

Cookbook for Test High School 2

Created by HPS Menu Planner

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Beans Baked MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-93

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	4 Gallon		520098

Preparation Instructions

WASH HANDS.

- ,1. Open can and pour beans into steam table pan(s).
- ,2. Heat through.
- ,3. Serve.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135oF.

,Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

,Updated December 2013

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.64
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	179.20		
Fat	1.28g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	704.00mg		
Carbohydrates	37.12g		
Fiber	6.40g		
Sugar	15.36g		
Protein	7.68g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.20mg	Iron	2.30mg

Beans Green Sesame MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-94

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL 26 P/L	30 Cup	+/- 10 lbs	857424
OIL SESAME PURE 10- 56Z ROLN	1 1/4 Tablespoon	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
OIL OLIVE PURE 4-3LTR GFS	1 1/4 Tablespoon		432061
SALT SEA 36Z TRDE	2 Teaspoon		748590
SPICE SESAME SEED HULLED 19Z TRDE	1 1/4 Tablespoon		513806

Preparation Instructions

WASH HANDS.

,1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

,2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

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,CCP: Hot hold for service at 135°F or above.

,Note: Boil beans within 1 hour of service.

,They tend to overheat and turn grey after 1 hour

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,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

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SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	13.23
Fat	0.41g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	45.98mg
Carbohydrates	2.40g
Fiber	0.90g
Sugar	1.20g
Protein	0.60g

Vitamin A	227.70IU	Vitamin C	4.03mg
Calcium	12.21mg	Iron	0.34mg

Bowl Asian Mashed Potato MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-95

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED FRSH 4-6 GFS	200 1/2 Cup		578754
BEEF DIPPERS WONDER BITE 400-.7Z PIER	400 Each	BAKE Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate	770817
PEPPERS RED DCD 3/8 2-3 RSS	300 Ounce		581992
BROCCOLI FLORET 100-2Z MI LOCAL	3 1/4 Gallon		699673

Preparation Instructions

WASH HANDS.

,1. Cook potatoes according to recipe/package instructions.

,2. Bake the beef according to manufacturer instructions.

,CCP: FINAL INTERNAL TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

,3. Steam or saute the bell peppers until tender.

,4. Place 1 cup potatoes in a 16oz container. Evenly place 4 pieces of beef over potatoes. Add 1/2 cup broccoli and 1/4 cup peppers.

,5. Serve warm.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Child Nutrition information: 1 Bowl provides= 1 c. starchy vegetable, 2 oz meat/meat alternate, 1/4 c. red/orange vegetable, and 1/2 c. dark green vegetable

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	264.00
Fat	8.60g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	428.40mg
Carbohydrates	36.00g
Fiber	5.80g
Sugar	22.00g
Protein	15.60g

Vitamin A 12099.28IU	Vitamin C 697.68mg
Calcium 56.72mg	Iron 3.66mg

Calzone Three Cheese MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-96

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN 60-4.69Z GILARDI	100 Each		658591

Preparation Instructions

Directions:

,0: Wash hands.

,1: 1. Thaw under refrigeration.

,2: 2. Spray with non-stick cooking spray before baking for a softer crust.

,3: 3. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

, Notes:

SLE Components

Amount Per Serving

Meat	4.00
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.26
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	250.00		
Fat	5.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	430.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	410.00mg	Iron	2.70mg

Cauliflower Parslied MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-97

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GFS	30 Cup	+/- 17 lbs	610882
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	3/4 Cup		299405
SPICE PARSLEY FLAKES 11Z TRDE	3/4 Cup		513989

Preparation Instructions

WASH HANDS.

,1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

,2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

,CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

,4. Serve using a 4 oz spoodle or menued portion.

,Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	18.00
Fat	1.32g
SaturatedFat	0.84g
Trans Fat	0.00g
Cholesterol	3.60mg
Sodium	6.00mg
Carbohydrates	1.20g
Fiber	0.60g

Sugar	0.60g		
Protein	0.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.70mg	Iron	0.00mg

Cavatini Cowboy MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-98

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE PLUS 2-10 BARILLA	1 Ounce	BOIL Cooking Time: 10 Minutes // Pre-cooking time: 7 Minutes	551321
BEEF GRND 80/20 3-10 GFS	17 Pound		158704
SAUCE TOMATO MW 6-10 GCHC	2 1/2 Gallon		306347
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	4 3/4 Cup		421812

Preparation Instructions

Wash Hands.

,1. Brown beef and drain.

,CCP: Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.

,2. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes.

,3. Add cooked pasta to meat mixture. Mix well and divide into 2" steam pans.

,4. Sprinkle with mozzarella cheese.

,5. Bake at Convection oven: 325° F for 30-40 minutes or Conventional oven: 350° F for 40-45 minutes.

,6. Serve hot with 6z Spoodle

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,CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

,6z Spoodle provides: 2.25 oz M/M, 1 oz. eq. of grain and 1/4 cup of red/orange vegetable

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,Updated January 2016

SLE Components

Amount Per Serving

Meat	1.87
Grain	0.01
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	245.35
Fat	16.11g
SaturatedFat	6.79g
Trans Fat	1.02g
Cholesterol	54.80mg
Sodium	579.23mg
Carbohydrates	8.38g
Fiber	1.62g
Sugar	4.81g
Protein	15.47g

Vitamin A	838.00IU	Vitamin C	3.84mg
Calcium	41.90mg	Iron	2.39mg

Fajita Turkey Honey Lime MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-99

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST OVN RST 2-8AVG BRICK	18 3/4 Pound		848786
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	1 Cup		292702
HONEY CLOVER 4-6 GFS	1/2 Cup		225614
JUICE LIME FRSH 1-32FLZ NAT BRANDS	1/2 Cup		541711
SPICE CHILI POWDER MILD 16Z TRDE	1 3/8 Tablespoon		331473
SPICE GARLIC POWDER 21Z TRDE	1 3/8 Tablespoon		224839
ONION SPANISH COLOSS 50 MARKON	20 Ounce		198706
PEPPERS GREEN LRG 5 MRKN	5 Cup		592315
TORTILLA FLOUR ULTRGR 6 30-12CT	200 Each		882690

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE & DRAIN WELL.

,1. Cut turkey breast into fajita strips, 1/4" wide by 2-3" long.

,2. Place turkey strips into steam table pan.

,3. Add oil, honey, lime juice, chili powder, & garlic powder.

,4. Mix well to combine.

,5. Cover & marinate in the refrigerator for 2-3 hours.

,6. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake, uncovered, in 325°F convection oven for 25-30 minutes.

,CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.

,7. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.

,8. Warm tortillas in a warmer or steamer.

,9. To serve, put a #8 scoop of hot turkey mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.

,CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER.

,Child Nutrition: 2 Each provides= 1.5 oz meat and 2 oz eq grain

,Updated October 2013

SLE Components

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.05
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	299.19		
Fat	8.01g		
SaturatedFat	3.36g		
Trans Fat	0.04g		
Cholesterol	45.00mg		
Sodium	740.24mg		
Carbohydrates	33.96g		
Fiber	4.22g		
Sugar	5.21g		
Protein	20.63g		
Vitamin A	27.68IU	Vitamin C	6.70mg
Calcium	42.05mg	Iron	2.02mg

Fries Sweet Potato Crinkle MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-100

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	19 3/4 Pound		628100

Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3.17 oz svg = 1/2 c. red/orange vegetable

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
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	119.62		
Fat	4.49g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	179.43mg		
Carbohydrates	16.95g		
Fiber	2.99g		
Sugar	4.98g		
Protein	1.99g		
Vitamin A	3488.96IU	Vitamin C	2.39mg
Calcium	19.94mg	Iron	0.36mg

Fruit & Cheese Kabob MTG

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-101

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CLAMSHELL 8 MRKN	1 3/4 Gallon		212768
GRAPE RED SDLSS 5 P/L	1 5/8 Gallon		596914
MELON MUSK CANTALOUPE 12CT MFC	25 Cup		200565
CHEESE COLBY JK CUBED 6-1 GCHC	6 1/4 Pound		471461

Preparation Instructions

WASH HANDS.

,WASH FRESH PRODUCE UNDER COOL RUNNING WATER. SCRUB OUTSIDE OF MELONS. RINSE & DRAIN WELL.

,1. Trim strawberries and Melon. Cut melon into bite size chunks using a melon baller or knife (make sure they are large enough to fit onto the skewer).

,2. Using medium-size kabob skewers, place 1/4 cup of each fruit as well as 1 ounce of cheese onto skewers in an alternating pattern. This may take 2-3 skewers.

,3. Serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE, MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,1 Serving provides: 1 oz. Meat/Meat Alternate, and 3/4 cup fruit

,Updated October 2013

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.25
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 46.07

Fat 0.30g

SaturatedFat 0.11g

Trans Fat 0.00g

Cholesterol 0.47mg

Sodium 9.59mg

Carbohydrates 11.65g

Fiber 0.79g

Sugar 10.45g

Protein 0.69g

Vitamin A 48.65IU **Vitamin C** 132.39mg

Calcium 12.92mg **Iron** 0.16mg

Hamburger Deluxe MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-102

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each		517810
TOMATO 6X6 LRG 10 MRKN	20 Cup	1 Slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	100 Ounce	1 Leaf	307769
KETCHUP PKT 1000- 9GM FOH CRWNCOLL	100 Package		571720
MAYONNAISE LT 4- 1GAL GFS	1 5/8 Quart		429406

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

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SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.10
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	352.07		
Fat	16.10g		
SaturatedFat	5.02g		
Trans Fat	1.00g		
Cholesterol	45.24mg		
Sodium	487.98mg		
Carbohydrates	37.49g		
Fiber	7.44g		
Sugar	8.02g		
Protein	17.32g		
Vitamin A	399.88IU	Vitamin C	4.93mg
Calcium	93.60mg	Iron	2.98mg

Hot Dog on WG Bun MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-103

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GFS	100 Each		517830
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	100 Each		570662
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package		571720

Preparation Instructions

WASH HANDS.

,1. Place 1 hot dog in each bun.

,Convection oven: 350°F

,Conventional oven: 400°F

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

,2. Serve within 3 hours.

,3. Serve with ketchup packet (optional).

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

,Updated January 2016

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SLE Components

Amount Per Serving

Meat	1.50
Grain	1.50
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	260.00
Fat	12.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	500.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	7.00g

Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.67mg	Iron	1.60mg

Ravioli w/Sauce MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-104

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT SPRAY 6-21Z GFS	1 Each	Spray to Coat	405170
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	300 Each	<p>BOIL Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.</p>	553982
SAUCE SPAGHETTI NO SALT 6-106Z PREGO	1 1/2 Gallon		416096

Preparation Instructions

WASH HANDS.

,1. Place ravioli and spaghetti sauce into a hotel pan, lightly coated with cooking spray.

,2. Bake in 350 degree F oven for 20-25 minutes or until heated through.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140 DEGREES F FOR A MINIMUM OF 15 SECONDS.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

,3. Serve 3 ravioli each, topped off with 1/4 cup of spaghetti sauce.

,Child Nutrition: 1 serving = 2 oz meat/meat alternate, 1 oz eq grain, 1/4 c. red/orange vegetable

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	218.40		
Fat	4.44g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	489.20mg		
Carbohydrates	28.28g		
Fiber	2.44g		
Sugar	4.84g		
Protein	15.96g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	174.00mg	Iron	1.80mg

Rolls Mini Cinnamon MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-105

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW 72-2.29Z PILLS	100 Package	BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	894291

Preparation Instructions

WASH HANDS.

,1. Preheat oven to 350°F.

,2. Place pouches on single layer on baking sheet.

,3. Heat for 5-7 minutes for convection oven; heat for 10-12 minutes for conventional oven.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

,4. Serve.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Serving: 1 each provides 2 oz eq grains

,Updated: 12/15/2014

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	240.00
Fat	7.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.00mg
Carbohydrates	39.00g
Fiber	2.00g

Sugar			15.00g
Protein			5.00g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Salad Cucumber Creamy MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-106

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	3 Quart		429406
VINEGAR WHT DISTILLED 5 4-1GAL GFS	1 Cup		629640
SPICE DILL WEED 5Z TRDE	1/2 Cup		513938
SPICE PEPR WHITE GRND 17Z TRDE	1 Teaspoon		513776
SPICE ONION MINCED 12Z TRDE	1/2 Cup		513997
SUGAR CANE GRANUL 25 GFS	11 Tablespoon		108642
CUCUMBER SELECT SUPER 45 MRKN	64 Cup	+/- 22 lbs	198587

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.64

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	57.93		
Fat	1.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	19.19mg		
Sodium	96.61mg		
Carbohydrates	10.28g		
Fiber	0.19g		
Sugar	3.88g		
Protein	0.19g		
Vitamin A	34.94IU	Vitamin C	0.93mg
Calcium	5.32mg	Iron	0.10mg

Salad Mixed Green MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-107

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	10 1/2 Pound	+/- 100 Shredded Cups	305812
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	+/- 7 lbs	199001
CUCUMBER SELECT SUPER 45 MRKN	30 Cup	+/- 10 lbs	198587

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

- ,1. Place washed lettuce into a mixing bowl.
- ,2. Core and dice tomatoes.
- ,3. Slice cucumbers into 1/4" slices.
- ,4. Combine tomatoes and cucumbers.
- ,5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.30
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	13.49
Fat	0.06g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.07mg
Carbohydrates	2.88g
Fiber	1.12g
Sugar	0.73g

Protein	0.23g		
Vitamin A	143.83IU	Vitamin C	2.53mg
Calcium	20.83mg	Iron	0.39mg

Scoops Fiesta

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-128

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Package		696871
TACO FILLING BEEF 4-5 GFS	11 1/4 Pound		776548
BEAN PINTO 6-10 GFS	1 5/8 Gallon		261475
BEAN KIDNY RD DK LO SOD 6-10 P/L	1 5/8 Gallon		598002
CARROT JUMBO 10 P/L	25 Cup		592293
TOMATO ROMA DCD 3/8 2-5 RSS	1 5/8 Ounce		786543
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 5/8 Gallon		451730
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Cup		191043

Preparation Instructions

Wash Hands

,Wash all fresh, unpackaged produce under running water. Drain well.

,1. Mix together meat, beans, carrots and tomatoes.

,CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.

,2. Pour contents of an .875 oz. bag of Baked Tositos Scoops on a serving plate. Add 1 3/8 cup of the chili mixture, and cover with shredded cheese, lettuce and other desired toppings.

,CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

,Optional: Create a walking taco by serving the chili mixture and toppings (cheese, lettuce and optional toppings) in the .875 oz bag of Baked Tostitos Scoops. Pull open the bag from the top or cut open along one

,side and spoon in chili mixture and add toppings.

,1 Serving provides: 1.25 oz eq grain, 1.5 oz meat/meat alternate, 1/2 cup red/orange vegetable, 1/2 cup beans/legumes vegetable and 1/8 cup dark green vegetable

,Updated March 2012

SLE Components

Amount Per Serving

Meat 0.00

Grain 1.25

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.26
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	341.55		
Fat	11.61g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	21.00mg		
Sodium	507.04mg		
Carbohydrates	42.47g		
Fiber	11.39g		
Sugar	2.98g		
Protein	16.00g		
Vitamin A	6717.87IU	Vitamin C	1.41mg
Calcium	175.22mg	Iron	3.13mg

Salad Spinach Side MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-129

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	6 1/4 Gallon		560545
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	+/- 7 lbs	199001
CUCUMBER SELECT 6CT MRKN	30 Cup	+/- 10 lbs	592323

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

- ,1. Place spinach into a mixing bowl.
- ,2. Core and dice tomatoes.
- ,3. Chop cucumbers.
- ,4. Combine tomatoes and cucumbers.
- ,5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

,Updated October 2013

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.15
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	10.09
Fat	0.06g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.07mg
Carbohydrates	2.20g
Fiber	1.28g

Sugar			0.73g
Protein			0.23g
Vitamin A	143.83IU	Vitamin C	2.53mg
Calcium	24.03mg	Iron	0.81mg

Sandwich Bagel Turkey & Chs MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-130

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY PULLED WHT CKD 2-5 GCHC	12 1/2 Pound		211729
CHEESE AMER 160CT SLCD 4-5 GCHC	100 Slice		271411
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	20 Cup	1 leaf of lettuce (5 Heads of Lettuce)	702595
TOMATO RANDOM 2 25 MRKN	20 Each	1 thin slice of tomato	508616
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	100 Each		230264

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

- ,1. Slice turkey.
- ,2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
- ,3. Place other half of bagel over top.
- ,4. Serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

,Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

,Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20
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	282.56
Fat	7.27g
SaturatedFat	3.35g
Trans Fat	0.00g
Cholesterol	59.17mg
Sodium	368.82mg
Carbohydrates	30.10g

Fiber	4.54g		
Sugar	5.00g		
Protein	24.25g		
Vitamin A	1033.04IU	Vitamin C	5.59mg
Calcium	121.19mg	Iron	2.68mg

Sandwich Turkey Burger MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-133

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each		517810
TURKEY BRGR FLAMEBR 90-2.5Z ADV	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	897690
TOMATO 6X6 LRG 10 MRKN	20 Cup	1 slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	1 Ounce	1 leaf	307769

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

- ,1. Cook chicken patty as directed on package.
- ,2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
- ,3. Serve.
- ,4. Allow student to select condiment of choice.

,Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
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	276.58		
Fat	11.08g		
SaturatedFat	2.52g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	366.85mg		
Carbohydrates	29.42g		
Fiber	6.45g		
Sugar	5.01g		
Protein	19.32g		
Vitamin A	399.88IU	Vitamin C	4.93mg
Calcium	63.70mg	Iron	2.62mg

Taco Walking MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-134

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Package		696871
TACO FILLING BEEF 4-5 GFS	12 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Cup		191043
SALSA 103Z 6-10 REDG	7 Pound	READY_TO_EAT	452841
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 5/8 Ounce		242489

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

,1. In a tilt-skillet, cook beef and drain fat.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

,2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

,3. Crush individual bags of chips and open.

,3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

,4. Serve.

,Child Nutrition: 1 Each provides=

,1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

,OR

,1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

,Updated October 2013

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.25
Fruit	0.00

GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	248.86
Fat	11.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	437.73mg
Carbohydrates	24.52g
Fiber	3.02g
Sugar	1.76g
Protein	10.75g

Vitamin A	207.91IU	Vitamin C	1.49mg
Calcium	123.85mg	Iron	1.30mg

Toasted Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-135

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 1/2 Cup		191205
BREAD WGRAIN HNY WHT 16-24Z GFS	200 Slice		204822
CHEESE AMER 160CT SLCD 6-5 COMM	200 Slice		150260

Preparation Instructions

Directions:

,1: Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5

,2: Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.

,3: Top each slice of bread with 2 slices (2 oz) of cheese.

,4: Cover with remaining bread slices.

,5: Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

,6: Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

,6: CCP: Heat to 140° F or higher.

,7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

,

, Notes:

,1: Comments:

,2: *See Marketing Guide.

,

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	314.00
Fat	13.64g
SaturatedFat	6.68g
Trans Fat	0.00g
Cholesterol	32.20mg
Sodium	711.60mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	7.00g
Protein	12.00g

Vitamin A	96.00IU	Vitamin C	0.00mg
Calcium	243.00mg	Iron	2.16mg

WGrain Mini Strawberry WGrain MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-136

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	100 Package	<p>READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p>	269230

Preparation Instructions

WASH HANDS.

,1. Preheat oven to 350°F.

,2. Place pouches on single layer on baking sheet.

,3. Heat for 13-15 minutes for convection oven; heat for 8-10 minutes for conventional oven.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

,4. Serve.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Serving: 1 pouch provides 2 oz eq grains

,Updated: 12/15/2014

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	220.00
Fat	6.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	130.00mg
Carbohydrates	40.00g
Fiber	3.00g

Sugar	14.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.72mg

Chicken Wings Boneless WGrain

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-177

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	750 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
DRESSING HNY MSTRD PKT 100-1FLZ	150 Each	READY_TO_EAT fully cooked	492932

Preparation Instructions

Directions:

WASH HANDS.

APPLIANCES VARY, ADJUST ACCORDINGLY.

CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 8-10 MINUTES.

CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 15-20 MINUTES.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

2. Serve and allow student to select condiment preference.

Child Nutrition: 5 pieces provides= 2 oz meat and 1 oz eq grain

Updated December 2014

Notes:

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.25

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.00
Fat	11.75g
SaturatedFat	2.38g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	527.50mg
Carbohydrates	18.50g
Fiber	2.70g
Sugar	6.00g
Protein	17.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.25mg	Iron	1.25mg

Turkey & Cheese Sub on Pretzel Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-178

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRETZEL WGRAIN 120-2.2Z J&J	100 Each		500162
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	200 Ounce		244190
American Cheese Sliced RF	50 Ounce		666204

Preparation Instructions

Assemble bagel sandwich place 2 oz. sliced turkey and 1 slice of American Cheese on a pretzel bun.

SLE Components

Amount Per Serving

Meat	1.17
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	214.17		
Fat	5.00g		
SaturatedFat	2.13g		
Trans Fat	0.00g		
Cholesterol	18.75mg		
Sodium	258.33mg		
Carbohydrates	29.50g		
Fiber	3.00g		
Sugar	2.25g		
Protein	12.42g		
Vitamin A	15.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.92mg

Beef & Cheese Nachos

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-179

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	450 Ounce		722330
TORTILLA YELLOW RND 40-2Z BRRLOFUN	150 Package		682210
CHEESE CHED MLD SHRD 4-5# COMM	37 1/2 Cup		150250

Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz (1/3 cup or #12 scoop) and 1/4 cup shredded cheese.

SLE Components

Amount Per Serving

Meat	2.89
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	485.43		
Fat	24.64g		
SaturatedFat	9.20g		
Trans Fat	0.27g		
Cholesterol	63.12mg		
Sodium	686.25mg		
Carbohydrates	45.73g		
Fiber	5.89g		
Sugar	1.89g		
Protein	22.11g		
Vitamin A	610.41IU	Vitamin C	4.73mg
Calcium	241.80mg	Iron	2.89mg

Rolls (Yeast)

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1132

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YEAST DRY 12-2 RDSTR	3 Ounce		453722
FLOUR ULTRAGRAIN 50 HLCHC	1 Gallon		515002
MILK PWD FF INST 6-5 P/L	3 Cup		311065
SUGAR CANE GRANUL 25 GFS	2 Cup		108642
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	2 Cup		292702
MARGARINE SLD 30-1 GCHC	2 Tablespoon		733061

Preparation Instructions

Directions:

Dissolve dry yeast in warm water. Let stand for 4-5 minutes

Place flour, dry milk, sugar, and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed.

Add oil and blend for approximately 2 minutes on low speed.

Add water. Mix for 1 minute for 2 minutes on low speed.

Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.

Add dissolved yeast and mix for 2 minutes on low speed.

Place dough in warm area (about 90° F) for 45-60 minutes

Punch down dough to remove air bubbles.

Form rolls from dough by pinching off 2 oz pieces and shaping. Place rolls in rows of 5 across and 10 down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Place in a warm area (about 90° F) until double in size, 30-50 minutes.

Bake until lightly browned: Conventional oven: 400° F for 18-20 minutes Convection oven: 350° F for 12-14 minutes

Optional: Brush lightly with melted margarine (approximately 1 Tbsp per pan) while warm.

Notes:

1: Special Tip:

- 2: To use high-activity (instant
 3:) yeast, follow di
 4: rections below or manufacturer's
 5: instructions.
 6: For 50 servings, omit step 1. In step
 7: 2, add ¼ cup high-activity (instant)
 8: yeast. Continue with step
 9: 3. In step 4, add 1 qt wa
 10: ter (110° F). Omit step 5.
 11: In step 6, knead for 10 minute
 12: s. Continue with steps 7-12.
 13: For 100 servings, omit step 1. In step
 14: 2, add 2 ½ oz (½ cup) high-activity
 15: (instant) yeast. Continue with step 3. In
 16: step 4, add 2 qt water (110° F). Omit
 17: step 5. In step 6, knead for 10
 18: minutes. Continue with steps 7-12.
 19: Variation:
 20: A. Frankfurter Rolls
 21: 50 and 100 servings: Follow steps 1-8. In step 9, shape 2 oz pieces of dough to approximately 2 1/2" x 6 1/2". Place rolls in rows of 8 down and 4 across on sheet pans which have been lightly coated with pan release spray. Continue with steps 10-12.
 22: B. Hamburger Rolls
 23: 50 and 100 servings: Follow steps 1-8. In step 9, shape and flatten 2 oz pieces of dough to approximately 4" in diameter. Place rolls in rows of 6 down and 4 across on sheet pans which have been lightly coated with pan release spray. Continue with steps 10-12.
 24: C. Wheat Rolls
 25: 50 servings: Follow step 1. In step 2 use 1 lb 13 oz (1 2 1/2 cups) Whole wheat/enriched blend flour and 1 lb 13 oz (1 qt 2 3/4 cups) whole wheat flour. Continue with steps 3-12.
 26: 100 servings: Follow step 1. In step 2, use 3 lb 10 oz (3 qt 1 cup) Whole wheat/enriched blend flour and 3 lb 10 oz (3 qt 1 1/2 cups) whole wheat flour. Continue with steps 3-12.
 27: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	133.68
Fat	5.13g
SaturatedFat	0.87g
Trans Fat	0.08g
Cholesterol	0.45mg
Sodium	295.75mg
Carbohydrates	19.27g
Fiber	1.56g
Sugar	4.93g
Protein	3.62g

Vitamin A	15.00IU	Vitamin C	0.00mg
Calcium	5.87mg	Iron	0.84mg

Marinated Cole Slaw

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1600

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR APPLE CIDER 5 4-1GAL GFS	10 Cup		430795
OIL SALAD VEG CLR NT 35 GCHC	7 1/2 Cup		107999
SUGAR CANE GRANUL XTRA FINE 25#	7 1/2 Cup		151343
SEASONING SALT 32Z BADIA	10 Teaspoon		430947
SPICE PEPR BLK GRND TABLE 16Z BADIA	10 Tablespoon		430989
SPICE MUSTARD GRND 14Z TRDE	10 Teaspoon		224928
SPICE CELERY SEED WHOLE 16Z TRDE	10 Teaspoon		224677
CABBAGE GREEN SHRD 5-3	100 Cup		607740
ONION RED MED/LRG 5-10	7 1/2 Cup	Thinly sliced	414951
PEPPERS GREEN 12CT P/L	7 1/2 Cup	Thinly sliced	100995

Preparation Instructions

Place thinly sliced cabbage, onion and green pepper in a large bowl.

Be sure the bowl has a lid to cover for marinating.

In a large saucepan, bring vinegar, vegetable oil, sugar, salt, pepper, ground mustard and celery seed to a boil.

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.33

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 150.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories	165.40		
Fat	11.23g		
SaturatedFat	1.77g		
Trans Fat	0.20g		
Cholesterol	0.00mg		
Sodium	104.37mg		
Carbohydrates	15.68g		
Fiber	2.12g		
Sugar	12.53g		
Protein	1.46g		
Vitamin A	109.93IU	Vitamin C	43.60mg
Calcium	51.06mg	Iron	0.24mg

Eggs Scrambled USDA

Servings:	100.00	Category:	Entree
Serving Size:	1.00 #16 Scoop	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1601

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD 6-30CT GCHC	100 Each		206539
MILK PWD FF INST 6-5 P/L	6 1/2 Ounce		311065
SALT KOSHER 12-3 DIAC	1 Tablespoon		424307

Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended.
3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Bake:

Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.

Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)

8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 #16 Scoop

Amount Per Serving

Calories	55.20		
Fat	2.89g		
SaturatedFat	0.89g		
Trans Fat	0.00g		
Cholesterol	117.65mg		
Sodium	114.56mg		
Carbohydrates	2.36g		
Fiber	0.00g		
Sugar	2.36g		
Protein	5.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.12mg	Iron	0.50mg

Sun Butter Hummus

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 #8 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1635

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GFS	2 5/8 Gallon		118753
JUICE LEMON 4-1GAL GFS	1 1/2 Quart		529191
SPREAD SUNFLWR SD 2-5# SUNBUTTER	1 1/2 Quart	READY_TO_EAT To be used as a replacement for peanut butter, ie: sunbutter and jelly sandwiches, dip for fruit, crackers, and veggies. Can be baked in cookie recipes or any recipes calling for PB. When substituting SB in peanut butter recipes (baking only) it may be necessary to reduce the baking soda or baking powder by approx 1/3 otherwise when the product cools down a green color may result. This is not harmful to eat however it is not very appealing.	149011
GARLIC CLOVES SML NAT RSTD 8-1	2 1/4 Cup		624211
SPICE PEPR BLK COARSE GRND 16Z TRDE	2 Tablespoon		518322

Preparation Instructions

Directions:

Combine all ingredients in a food processor and puree to a smooth consistency.

Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service.

Portion with No. 8 scoop (½ cup).

Notes:

1: Comments:

2: *See Marketing Guide.

3: Special Tip:

4: Serve with pita bread;

5: warning for service - contains sunflower seed butter

SLE Components

Amount Per Serving

Meat	2.16
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 #8 Scoop

Amount Per Serving			
Calories	188.67		
Fat	9.83g		
SaturatedFat	1.38g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	313.95mg		
Carbohydrates	18.69g		
Fiber	5.20g		
Sugar	3.95g		
Protein	8.41g		
Vitamin A	1.05IU	Vitamin C	0.00mg
Calcium	65.55mg	Iron	1.39mg

Chicken Wings

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3513

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	500 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	200.00		
Fat	8.75g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	337.50mg		
Carbohydrates	12.50g		
Fiber	2.50g		
Sugar	0.00g		
Protein	17.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.25mg	Iron	1.25mg

Sausage Egg Biscuit

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3876

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	100	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	100	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
EGG SCRMBD PTY RND 3.25 200-1Z GFS	100	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.	462519
CHEESE SLCD BLND 6- 5 COMM	50 Slice		150600

Preparation Instructions

Assemble sandwich: bottom of biscuit, egg patty, sausage, 1/2 slice of cheese, top of biscuit.

Wrap in foil if using for second chance.

If not cover on sheet tray and hold in warmer at 140-160 *F.

SLE Components

Amount Per Serving

Meat	2.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories	386.00
Fat	23.00g
SaturatedFat	10.20g
Trans Fat	0.00g
Cholesterol	108.50mg
Sodium	842.00mg
Carbohydrates	28.00g
Fiber	1.00g
Sugar	4.00g
Protein	16.00g

Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	111.00mg	Iron	1.08mg

Strawberry Chocolate Parfait

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3877

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRINKLES CHOC DECOR 25Z GFS	100 Teaspoon	Sprinkle on top to finish	421600
SYRUP CHOC 24-24Z HERSH	200 Tablespoon	2 Tbsp per parfait	433941
YOGURT VAN L/F 6-32Z DANN	50 Cup		541966
Strawberry Cup	50 Cup	Use USDA Commodity cup, or fresh strawberry or diced frozen strawberry 621420	100256
GRANOLA BAG IW 144-1Z FLDSTN	100	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

Assemble ingredients in to- go parfait cup.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Serving

Amount Per Serving

Calories	344.40		
Fat	6.40g		
SaturatedFat	1.70g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	162.80mg		
Carbohydrates	66.44g		
Fiber	3.32g		
Sugar	45.50g		
Protein	8.71g		
Vitamin A	50.64IU	Vitamin C	0.00mg

Calcium 179.95mg **Iron** 1.07mg

Cereal Bar & String Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3878

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN 96-1.42Z	100	READY_TO_EAT Ready to eat cereal bars	265891
CHEESE STRING MOZZ IW 168-1Z LOL	100		786580

Preparation Instructions

Place cheese and cereal in to-go bag.

Offer with choice of fruit, juice and milk

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	230.00
Fat	9.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	315.00mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	9.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 218.00mg	Iron 10.00mg

HAMBURGER

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3879

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CN Fully Cooked Beef Burger	100 Each	BAKE Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.	
BUN HAMB SLCD 4 10-12CT GFS	100 1each	THAW AND SERVE	763233

Preparation Instructions

BAKE

Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	206.90		
Fat	5.80g		
SaturatedFat	0.40g		
Trans Fat	0.25g		
Cholesterol	20.00mg		
Sodium	287.70mg		
Carbohydrates	28.00g		
Fiber	0.90g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	1.40mg
Calcium	34.38mg	Iron	1.90mg

Woodford Salad

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3880

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	100		165761
Grape Tomatoes	100		749041
CUCUMBER 1-24CT P/L	100		238653
CARROT SHRD 2-2.5	100		607720

Preparation Instructions

Place 1 cup romaine/ spring mix in 8 oz bowl. Add 3 washed grape tomatoes, 2 washed cucumber slices. Top with a pinch of shredded carrots.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories	15.30		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.00mg		
Carbohydrates	3.50g		
Fiber	1.30g		
Sugar	1.50g		
Protein	0.80g		
Vitamin A	54.60IU	Vitamin C	1.46mg
Calcium	18.32mg	Iron	0.51mg

Ham & Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3881

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM FZ W/A 4-10 COMM	200 Ounce		110600
BREAD WGRAIN HNY WHT 16-24Z GFS	200 1 piece/ 34 grams		204822
CHEESE AMER 160CT SLCD 6-5 COMM	100		150260
MUSTARD PKT 1000-1/5Z HNZ	100		302112
MAYONNAISE OLIVE OIL R/F 200-12.4GM	100		131011

Preparation Instructions

Assemble sandwich. Slice diagonally. Put in plastic sandwich bag.

Store in cooler.

Offer with daily fruits, vegetables, milk choices, mustard and mayo.

SLE Components

Amount Per Serving

Meat	2.17
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00

Amount Per Serving			
Calories	331.67		
Fat	13.33g		
SaturatedFat	4.17g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	1001.67mg		
Carbohydrates	42.33g		
Fiber	4.00g		
Sugar	8.17g		
Protein	17.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	161.50mg	Iron	2.16mg

Macaroni Pasta Salad

Servings:	5000.00	Category:	Grain
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3882

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD PASTA MACAR 3-10 GFS	1000 Pound		738131
Grape Tomatoes	100 cup		749041
CUCUMBER 1-24CT P/L	100 Cup		238653
CHEESE CHED REDC FAT SHRD 6-5 COMM	100 cup		448010

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.25
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5000.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	133.96		
Fat	8.92g		
SaturatedFat	1.48g		
Trans Fat	0.00g		
Cholesterol	8.40mg		
Sodium	332.22mg		
Carbohydrates	10.86g		
Fiber	0.41g		
Sugar	2.82g		
Protein	1.75g		
Vitamin A	41.09IU	Vitamin C	0.51mg
Calcium	8.17mg	Iron	0.44mg

Cheesy Bean Twister Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3934

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	100 Each	THAW Ultra Loco Bread 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	696831
BEAN REFRD 6-10 GRSZ	3 1/4 Gallon		293962
TOMATO DCD I/JCE MW 6-10 GFS	1 5/8 Gallon		246131
CHEESE CHED MLD SHRD FINE 4-5 GCHC	5 Cup		191043

Preparation Instructions

WASH HANDS.

- Place bread on parchment-lined or pan-sprayed full sheet pan to thaw.
- Spread each piece of bread with 1/2 cup beans to within 1/2 inch from the edge. Top with tomatoes and shredded cheese.
- Roll up to form a log. Cut the log in 1/2.
- Bake for 11-15 minutes at 350 for a convection oven, or 16-20 minutes at 400 degrees in a standard oven.
CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.
CCP: Hot food held for later service must maintain a minimum internal temperature of 135°F.
- Serve within 3 hours.

Child Nutrition: 1 Each (2 halves) provides=

2 oz eq grains, 1/2 cup beans/peas, 1/4 cup red/orange vegetable, and 1 oz meat alternate

OR

2 oz eq grains, 3 oz meat/meat alternate, and 1/4 cup red/orange vegetable

Updated October 2013

SLE Components

Amount Per Serving

Meat	1.04
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Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.26
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.40
Fat	6.88g
SaturatedFat	1.52g
Trans Fat	0.00g
Cholesterol	6.00mg
Sodium	860.44mg
Carbohydrates	52.68g
Fiber	9.75g
Sugar	3.58g
Protein	14.23g

Vitamin A	444.00IU	Vitamin C	4.61mg
Calcium	207.76mg	Iron	3.89mg

Chicken Patty Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3936

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each		517810
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 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.	558061
LETTUCE ICEBERG FS 4-6CT MRKN	200 Piece	2 Leafs of Lettuce	307769
TOMATO 6X6 LRG 10 MRKN	100 Slice	1 Slice of Tomato	199001

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	379.81		
Fat	15.08g		
SaturatedFat	2.52g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	588.47mg		
Carbohydrates	42.07g		
Fiber	8.77g		
Sugar	5.33g		
Protein	19.32g		
Vitamin A	299.88IU	Vitamin C	4.93mg
Calcium	81.93mg	Iron	3.18mg

Scrambled Eggs

Servings:	100.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4165

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	33 Cup		584584

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.33 Cup

Amount Per Serving

Calories	70.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	125.00mg		
Sodium	220.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	1.00mg

Beef Taco

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7774

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	150 Each		702633
TACO FILLING BEEF REDC FAT 6-5# COMM	28 1/8 Pound	4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5# COMM	1 1/2 Gallon	1/5# bags use scoop #30	150250
LETTUCE BLND ROMAINE MXD 4-5 RSS	3/4 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8 2-5 RSS	9 3/8 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	786543

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

SLE Components

Amount Per Serving

Meat	2.53
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 302.71

Fat 12.80g

SaturatedFat 6.84g

Trans Fat 0.27g

Cholesterol 52.33mg

Sodium 596.93mg

Carbohydrates 24.39g

Fiber 3.50g

Sugar 6.90g

Protein 19.36g

Vitamin A 610.52IU **Vitamin C** 4.73mg

Calcium 198.25mg **Iron** 2.25mg

Salad Cucumber Creamy MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7775

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE 4-1GAL HELM	7 1/2 Quart		106933
VINEGAR WHT DISTILLED 5 4-1GAL GFS	2 1/2 Cup		629640
SPICE DILL WEED 5Z TRDE	1 1/4 Cup		513938
SPICE PEPR WHITE GRND 17Z TRDE	2 1/2 Teaspoon		513776
SPICE ONION MINCED 12Z TRDE	1 1/4 Cup		513997
SUGAR CANE GRANUL 25 GFS	12 1/2 Ounce		108642
CUCUMBER SELECT SUPER 45 MRKN	55 Pound		198587

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat 0.00

Grain 0.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.55
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Cup

Amount Per Serving

Calories	438.03
Fat	48.04g
SaturatedFat	7.20g
Trans Fat	0.00g
Cholesterol	23.99mg
Sodium	432.41mg
Carbohydrates	1.60g
Fiber	0.17g
Sugar	1.05g
Protein	0.17g

Vitamin A	30.03IU	Vitamin C	0.80mg
Calcium	4.58mg	Iron	0.08mg

Bagel and Cream Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7942

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	290.00		
Fat	12.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	345.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	9.00g		
Vitamin A	600.00IU	Vitamin C	1.20mg
Calcium	80.00mg	Iron	1.80mg