz per case 2.2oz per serving use #10 scoop	467802
Nested Yakisoba Noodles- WG	5 Serving	HEAT_AND_SERVE Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hours	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	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	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 temperature 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 ramen 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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.10
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		281.54	
<b>Fat</b>		8.39g	
<b>SaturatedFat</b>		1.63g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		60.00mg	
<b>Sodium</b>		913.28mg	
<b>Carbohydrates</b>		25.87g	
<b>Fiber</b>		0.21g	
<b>Sugar</b>		2.70g	
<b>Protein</b>		24.42g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.17mg
<b>Calcium</b>	12.14mg	<b>Iron</b>	0.76mg



# KHS-Beef Ramen Bowl

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10407

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Nested Yakisoba Noodles-WG	5 Serving	HEAT_AND_SERVE Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hours	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	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	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	GRILL Flat Grill: From thawed state, preheat flat grill to 350 degrees F. Place portioned amount on top of flat grill and spread out to ensure even cooking. Cook for 1-2 minutes on each side or until internal temperature reaches 145 degrees F. 2.5oz serving use #10 scoop	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 temperature 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 ramen 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

## SLE Components

Amount Per Serving

<b>Meat</b>	1.80
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.10
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		286.43	
<b>Fat</b>		12.38g	
<b>SaturatedFat</b>		3.28g	
<b>Trans Fat</b>		0.45g	
<b>Cholesterol</b>		40.47mg	
<b>Sodium</b>		1041.09mg	
<b>Carbohydrates</b>		28.46g	
<b>Fiber</b>		0.21g	
<b>Sugar</b>		4.50g	
<b>Protein</b>		16.11g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.17mg
<b>Calcium</b>	27.16mg	<b>Iron</b>	1.29mg

# KHS-Pork Ramen Bowl

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10408

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Nested Yakisoba Noodles-WG	5 Serving	HEAT_AND_SERVE Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hours	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	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	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	Keep Frozen until servings. Thaw under refrigeration for 24-28 hours. Place thawed pork on grill and heat to 160 degrees F for 15 seconds or longer. 2.5oz use #10 scoop	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 temperature 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 ramen 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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.10
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		300.54	
<b>Fat</b>		11.39g	
<b>SaturatedFat</b>		3.13g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		53.00mg	
<b>Sodium</b>		855.28mg	
<b>Carbohydrates</b>		25.87g	
<b>Fiber</b>		0.21g	
<b>Sugar</b>		3.70g	
<b>Protein</b>		20.42g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.97mg
<b>Calcium</b>	22.14mg	<b>Iron</b>	0.58mg

# KHS-Honey BBQ Chicken Wing

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10474

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ HNY 6-.5GAL GFS	4 1/2 Cup	2 tbl per serving size 6/5 gallon per case	547742
CHIX WNG OVN RSTD 6-11/ 3-5 GFS	150 Piece	Thaw chicken wings under refrigeration for 24-48 hours prior to baking. CONVECTION OVEN: PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN WINGS ON A FOIL LINED BAKING SHEET AND BAKE UNCOVERED FOR 13-16 MINUTES. Keep frozen Shelf life 270 days 3 wings per serving	183662
CELERY STIX 4-3 RSS	10 Cup	4/3# bags= average 318 count 1/4 cup (4 sticks)	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.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	331.56		
<b>Fat</b>	19.54g		
<b>SaturatedFat</b>	5.27g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	671.44mg		
<b>Carbohydrates</b>	18.92g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	14.08g		
<b>Protein</b>	21.18g		
<b>Vitamin A</b>	111.35IU	<b>Vitamin C</b>	0.77mg

**Calcium** 9.92mg **Iron** 1.13mg

# KHS-Garlic Parmesan Chicken Wing

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10596

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG OVN RSTD 6-11/ 3-5 GFS	150 Piece	Thaw chicken wings under refrigeration for 24-48 hours prior to baking. CONVECTION OVEN: PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN WINGS ON A FOIL LINED BAKING SHEET AND BAKE UNCOVERED FOR 13-16 MINUTES. Keep frozen Shelf life 270 days 3 wings per serving	183662
CELERY STIX 4-3 RSS	10 Cup	4/3# bags= average 318 count 1/4 cup (4 sticks)	781592
SAUCE WNG GARL PARM 4-.5GAL SWTBRAY	2 Cup	4/5 gallons per case	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.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	299.56		
<b>Fat</b>	22.10g		
<b>SaturatedFat</b>	5.59g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	617.04mg		
<b>Carbohydrates</b>	4.44g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	0.40g		
<b>Protein</b>	21.18g		
<b>Vitamin A</b>	175.35IU	<b>Vitamin C</b>	0.77mg

**Calcium** 9.92mg **Iron** 1.13mg



# KHS-Buffalo Chicken Wing

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10597

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG OVN RSTD 6-11/ 3-5 GFS	150 Piece	Thaw chicken wings under refrigeration for 24-48 hours prior to baking. CONVECTION OVEN: PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN WINGS ON A FOIL LINED BAKING SHEET AND BAKE UNCOVERED FOR 13-16 MINUTES. Keep frozen Shelf life 270 days 3 wings per serving	183662
CELERY STIX 4-3 RSS	10 Cup	4/3# bags= average 318 count 1/4 cup (4 sticks)	781592
SAUCE BUFF WNG 4-1GAL SWTBRAY	2 Cup	4/1 gallon per case 1 Tbl per serving	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.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	280.36		
<b>Fat</b>	20.18g		
<b>SaturatedFat</b>	5.27g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	751.44mg		
<b>Carbohydrates</b>	4.44g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	0.40g		
<b>Protein</b>	21.18g		
<b>Vitamin A</b>	111.35IU	<b>Vitamin C</b>	0.77mg

**Calcium** 9.92mg **Iron** 1.13mg

# KHS-Hot Dog Bar-chili cheese dog

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10598

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	80 Ounce	UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN. DO NOT MICROWAVE	135261
CHILI BEEF W/BEAN 6-5 COMM	80 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	344012
Hot dog Bun, Whole Wheat White	80 Each	READY_TO_EAT Keep frozen until serving- Thaw at room temperature 3-4 hours or under refrigeration overnight.	Wilkens Food Service
FRANKS BF BLK ANGUS NAN 8/ 2-5 GCHC	80 Each	Thaw under refrigeration for approximately 72 hours. Shelf life:Frozen = 210 days from date of production Heat in steamer: Heat to an internal temperature of 160 degrees F. 5-10 minutes from thawed.	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.79
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.07
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	361.22
<b>Fat</b>	20.52g
<b>SaturatedFat</b>	8.32g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	49.35mg
<b>Sodium</b>	670.04mg
<b>Carbohydrates</b>	30.93g
<b>Fiber</b>	3.69g

<b>Sugar</b>	4.86g		
<b>Protein</b>	15.49g		
<b>Vitamin A</b>	214.75IU	<b>Vitamin C</b>	3.26mg
<b>Calcium</b>	108.50mg	<b>Iron</b>	1.31mg

# KHS-Chicken Italian Sausage w/Sauteed peppers & Onions

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10600

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE CHIX MLD ITAL NAT 2.5Z 4-2.5	50 Each	THAW UNDER REFRIGERATION 24-48 hours FULLY COOKED - JUST HEAT AND SERVE. Place thawed sausage in steam table pan in a single layer and heat for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.	223240
PEPPERS RED DOMESTIC 23 MRKN	12 1/2 Cup	if using whole peppers rinse and slice to 1/4" pieces	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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	229.95
<b>Fat</b>	8.29g
<b>SaturatedFat</b>	0.66g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	660.70mg
<b>Carbohydrates</b>	23.88g

<b>Fiber</b>	0.40g		
<b>Sugar</b>	4.63g		
<b>Protein</b>	16.30g		
<b>Vitamin A</b>	1299.94IU	<b>Vitamin C</b>	59.34mg
<b>Calcium</b>	3.94mg	<b>Iron</b>	0.16mg

# KHS-Chicken Pot Pie

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10640

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CRM OF BROCCOLI FRSH 2-8 GFS	5 3/4 Cup	2/128 oz tub per case	855863
1% Lowfat White Milk	20 fl. oz	READY_TO_EAT keep chilled 2.5 cartons	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	480 oz per case	285730
DOUGH BISC WGRAIN 216-2.51Z PILLS	24 Each	<b>BAKE</b> Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. 1 biscuit per serving 216 per case	269200
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	55 1/5 Ounce	Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hour prior to using. 2/5#bags per case	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.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.03
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	429.10		
<b>Fat</b>	18.47g		
<b>SaturatedFat</b>	9.23g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.29mg		
<b>Sodium</b>	741.93mg		
<b>Carbohydrates</b>	38.19g		
<b>Fiber</b>	3.73g		
<b>Sugar</b>	7.68g		
<b>Protein</b>	25.08g		
<b>Vitamin A</b>	1016.06IU	<b>Vitamin C</b>	6.70mg
<b>Calcium</b>	215.94mg	<b>Iron</b>	2.29mg



# KHS-Ultimate Mac & Cheese w/ Chicken and toppings

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10646

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6- 106Z LOL	300 Ounce	4oz Use #6 scoop= 2 ozeqn m/ma UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN. DO NOT MICROWAVE.	135261
PASTA ELBOW MACAR 51 WGRAIN 2-10	200 Ounce	SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES. 2-OUNCE DRY SERVING (1-1 1/2 CUPS COOKED) 1 cup cooked pasta per serving 2/10# bags-320 oz dry pasta	229941
BACON CRUMBLES CKD 12-1 GFS	5 Cup	1/2 oz per serving Use #60 scoop	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	1oz diced tomatoes use #30 scoop	786543
CHIVE FRESH 1# MRKN	5 Cup	1/2 oz per serving Use #60 scoop	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	READY_TO_EAT Refrigerate after opening. 1/2 oz =3 slices	786802
CHIX PULLED WHT & DRK BLND 2-5 TYS	220 Ounce	Cook from frozen. Thaw under refrigeration for 24-48 hours. Place chicken in steam table pan with 1/2 cup of water. place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer 1 Case = 160 Ounces (2 x 80 Ounces per Bag) 2.2oz #16 scoop	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

## SLE Components

Amount Per Serving

<b>Meat</b>	2.97
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	483.18		
<b>Fat</b>	16.87g		
<b>SaturatedFat</b>	8.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	78.00mg		
<b>Sodium</b>	828.96mg		
<b>Carbohydrates</b>	47.64g		
<b>Fiber</b>	4.13g		
<b>Sugar</b>	2.77g		
<b>Protein</b>	31.69g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	336.00mg	<b>Iron</b>	2.37mg

# KHS-Ultimate Mac & Cheese w/ Chili & toppings

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10647

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6- 106Z LOL	300 Ounce	4oz Use #6 scoop= 2 ozeqn m/ma UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN. DO NOT MICROWAVE.	135261
PASTA ELBOW MACAR 51 WGRAIN 2-10	200 Ounce	SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES. 2-OUNCE DRY SERVING (1-1 1/2 CUPS COOKED) 1 cup cooked pasta per serving 2/10# bags-320 oz dry pasta	229941
BACON CRUMBLES CKD 12-1 GFS	5 Cup	1/2 oz per serving Use #60 scoop	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	1oz diced tomatoes use #30 scoop	786543
CHIVE FRESH 1# MRKN	5 Cup	1/2 oz per serving Use #60 scoop	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	READY_TO_EAT Refrigerate after opening. 1/2 oz =3 slices	786802
CHILI BEEF W/BEAN 6-5 COMM	200 Ounce	Keep Frozen until ready to use. Thaw under refrigeration 24-28 hours Place bag of frozen chili in steam table pan and put in steamer for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2oz serving use #16 scoop	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.19
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	439.99
<b>Fat</b>	14.92g
<b>SaturatedFat</b>	7.73g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.63mg
<b>Sodium</b>	823.53mg
<b>Carbohydrates</b>	52.05g
<b>Fiber</b>	5.50g
<b>Sugar</b>	4.48g
<b>Protein</b>	21.48g
<b>Vitamin A</b> 429.50IU	<b>Vitamin C</b> 6.52mg
<b>Calcium</b> 353.50mg	<b>Iron</b> 2.87mg

# KHS-Broccoli Alfredo

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10648

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 100 WHLWHE 2-5	200 Ounce	<p>USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. ADD 1# OF PASTA. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.</p> <p>1 Case = 160 Ounces (2 x 80 Ounces per Bag) of Pasta, Penne, Rigate, 100% Whole Wheat            COOL, DRY, STORAGE= 365 DAYS FROM DATE OF PRODUCTION            2ox dry= 1 cup cooked</p>	654571
SAUCE CHS WHT BLND 6-106Z LOL	33 Cup	6/106 oz per case	235631
Broccoli Florets	50 Cup	<p>READY_TO_EAT            Rinse broccoli florets free from debris. Place broccoli in steamer for 6-10 minutes. or until tender.</p>	Wilkens 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	6/32oz per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	100 Teaspoon	Drizzle the oil over the cooked pasta to prevent sticking. Be sure to coat evenly.	732900
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	<p>BAKE            Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.</p> <p>GRIDDLE_FRY            Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through.</p> <p>GRILL            Place toast on grill. Heat each side for 30 seconds or until heated through.</p>	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

### SLE Components

Amount Per Serving

<b>Meat</b>	1.32
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	450.60		
<b>Fat</b>	18.91g		
<b>SaturatedFat</b>	7.27g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	26.40mg		
<b>Sodium</b>	691.20mg		
<b>Carbohydrates</b>	56.36g		
<b>Fiber</b>	8.50g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	18.42g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	39.00mg
<b>Calcium</b>	358.12mg	<b>Iron</b>	38.72mg

# KHS-Chicken & Broccoli Alfredo

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10649

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 100 WHLWHE 2-5	200 Ounce	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. ADD 1# OF DRY PASTA AND STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING. 1 Case = 160 Ounces (2 x 80 Ounces per Bag) of Pasta, Penne, Rigate, 100% Whole Wheat COOL, DRY, STORAGE= 365 DAYS FROM DATE OF PRODUCTION 2ox dry= 1 cup cooked	654571
SAUCE CHS WHT BLND 6-106Z LOL	33 Cup	6/106 oz per case	235631
Broccoli Florets	50 Cup	READY_TO_EAT Rinse broccoli florets free from debris. Place broccoli in steamer for 6-10 minutes. or until tender.	Wilkens 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	6/32oz per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	100 Teaspoon	Drizzle the oil over the cooked pasta to prevent sticking. Be sure to coat evenly.	732900
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	230 Ounce	Keep frozen until ready to cook Place frozen diced chicken in 6" steam table pan add 1/2 cup of water. cover with foil and place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2/5# bags per case 160 oz per case: 69 servings per case 2.3 oz per portion use #10 scoop	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.85
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	550.27
<b>Fat</b>	22.74g
<b>SaturatedFat</b>	8.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.57mg
<b>Sodium</b>	783.20mg
<b>Carbohydrates</b>	57.13g
<b>Fiber</b>	8.50g
<b>Sugar</b>	2.00g
<b>Protein</b>	32.22g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 39.00mg
<b>Calcium</b> 358.12mg	<b>Iron</b> 39.49mg



# KHS-Margherita Meatball Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10650

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FC Chicken Meatball	150 Each	Keep frozen until ready to serve. Place frozen meatballs in a 6" steam table pan, add 1/2 cup of water. Cover tightly with foil and place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 3 meatballs per sandwich	190302
SAUCE MARINARA A/P 6-10 REDPK	100 Ounce	READY_TO_EAT Rinse cans free from debris. Place marinara sauce in 6" steam table pan, cover with lid and place in steamer for 10-15 minutes. 1/4 cup per sandwich use # 16 scoop	592714
TOMATO ROMA DCD 3/8 2-5 RSS	1 1/2 Cup	2/5# trays 1 Tbl per sandwich	786543
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	4/#5 bags 1oz of cheese per sandwich	265041
Hoagie Roll, WG Split top	50 Each	READY_TO_EAT Keep frozen until serving. Thaw under refrigeration for 24 hours. Shelf Life of 5 days in ambient temperature. 365 days	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)

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.36
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	429.62
<b>Fat</b>	19.43g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	818.72mg
<b>Carbohydrates</b>	36.50g
<b>Fiber</b>	2.46g
<b>Sugar</b>	4.98g
<b>Protein</b>	29.46g

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<b>Vitamin A</b>	277.14IU	<b>Vitamin C</b>	4.29mg
<b>Calcium</b>	40.03mg	<b>Iron</b>	1.01mg

# KHS-Chicken Parm Sandwich w/Italian Vegetables

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10653

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hoagie Roll, WG Split top	1 Each	READY_TO_EAT Keep frozen until serving. Thaw under refrigeration for 24 hours. Shelf Life of 5 days in ambient temperature. 365 days	Wilkens Food Service
CHIX BRST STRP BRD WGRAIN 6-5.15	3 Ounce	6/82.4oz bags per case-494.4 oz 164 servings per case BAKE PREPARATION: Appliances vary, adjust accordingly. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered. 3 strips per serving	740820
CHEESE MOZZ LMPS SHRD FTNR 4-5#	1 Teaspoon	4/5# bags-80oz per bag/320 oz per case	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

Description	Measurement	Prep Instructions	DistPart #
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.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	472.67		
<b>Fat</b>	20.72g		
<b>SaturatedFat</b>	5.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	691.38mg		
<b>Carbohydrates</b>	44.24g		
<b>Fiber</b>	2.15g		
<b>Sugar</b>	4.59g		
<b>Protein</b>	28.76g		
<b>Vitamin A</b>	519.97IU	<b>Vitamin C</b>	30.45mg
<b>Calcium</b>	22.91mg	<b>Iron</b>	1.24mg

# KHS-Grilled Chicken Parm Sandwich w/Italian Roasted Vegetables

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10654

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	50 Each	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. 96 per case Place bottom of ciabata bun on parchment lined sheet tray. lightly spray with garlic butter spray then add 1oz of mozzarella cheese, place in oven for 1-2 minutes or until cheese is melted.	831221
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	50 Each	Thaw under refrigeration or heat from frozen. Convection Oven: From frozen, place the breast fillets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350 degrees F convection oven for approximately 17-21 minutes. 2/5# bags 160oz per bag 53 servings per case	185033
CHEESE MOZZ LMPS SHRD FTNR 4- 5#	25 Ounce	4/5#-320 oz per case 1/2 oz per serving use#70	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	6/1 gal per case 1 tsp per servings	732900
SPICE GARLIC POWDER 6 TRDE	1 1/2 Cup	1/2 oz per serving	513857
SPICE ONION POWDER 19Z TRDE	1 1/2 Cup	19oz per case 1/2 oz per serving	126993

Description	Measurement	Prep Instructions	DistPart #
GARLIC MINCED IN WTR 6-32Z ITALR	12 1/2 Teaspoon	6/32oz per case 1/4 tsp per serving	874910
SAUCE MARINARA A/P 6-10 REDPK	100 Ounce	READY_TO_EAT 6/#10 cans 660 oz per case 1/4 cup per sandwich use #20 scoop	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.36
<b>OtherVeg</b>	1.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	482.48		
<b>Fat</b>	21.85g		
<b>SaturatedFat</b>	3.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	867.35mg		
<b>Carbohydrates</b>	47.28g		
<b>Fiber</b>	5.99g		
<b>Sugar</b>	7.90g		
<b>Protein</b>	35.51g		
<b>Vitamin A</b>	777.11IU	<b>Vitamin C</b>	35.04mg
<b>Calcium</b>	62.15mg	<b>Iron</b>	2.68mg

# KHS-Spicy Pepperjack Grilled Cheese Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10658

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pullman Bread, Whole Grain White 1/2" sliced	100 Ounce	READY_TO_EAT Keep Frozen Thaw under refrigeration for 24 hours or room temperature for 1-2 hours. 12/28oz per case-26 usable pieces per case 2 slices of bread per serving	Wilkens Food Service
CHEESE AMER/PEPR JK	100 Slice	4/120 slice per case-480 count per slice 2 slices per grilled cheese	257271
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	50 Teaspoon	6/17oz cans per case lightly spray each outside pieces of bread prior to grilling.	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.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	280.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	790.00mg
<b>Carbohydrates</b>	30.00g

<b>Fiber</b>		2.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		12.00g	
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	0.00mg



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

<b>Servings:</b>	192.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10774

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	864 Ounce	<p>Per Serving 2.5oz Chicken w/1.1 oz sauce. Place chicken on a sheet tray in a single layer . Bake in preheated oven @ 400 degrees F for 16-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Place bag of sauce in a steam table pan and heat for 10-15 minutes or until the internal temperature reaches 165 degrees F or 15 minutes seconds or longer. 4.5oz serving use #6 scoop</p>	550512
Vegetable Fried Rice	288 Serving	<p>HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4oz ladle 6.38 oz use # 6 scoop once and 2nd time 1/3rd full</p>	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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.38
<b>Legumes</b>	0.00

Starch

0.00

## 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