

# **Cookbook for ROCHESTER HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Ham Sandwich on Pretzel Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11228

## Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 17/20 Ounce	100187
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice	722360
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each	500162

## Preparation Instructions

Note: Frozen ham takes 3-4 days to thaw out in the refrigerator.

1. Assemble sandwich using 1 pretzel bun, 1.85 oz. weight of ham, and 2 slice of cheese per sandwich.
2. Place on paper-lined sheet pans and cover or wrap individually.

CCP: Hold at 41 degrees F or below for cold service.

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	286.11		
<b>Fat</b>	9.53g		
<b>SaturatedFat</b>	5.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.30mg		
<b>Sodium</b>	811.80mg		
<b>Carbohydrates</b>	34.03g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.52g		
<b>Protein</b>	19.58g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	212.00mg	<b>Iron</b>	1.80mg

# Turkey & Cheese Wrap

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11229

## Ingredients

Description	Measurement	DistPart #
LETTUCE SHRD 3/8 CUT 4-5 RSS	1 1/2 Pound	678791
TOMATO 5X6 XL 25 MRKN	1 1/2 Pound	206032
Turkey Breast Deli	5 1/2 Pound	100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 3/4 Pound	722360
TORTILLA FLOUR 10 ULTRGR 12-12CT	25 Each	690141

## Preparation Instructions

1. Thinly slice turkey. Weigh 2 ounces to determine portion size for each wrap.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for sandwich assembly

2. Rinse tomatoes under cool running water, drain, core, and thinly slice. (8 slices per tomato)

3. SANDWICH ASSEMBLY:

- Lay out flour tortillas on a clean work surface.

-Layer 2 ounces of turkey, 1 ounce of cheese (2 slices), 1/4 cup of shredded lettuce and 3 tomato slices on each tortilla.

-Fold 2 sides of wrap 1 inch over filling.

-Roll tightly as for jelly roll, starting to roll from side and over filling.

-Cut in half diagonally.

Cover with plastic wrap and place under refrigeration until ready for service.

CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

4. Portion 1 wrap (2 halves).

## 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>	0.13
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Wrap

### Amount Per Serving

<b>Calories</b>	392.17
<b>Fat</b>	13.47g
<b>SaturatedFat</b>	6.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	78.79mg
<b>Sodium</b>	1319.74mg
<b>Carbohydrates</b>	35.49g
<b>Fiber</b>	3.82g
<b>Sugar</b>	5.48g
<b>Protein</b>	33.00g
<b>Vitamin A</b> 224.91IU	<b>Vitamin C</b> 3.70mg
<b>Calcium</b> 322.68mg	<b>Iron</b> 1.51mg

# Ham & Cheese Wrap

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11230

## Ingredients

Description	Measurement	DistPart #
LETTUCE SHRD 3/8 CUT 4-5 RSS	1 1/2 Pound	678791
TOMATO 5X6 XL 25 MRKN	1 1/2 Pound	206032
Ham, 97% Fat Free, Cooked , Water Added, Sliced	5 1/2 Pound	100187
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 3/4 Pound	722360
TORTILLA FLOUR 10 ULTRGR 12-12CT	25 Each	690141

## Preparation Instructions

1. Weigh 2 ounces of ham to determine portion size for each wrap.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for sandwich assembly

2. Rinse tomatoes under cool running water, drain, core, and thinly slice. (8 slices per tomato)

3. SANDWICH ASSEMBLY:

- Lay out flour tortillas on a clean work surface.

-Layer 2 ounces of ham, 1 ounce of cheese (2 slices), 1/4 cup of shredded lettuce and 3 tomato slices on each tortilla.

-Fold 2 sides of wrap 1 inch over filling.

-Roll tightly as for jelly roll, starting to roll from side and over filling.

-Cut in half diagonally.

Cover with plastic wrap and place under refrigeration until ready for service.

CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

4. Portion 1 wrap (2 halves).

## 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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Wrap

### Amount Per Serving

<b>Calories</b>	374.95		
<b>Fat</b>	14.81g		
<b>SaturatedFat</b>	7.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	68.73mg		
<b>Sodium</b>	1393.60mg		
<b>Carbohydrates</b>	39.05g		
<b>Fiber</b>	3.82g		
<b>Sugar</b>	8.37g		
<b>Protein</b>	27.51g		
<b>Vitamin A</b>	224.91IU	<b>Vitamin C</b>	3.70mg
<b>Calcium</b>	322.68mg	<b>Iron</b>	1.51mg



# Nachos with Meat & Cheese

<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-11231

## Ingredients

Description	Measurement	DistPart #
CHIP TORTL YEL RND WGRAIN 80-1.5Z	1 Each	510876
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	722330
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	528690

## Preparation Instructions

Also offered: Jalapeno Cheese Sauce GFS 526160

### 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>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	501.40		
<b>Fat</b>	22.90g		
<b>SaturatedFat</b>	8.80g		
<b>Trans Fat</b>	0.29g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	1031.90mg		
<b>Carbohydrates</b>	49.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	25.80g		
<b>Vitamin A</b>	650.00IU	<b>Vitamin C</b>	5.40mg
<b>Calcium</b>	373.00mg	<b>Iron</b>	2.88mg

# Chef Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11233

## Ingredients

Description	Measurement	DistPart #
CUCUMBER SELECT 6CT MRKN	4 Pound	592323
TOMATO CHERRY 11 MRKN	8 33/100 Pound	569551
LETTUCE LEAF 24CT MRKN	4 3/4 Pound	284998
LETTUCE SALAD SEP BAGS 4-5 RSS	16 Pound	242071
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	12 Pound	600504
Ham, Cubed Frozen	6 1/4 Pound	100188-H
Turkey Breast Deli	6 1/8 Pound	100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 1/8 Pound	722360
EGG HARD CKD PLD BIB 4-2.5 GFS	50 Each	229431
DRESSING FREN HNY PKT 102-1Z LTHSE	25 Each	135591
DRESSING ITAL FF PKT 60-1.5Z MARZ	25 Each	549584
DRESSING RNCH FF PKT 60-1.5Z MARZ	50 Each	582816

## Preparation Instructions

1. Quarter each egg, place in refrigerator until ready for service.  
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
2. Rinse cucumbers and tomatoes under cool running water and drain. Slice cucumbers 1/4 inch thick. If whole tomatoes are used, slice tomatoes in wedges to yield 8 wedges per tomato.
3. Wash and drain green leaf lettuce and finely chop. If greens are not prewashed, wash and thoroughly drain them. Combine all greens. Fill 9 x 5 salad tray with 2 cups of mixed greens.
4. Place 3 cherry tomatoes in top right corner of salad tray. If using tomato wedges, place 2 tomato wedges in top right corner and 2 in front center of salad tray.
5. In center of mixed greens, add 1.75 oz. weight of diced ham and 1 oz. weight turkey strips and 0.50 oz. weight of cheese strips.
6. In left top corner, add 2 boiled egg quarters.

7. Place 3 slices of cucumber in bottom right corner.

8. In bottom left corner, place a packet of salad dressing.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service. Cover, label, and date any leftovers.

### 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>	0.25
<b>OtherVeg</b>	1.25
<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>	219.77		
<b>Fat</b>	8.17g		
<b>SaturatedFat</b>	3.71g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	132.04mg		
<b>Sodium</b>	992.67mg		
<b>Carbohydrates</b>	18.16g		
<b>Fiber</b>	3.03g		
<b>Sugar</b>	9.68g		
<b>Protein</b>	18.06g		
<b>Vitamin A</b>	331.27IU	<b>Vitamin C</b>	6.24mg
<b>Calcium</b>	167.87mg	<b>Iron</b>	1.81mg

# Fruit Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11234

## Ingredients

Description	Measurement	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup	280895
CHEESE STRING MOZZ LT IW 168-1Z LOL	2 Each	786801
SAUSAGE BF SNCK STX IW 144-0.5Z	1 Each	565850

## Preparation Instructions

Fruit Cup

- o In 12 oz clear cup add the following
- o 1 cup of grapes (3.5 oz by weight)-GFS #28089S
- o Insert separator
- o Add into separator
- o 2 lol low fat string cheese- cut into small pieces  
GFS # 786801
- o 1 beef stick-cut into small pieces  
GFS # 565850
- o Seal with lid
- o label bottom of cup with today's date
- o Store in 4" pan until time for service

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	0.00
<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: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	260.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	26.00g

<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	411.00mg	<b>Iron</b>	1.36mg

# Yogurt & Cheese Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11235

## Ingredients

Description	Measurement	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	140.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	265.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	338.00mg	<b>Iron</b>	0.00mg

# Spanish Rice & Veggie Pilaf

<b>Servings:</b>	100.00	<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-11236

## Ingredients

Description	Measurement	DistPart #
OIL LIQ CORN NT 6-1GAL GFS	1/2 Cup	107662
ONION SPANISH COLOSS 50 MARKON	10 1/2 Ounce	198706
GARLIC PLD FRESH 5 RSS	2 Tablespoon	428353
PEPPERS GREEN LRG 5 MRKN	4 1/2 Cup	592315
SPICE PAPRIKA SPANISH 16Z TRDE	1/2 Cup	225002
SPICE CUMIN GRND 15Z TRDE	2 Tablespoon	273945
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon	225037
SALT SHAKER CLEAR 48-4Z DIAC	2 Tablespoon	443778
SPICE OREGANO GRND 12Z TRDE	2 Cup	513725
BEAN GARBANZO 6-10 GFS	12 1/2 Cup	118753
SALSA 103Z 6-10 REDG	3 33/50 Cup	452841
Tap Water for Recipes	35 1/2 Cup	000001WTR
RICE BRN PARBL WGRAIN 25 GCHC	15 33/50 Cup	516371

## Preparation Instructions

In a rondeau or stockpot, heat the oil over medium heat.

Add the onions, garlic, and pepper and saute for 10 minutes, stirring often.

Add the paprika, cumin, black pepper, salt, and oregano. Stir while cooking for 2 minutes.

Add the chickpeas, salsa, water, and rice.

Bring to a boil then turn heat to low and cover for 40 minutes or until the rice is done.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
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<b>Grain</b>	1.00
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<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.05
<b>RedVeg</b>	0.05
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.13
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 0.75 Cup

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**Amount Per Serving**

<b>Calories</b>	150.12
<b>Fat</b>	2.26g
<b>SaturatedFat</b>	0.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	238.42mg
<b>Carbohydrates</b>	28.90g
<b>Fiber</b>	2.67g
<b>Sugar</b>	1.26g
<b>Protein</b>	4.10g

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<b>Vitamin A</b>	349.70IU	<b>Vitamin C</b>	6.02mg
<b>Calcium</b>	19.87mg	<b>Iron</b>	0.75mg



# White Cake

<b>Servings:</b>	280.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11237

## Ingredients

Description	Measurement	DistPart #
SUGAR CANE GRANUL 50 GFS	12 Cup	425311
BUTTER PRINT SLTD GRD AA 36-1 GFS	6 Cup	191205
EGG SHL LRG A GRD PAST 6-30CT GFS	24 Each	265454
FLAVORING VANILLA IMIT 1-QT KE	1 Cup	110736
FLOUR H&R A/P 2-25 GFS	18 Cup	227528
BAKING POWDER DBL ACTION 6-5 RDSTR	7 Teaspoon	683700
1 % White Milk	6 1 carton	

## Preparation Instructions

In a bowl, cream together sugar and butter. Beat in eggs, one at a time, then stir in vanilla. Combine flour and baking powder, add to the creamed mixture and mix well. Finally, stir in milk until batter is smooth. Pour batter into prepared pan.

Makes 7, 1/2 sheet pans. Cut each pan into 40 pieces.

Counts as 0.25 oz. eq. dessert grain.

### 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: 280.00

Serving Size: 1.00 Piece

#### Amount Per Serving

<b>Calories</b>	100.05
<b>Fat</b>	4.31g
<b>SaturatedFat</b>	2.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	28.61mg
<b>Sodium</b>	58.15mg
<b>Carbohydrates</b>	14.17g
<b>Fiber</b>	0.21g
<b>Sugar</b>	8.47g
<b>Protein</b>	1.59g

<b>Vitamin A</b>	154.50IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	3.51mg	<b>Iron</b>	0.43mg

# Asian Chicken Bowl

<b>Servings:</b>	108.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11238

## Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	30 Pound	536620
SAUCE GEN TSO 4-.5GAL ASIAN	1 1/8 Gallon	802850

## 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: 108.00

Serving Size: 10.00 Each

#### Amount Per Serving

<b>Calories</b>	371.64		
<b>Fat</b>	13.43g		
<b>SaturatedFat</b>	3.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	62.00mg		
<b>Sodium</b>	1064.62mg		
<b>Carbohydrates</b>	42.08g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	18.73g		
<b>Protein</b>	18.60g		
<b>Vitamin A</b>	173.61IU	<b>Vitamin C</b>	1.03mg
<b>Calcium</b>	17.57mg	<b>Iron</b>	2.07mg

# Fried Rice

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11239

## Ingredients

Description	Measurement	DistPart #
OIL LIQ CORN NT 6-1GAL GFS	1/2 Cup	107662
ONION DCD 1/4 2-5 RSS	2 33/50 Cup	198307
EGG SHL LRG A GRD PAST 6-30CT GFS	52 Each	265454
RICE BRN PARBL WGRAIN 25 GCHC	8 3/8 Pound	516371
PEAS GREEN IQF 30 GFS	5 1/2 Cup	285660
SAUCE SOY 4-1GAL GFS	2 33/50 Cup	124524
CARROT DCD 1/4 2-3 RSS	5 3/4 Cup	200972

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.06
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	189.66		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	0.94g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	109.20mg		
<b>Sodium</b>	267.17mg		
<b>Carbohydrates</b>	30.93g		
<b>Fiber</b>	2.13g		
<b>Sugar</b>	1.26g		
<b>Protein</b>	6.66g		
<b>Vitamin A</b>	1631.86IU	<b>Vitamin C</b>	0.32mg
<b>Calcium</b>	14.21mg	<b>Iron</b>	1.23mg

# Chicken & Noodles

<b>Servings:</b>	225.00	<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-11240

## Ingredients

Description	Measurement	DistPart #
BASE CHIX LO SOD 12-1 LEGO	6 Cup	130869
Tap Water for Recipes	12 Gallon	000001WTR
ONION DEHY SUPER TOPPER 6-2 P/L	3 Cup	223255
BUTTER PRINT SLTD GRD AA 36-1 GFS	3 Cup	191205
SPICE PEPR BLK REG GRIND 16Z TRDE	3 Tablespoon	225037
SPICE PARSLEY FLAKES 11Z TRDE	1 1/2 Cup	513989
SPICE MARJORAM LEAF 3.5Z TRDE	1 1/2 Tablespoon	513709
PASTA NOODL KLUSKI AMISH 10 INN MAID	15 Pound	456632
Chicken, diced, cooked, frozen	36 Pound	100101

## Preparation Instructions

1. Mix chicken base with 12 gallon of water in braising pan. Add margarine, onions, pepper and other spices to broth. Bring to boil and simmer for 10 minutes.
  2. Slowly stir in noodles. Bring to a boil and simmer uncovered at 225 degrees F for 6 minutes. DO NOT DRAIN.
  3. Add chicken. Stir gently to combine and simmer at 175 degrees F for 10-15 minutes. Stir occasionally
  4. Pour into serving pans. Place in warmer or on steamtable.
- One 6" Full Size Pan will hold 4 gallons or 60 servings.  
CCP: Hold at 135 degrees F or higher.
5. Portion with 6 oz. spoodle.

### 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

### Nutrition Facts

Servings Per Recipe: 225.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

<b>Calories</b>	252.55		
<b>Fat</b>	7.69g		
<b>SaturatedFat</b>	2.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	127.89mg		
<b>Sodium</b>	250.69mg		
<b>Carbohydrates</b>	23.47g		
<b>Fiber</b>	0.61g		
<b>Sugar</b>	2.40g		
<b>Protein</b>	20.98g		
<b>Vitamin A</b>	85.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.01mg	<b>Iron</b>	0.78mg

# Glazed Carrots

<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-11241

## Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL MED 12-2 GFS	19 Pound	273902
MARGARINE SLD 30-1 GCHC	1 Cup	733061
SUGAR BROWN MED 25 GFS	1 Cup	108626
SALT SHAKER 12-8CT GFS	1 Teaspoon	517887
SPICE PARSLEY FLAKES 11Z TRDE	2 Tablespoon	513989

## Preparation Instructions

1. To steam carrots:

-Place frozen carrots in solid steamtable pans (12" x 20" x 2.5")

-Steam for 3 minutes.

-Drain liquid from pan.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Combine margarine, brown sugar, salt, and parsley. Bring to a boil. Remove from heat. Pour mixture evenly over each pan of cooked carrots.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F.

### 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: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	58.67
<b>Fat</b>	1.76g
<b>SaturatedFat</b>	0.72g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	96.93mg
<b>Carbohydrates</b>	9.01g
<b>Fiber</b>	2.03g
<b>Sugar</b>	5.97g

<b>Protein</b>		0.00g	
<b>Vitamin A</b>	3160.00IU	<b>Vitamin C</b>	1.22mg
<b>Calcium</b>	20.27mg	<b>Iron</b>	0.00mg



# Caesar Salad

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11242

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	5 Pound	735787
CHEESE PARM GRTD 12-1 PG	2 1/2 Cup	164259
DRESSING CAESAR CRMY 6-32Z KENS	30 Ounce	783120
Whole Grain Garlic Butter Croutons	20 Package	111212

## Preparation Instructions

Mix lettuce, cheese and dressing together right before service. Serve package of croutons on the side.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<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: 20.00

Serving Size: 1.50 Cup

#### Amount Per Serving

<b>Calories</b>	305.00
<b>Fat</b>	22.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	785.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	7.50g
<b>Vitamin A</b> 10200.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 220.00mg	<b>Iron</b> 1.44mg

# Blushing Chilled Pears

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11243

## Ingredients

Description	Measurement	DistPart #
PEAR HALVES XL/S 6-10 GFS	4 #10 CAN	224421
GELATIN MIX STRAWB 12-24Z GFS	1/2 Cup	524581

## Preparation Instructions

1. Pour canned pears and juice into serving line pans.
2. Sprinkle gelatin over pears to give blushing color.
3. Cover and chill.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

4. Portion two pear halves and juice per serving.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	75.23		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	13.75mg		
<b>Carbohydrates</b>	18.27g		
<b>Fiber</b>	1.03g		
<b>Sugar</b>	16.20g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.60mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chocolate Brownie

<b>Servings:</b>	80.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11244

## Ingredients

Description	Measurement	DistPart #
FLOUR H&R A/P 2-25 GFS	6 5/8 Cup	227528
COCOA PWD BAKING 6-5 GFS	35 1/2 Tablespoon	269654
SALT SHAKER CLEAR 48-4Z DIAC	3 3/8 Teaspoon	443778
BAKING POWDER DBL ACTION 6-5 RDSTR	6 5/8 Teaspoon	683700
BAKING SODA 6-5 CLABBER GIRL	1 5/8 Teaspoon	626531
SUGAR CANE GRANUL 50 GFS	3 33/100 Cup	425311
SUGAR BROWN MED 50 GFS	1 33/50 Cup	580449
1 percent White Milk 8oz	1 33/50 Cup	
EGG SHL LRG A GRD PAST 6-30CT GFS	7 Each	265454
Applesauce cnd	6 5/8 Cup	110541comm
FLAVORING VANILLA IMIT 1-QT KE	6 5/8 Teaspoon	110736
SUGAR POWDERED 6X 25 GFS	6 5/8 Teaspoon	108693

## Preparation Instructions

1 brownie = 0.50 dessert grain

### 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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	101.56		
<b>Fat</b>	0.79g		
<b>SaturatedFat</b>	0.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	18.69mg		
<b>Sodium</b>	175.18mg		
<b>Carbohydrates</b>	23.51g		
<b>Fiber</b>	1.32g		
<b>Sugar</b>	14.23g		
<b>Protein</b>	2.30g		
<b>Vitamin A</b>	17.50IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	3.86mg	<b>Iron</b>	1.42mg

# Pancakes

<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>	Breakfast	<b>Recipe ID:</b>	R-11245

## Ingredients

Description	Measurement	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	3 3/4 Quart	330094
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon	224723
BAKING POWDER DBL ACTION 6-5 RDSTR	1/2 Cup	683700
SALT SHAKER CLEAR 48-4Z DIAC	2 Teaspoon	443778
MILK PWD INST FF 50 MMPA	1 1/3 Cup	113336
SUGAR CANE GRANUL 50 GFS	1/2 Cup	425311
EGG WHL LIQ 6-5 GFS	3 1/3 Cup	284122
FLAVORING VANILLA IMIT 1-QT KE	2 Teaspoon	110736
Tap Water for Recipes	2 2/3 Quart	000001WTR
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1 1/3 Cup	743879

## Preparation Instructions

### Directions:

Combine flour, cinnamon, baking powder, salt, dry milk, and sugar in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.

Combine eggs, vanilla, water, and oil in a large bowl. Stir well.

Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.

For 50 servings, mix for 2-3 minutes on medium speed. For 100 servings, mix for 2-3 minutes on medium speed.

Lightly coat griddle surface with pan release spray. Heat griddle to 375 °F.

Portion batter with No. 20 scoop (3 Tbsp 1 tsp) onto hot griddle.

Cook until surface of pancake is covered with bubbles and bottom side is lightly browned for approximately 2 minutes.

Turn pancake and cook until lightly browned on other side for approximately 1 minute.

Transfer to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Critical Control Point: Hold for hot service at 135 °F.

Serve 1 pancake.

## 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: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	109.46		
<b>Fat</b>	4.36g		
<b>SaturatedFat</b>	0.54g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.62mg		
<b>Sodium</b>	208.43mg		
<b>Carbohydrates</b>	14.76g		
<b>Fiber</b>	1.92g		
<b>Sugar</b>	1.81g		
<b>Protein</b>	4.28g		
<b>Vitamin A</b>	35.87IU	<b>Vitamin C</b>	0.11mg
<b>Calcium</b>	29.73mg	<b>Iron</b>	0.85mg

# French Toast

<b>Servings:</b>	70.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11246

## Ingredients

Description	Measurement	DistPart #
Aunt Millie's Homestyle 100% Whole Wheat Bread	70 Slice	336
EGG WHL LIQ 6-5 GFS	11 1/8 Cup	284122
1 % White Milk	3 Quart	1% White
SUGAR CANE GRANUL 50 GFS	2 1/2 Cup	425311
SALT SHAKER CLEAR 48-4Z DIAC	1 Tablespoon	443778
FLAVORING VANILLA IMIT 1-QT KE	8 Teaspoon	110736
SPICE CINNAMON GRND 5 TRDE	4 Teaspoon	224731

## Preparation Instructions

1. Arrange slices of bread in steamtable pans that have been lightly coated with pan release spray.
  2. Combine the eggs, milk, sugar, salt, and vanilla in a mixing bowl. Mix with paddle attachment for 5 minutes on medium speed, until ingredients are well blended.
  3. Pour 1 quart 1 cup of egg mixture over each pan of bread strips.
  4. Cover pans with plastic wrap and chill for 4-24 hours.
  5. Sprinkle cinnamon on top.
  6. Bake: Conventional oven: 425 degrees F for 35 minutes. Convection oven: 375 degrees F for 20 minutes.
- CCP: Heat to 145 degrees F for 3 minutes.  
CCP: Hold for hot service at 135 degrees F or higher.

### 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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	192.24
<b>Fat</b>	4.67g
<b>SaturatedFat</b>	1.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	179.79mg
<b>Sodium</b>	181.21mg
<b>Carbohydrates</b>	9.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	6.46g
<b>Vitamin A</b> 169.60IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.96mg	<b>Iron</b> 0.92mg



# Sausage Gravy

<b>Servings:</b>	93.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11247

## Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	125 Each	109000
GRAVY MIX CNTRY 8-22Z TRIO	1 Package	478377

## Preparation Instructions

### Sausage Gravy

- o Thaw 1/2 case of GFS 109000 1.2 oz sausage patties,
- o Place in robco- small batches
- o Pulse robocoo until you have sausage crumbles
- o Keep close eye on to insure crumbles
- o Place in 2-2" pans that are sprayed well
- o Split sausage between both pans
- o Cover with plastic wrap and a lid
- o Place in steamer on high
- o Make 1 Country gravy mix GFS 478377
- o Remove Sausage from steamer if up to temp
- o Equally split gravy between each sausage container
- o Cover and place in hot serving lines
- o 3 oz spoodle of gravy over 1 biscuit

### SLE Components

Amount Per Serving

<b>Meat</b>	1.25
<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>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 93.00

Serving Size: 3.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	120.17
<b>Fat</b>	7.09g
<b>SaturatedFat</b>	2.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.60mg
<b>Sodium</b>	483.59mg
<b>Carbohydrates</b>	5.22g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.49g

<b>Protein</b>	10.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	41.78mg	<b>Iron</b>	0.48mg

# 1 oz. Cereal Choice

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11327

## Ingredients

Description	Measurement	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620

## Preparation Instructions

Offer with an additional grain or meat/meat alternate.

### 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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	1.13g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	155.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.50g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	10.50mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	4.50mg

# Assorted Cereal Bars

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11328

## Ingredients

Description	Measurement	DistPart #
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	268690
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	265921

## Preparation Instructions

Offer with an additional grain or meat/meat alternate.

### 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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	3.17g		
<b>SaturatedFat</b>	0.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	103.33mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.67g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	2.33g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.80mg
<b>Calcium</b>	216.67mg	<b>Iron</b>	1.68mg

# 1 Count Pop-Tart Variety

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11329

## Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	452062
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	695890
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each	865131

## Preparation Instructions

Offer with additional grain or meat/meat alternate.

### 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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	185.00		
<b>Fat</b>	2.75g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	192.50mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.25g		
<b>Protein</b>	2.25g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.80mg

# Yogurt

<b>Servings:</b>	2.00	<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-11330

## Ingredients

Description	Measurement	DistPart #
YOGURT DANIMAL STRAWB L/F 48-4Z DANN	1 Each	885750
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	869921

## Preparation Instructions

Offer with additional grain or meat/meat alternate.

### 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	60.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.00mg	<b>Iron</b>	0.00mg

# 2 oz. Cereal Variety

<b>Servings:</b>	3.00	<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-11337

## Ingredients

Description	Measurement	DistPart #
Cinnamon Toasters- Large Bowl Pack	1 Each	13820
Frosted Flakes- Large Bowl Pack	1 Each	00955
Honey Graham Toasters- large bowl pack	1 Each	03759

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	2.33g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	343.33mg		
<b>Carbohydrates</b>	46.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	19.67g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Refried Beans

<b>Servings:</b>	24.00	<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-11339

## Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	1 #10 CAN	293962
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	150250
SPICE CHILI POWDER MILD 16Z TRDE	1/8 Cup	331473

## 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>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	160.05		
<b>Fat</b>	2.91g		
<b>SaturatedFat</b>	1.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	618.26mg		
<b>Carbohydrates</b>	24.87g		
<b>Fiber</b>	6.47g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	9.21g		
<b>Vitamin A</b>	23.42IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.33mg	<b>Iron</b>	2.17mg



# Scrambled Eggs

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11341

## Ingredients

Description	Measurement	DistPart #
EGG WHL LIQ 6-5 GFS	3 Pound	284122
MILK PWD INST FF 50 MMPA	2 Cup	113336
SALT SHAKER 12-8CT GFS	3/4 Teaspoon	517887
MARGARINE SLD 30-1 GCHC	2 1/2 Tablespoon	733061

## Preparation Instructions

Directions:

Beat eggs thoroughly.

Add milk and salt. Mix until well blended

Pour 3 lb 12 oz (1 qt 3 ¼ cups) egg mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake: Conventional oven: 350° F for 20 minutes. Stir once after 15 minutes. Convection oven: 300° F for 15 minutes. Stir once after 10 minutes. Steamer: 5 lb pressure for 3-5 minutes. DO NOT OVERCOOK. CCP: Heat to 145° F for 3 minutes.

Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.

Add 1 ¼ oz (2 Tbsp 1 ½ tsp) margarine (optional) to each pan. Stir.

CCP: Hold for hot service 135° F or higher.

Portion with No. 16 scoop (¼ cup). For best results, serve within 15 minutes.

### 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: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	60.52
<b>Fat</b>	3.31g
<b>SaturatedFat</b>	1.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	115.40mg
<b>Sodium</b>	104.73mg
<b>Carbohydrates</b>	2.56g
<b>Fiber</b>	0.00g

<b>Sugar</b>			2.56g
<b>Protein</b>			5.00g
<b>Vitamin A</b>	147.55IU	<b>Vitamin C</b>	0.33mg
<b>Calcium</b>	71.24mg	<b>Iron</b>	0.60mg