

Cookbook for Jimtown High Schools

Created by HPS Menu Planner

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Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9130

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 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.	203260
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	346.98		
Fat	15.94g		
SaturatedFat	6.32g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	378.14mg		
Carbohydrates	26.47g		
Fiber	2.65g		
Sugar	3.38g		
Protein	24.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	9.80mg

Fruit, Chilled

Servings:	5.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9131

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pears Diced Extra Light Sucrose	1/2 Cup		249751
Diced Peaches CND 6-10	1/2 Cup		100220
ORANGES MAND IN JCE 6-10 GFS	1/2 Cup		612448
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/2 Cup		612464
FRUIT COCKTAIL IN JCE 6-10 GFS	1/2 Cup		610232

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.20
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.00mg		
Carbohydrates	14.40g		
Fiber	1.00g		
Sugar	12.00g		
Protein	0.20g		
Vitamin A	120.00IU	Vitamin C	5.64mg
Calcium	4.00mg	Iron	0.14mg

Fruit, Fresh

Servings:	5.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9132

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	1 Each		198013
BANANA PETITE GRN 150CT DOLE	1 Each		591310
GRAPE GREEN SDLSS 5 P/L	1/2 Cup		596922
PEAR 95-110CT MRKN	1 Each		198056

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	77.77		
Fat	0.16g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.45mg		
Carbohydrates	20.30g		
Fiber	2.46g		
Sugar	13.80g		
Protein	0.85g		
Vitamin A	76.98IU	Vitamin C	19.26mg
Calcium	19.47mg	Iron	0.27mg

Honey BBQ Rib

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9138

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	346.98		
Fat	11.94g		
SaturatedFat	4.32g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	918.14mg		
Carbohydrates	39.47g		
Fiber	4.65g		
Sugar	13.38g		
Protein	20.24g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	43.00mg	Iron	9.80mg

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9139

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY HOAG 3.75Z 60CT TYS	1 Each	<p>BAKE Appliances vary, adjust accordingly. UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER. Conventional Oven 20-22 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER. Convection Oven 10-13 minutes at 350°F from frozen.</p> <p>DEEP_FRY Appliances vary, adjust accordingly. UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER. Deep Fry 3 1 2 - 4 minutes at 350°F from frozen.</p> <p>UNPREPARED</p>	167040
White Wheat Sub Bun	1 1 each		31454
SAUCE SPAGHETTI FCY 6-10 REDPK	2 Fluid Ounce		852759
CHEESE MOZZ SHRD 4-5 LOL	1/2 Ounce		645170

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	453.09		
Fat	20.14g		
SaturatedFat	5.94g		
Trans Fat	0.02g		
Cholesterol	52.50mg		
Sodium	1186.99mg		
Carbohydrates	45.49g		
Fiber	5.35g		
Sugar	7.46g		
Protein	22.42g		
Vitamin A	196.00IU	Vitamin C	2.00mg
Calcium	191.17mg	Iron	1.38mg

General Tso Chicken

Servings:	18.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9140

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	5 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE GEN TSO 4-.5GAL ASIAN	1/4 Gallon		802850

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: 18.00

Serving Size: 10.00 Each

Amount Per Serving

Calories	402.31		
Fat	13.43g		
SaturatedFat	3.10g		
Trans Fat	0.00g		
Cholesterol	62.00mg		
Sodium	1213.57mg		
Carbohydrates	49.09g		
Fiber	3.10g		
Sugar	24.87g		
Protein	18.60g		
Vitamin A	173.61IU	Vitamin C	1.03mg
Calcium	17.57mg	Iron	2.07mg

Breaded Chicken Breast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9142

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	346.98		
Fat	10.94g		
SaturatedFat	1.82g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	538.14mg		
Carbohydrates	35.47g		
Fiber	5.65g		
Sugar	3.38g		
Protein	25.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	9.08mg

Shredded Pork BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9143

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	4 Ounce	Weigh to determine scoop #	366320
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	322.98		
Fat	7.94g		
SaturatedFat	2.42g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	830.14mg		
Carbohydrates	38.47g		
Fiber	4.65g		
Sugar	11.38g		
Protein	23.24g		
Vitamin A	356.00IU	Vitamin C	6.00mg
Calcium	45.00mg	Iron	9.00mg

Diced Ham Prepackaged Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9857

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	2 1/2 Ounce	Brown Box - Govt recipe Weigh ham to 2.5 oz. place due to 1.22 oz of ham = 1 m/ma (due to water in ham) 3.25 oz souffle cup and lid 2.5 oz ham = 2 m/ma	100188-H
CHEESE CHED MLD SHRD 4-5# COMM	2 Fluid Ounce	Land O Lakes Fill 2 oz souffle cup and lid = 1 m/ma	150250
LETTUCE ROMAINE 12CT MRKN	1 Cup	Chop Romaine - Measure 1 full cup = 1/2 c. dark green vegetable	200344
SPINACH BABY CLND 2-2 RSS	1 Cup	Measure 1 full cup = 1/2 c. dark green vegetable	560545
BANANA PETITE GRN 150CT DOLE	1 Each	May use any 1/2 c. fresh or chilled fruit - no fruit juice = 1/2 c. fruit	591310
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	L. Bagel 217911= 2 grain Cheez It 282422 = 1 grain Tostitos 284751 = 1 grain Alpha Roll 33119=1 grain Muffin 557991 = 1 grain NO GRAHAM CRACKERS .. NO DESSERT GRAINS.. MUST have 2 grains in each prepackaged salad	217911

Preparation Instructions

Put all vegetables and souffle cup in a hinged container. Must add 2 oz equiv grain and 1/2 c. fruit (NO JUICE) in container with salad.

Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain. Can take milk - Prepackaged salads count as an Entree. 9/24/18 kj

SLE Components

Amount Per Serving

Meat	3.05
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: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	455.82
Fat	12.45g
SaturatedFat	8.15g
Trans Fat	0.00g
Cholesterol	66.89mg
Sodium	851.61mg
Carbohydrates	65.10g
Fiber	10.10g
Sugar	22.05g
Protein	25.55g

Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	296.90mg	Iron	3.55mg

Turkey Prepackaged Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9858

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DCD 2-5	4 Ounce	Jennie O Turkey - Weigh turkey to 4.0 oz due to 1.96 oz of turkey = 1 m/ma (due to water in turkey) weigh to determine size of souffle cup - 4 oz = 2 m/ma	451300
CHEESE CHED MLD SHRD 4-5# COMM	2 Fluid Ounce	Land O Lakes Fill 2 oz souffle cup and lid = 1 m/ma	150250
LETTUCE ROMAINE 12CT MRKN	1 Cup	Chop Romaine - Measure 1 full cup = 1/2 c. dark green vegetable	200344
SPINACH BABY CLND 2-2 RSS	1 Cup	Measure 1 full cup = 1/2 c. dark green vegetable	560545
BANANA PETITE GRN 150CT DOLE	1 Each	May use any 1/2 c. fresh or chilled fruit - no fruit juice = 1/2 c. fruit	591310
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	L. Bagel 217911= 2 grain Cheez It 282422 = 1 grain Tostitos 284751 = 1 grain Alpha Roll 33119=1 grain Muffin 557991 = 1 grain NO GRAHAM CRACKERS .. NO DESSERT GRAINS.. MUST have 2 grains in each prepackaged salad	217911

Preparation Instructions

Put all vegetables and souffle cup in a hinged container. Must add 2 oz equiv grain and 1/2 c. fruit (NO JUICE) in container with salad.

Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain. Can take milk - Prepackaged salads count as an Entree. 9/24/18 kj

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.50
GreenVeg	1.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	471.84		
Fat	11.42g		
SaturatedFat	6.61g		
Trans Fat	0.00g		
Cholesterol	65.71mg		
Sodium	917.02mg		
Carbohydrates	64.06g		
Fiber	10.10g		
Sugar	20.00g		
Protein	33.67g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	337.72mg	Iron	3.92mg

Chicken Prepackaged Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9859

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Ounce	Tyson Chicken - Weigh Chicken to 2.5 oz due to 1.15 oz of chicken = 1 m/ma (due to water in chicken) weigh to determine size of souffle cup - 2.5 oz = 2 m/ma	570533
CHEESE CHED MLD SHRD 4-5# COMM	2 Fluid Ounce	Land O Lakes Fill 2 oz souffle cup and lid = 1 m/ma	150250
LETTUCE ROMAINE 12CT MRKN	1 Cup	Chop Romaine - Measure 1 full cup = 1/2 c. dark green vegetable	200344
SPINACH BABY CLND 2-2 RSS	1 Cup	Measure 1 full cup = 1/2 c. dark green vegetable	560545
BANANA PETITE GRN 150CT DOLE	1 Each	May use any 1/2 c. fresh or chilled fruit - no fruit juice = 1/2 c. fruit	591310
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	L. Bagel 217911= 2 grain Cheez It 282422 = 1 grain Tostitos 284751 = 1 grain Alpha Roll 33119=1 grain Muffin 557991 = 1 grain NO GRAHAM CRACKERS .. NO DESSERT GRAINS.. MUST have 2 grains in each prepackaged salad	217911

Preparation Instructions

Put all vegetables and souffle cup in a hinged container. Must add 2 oz equiv grain and 1/2 c. fruit (NO JUICE) in container with salad.

Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain. Can take milk - Prepackaged salads count as an Entree. 9/24/18 kj

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.50
GreenVeg	1.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	488.33		
Fat	14.57g		
SaturatedFat	7.35g		
Trans Fat	0.00g		
Cholesterol	75.83mg		
Sodium	476.20mg		
Carbohydrates	61.83g		
Fiber	10.10g		
Sugar	20.00g		
Protein	30.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	296.90mg	Iron	4.38mg

Fajita Chicken Prepackaged Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9861

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	Tyson Fajita Chicken - Weigh Chicken to 3.0 oz due to 1.50 oz of chicken = 1 m/ma (due to water in chicken) weigh to determine size of souffle cup - 3.0 oz = 2 m/ma	150160
CHEESE CHED MLD SHRD 4-5# COMM	2 Fluid Ounce	Land O Lakes Fill 2 oz souffle cup and lid = 1 m/ma	150250
LETTUCE ROMAINE 12CT MRKN	1 Cup	Chop Romaine - Measure 1 full cup = 1/2 c. dark green vegetable	200344
SPINACH BABY CLND 2-2 RSS	1 Cup	Measure 1 full cup = 1/2 c. dark green vegetable	560545
BANANA PETITE GRN 150CT DOLE	1 Each	May use any 1/2 c. fresh or chilled fruit - no fruit juice = 1/2 c. fruit	591310
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	L. Bagel 217911= 2 grain Cheez It 282422 = 1 grain Tostitos 284751 = 1 grain Alpha Roll 33119=1 grain Muffin 557991 = 1 grain NO GRAHAM CRACKERS .. NO DESSERT GRAINS.. MUST have 2 grains in each prepackaged salad	217911

Preparation Instructions

Put all vegetables and souffle cup in a hinged container. Must add 2 oz equiv grain and 1/2 c. fruit (NO JUICE) in container with salad.

Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain. Can take milk - Prepackaged salads count as an Entree. 9/24/18 kj

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.50
GreenVeg	1.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	510.00	
Fat	17.40g	
SaturatedFat	8.10g	
Trans Fat	0.00g	
Cholesterol	110.00mg	
Sodium	706.20mg	
Carbohydrates	63.00g	
Fiber	10.10g	
Sugar	20.00g	
Protein	31.30g	
Vitamin A	75.52IU	Vitamin C 10.27mg
Calcium	296.90mg	Iron 3.91mg

Taco Beef Prepackaged Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9862

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/4 Ounce	JTM Taco Beef- Weigh Beef to 3.25 oz due to 1.63 oz of taco beef = 1 m/ma weigh to determine size of souffle cup - 3.25 oz = 2 m/ma	722330
CHEESE CHED MLD SHRD 4- 5# COMM	2 Fluid Ounce	Land O Lakes Fill 2 oz souffle cup and lid = 1 m/ma	150250
LETTUCE ROMAINE 12CT MRKN	1 Cup	Chop Romaine - Measure 1 full cup = 1/2 c. dark green vegetable	200344
SPINACH BABY CLND 2-2 RSS	1 Cup	Measure 1 full cup = 1/2 c. dark green vegetable	560545
BANANA PETITE GRN 150CT DOLE	1 Each	May use any 1/2 c. fresh or chilled fruit - no fruit juice = 1/2 c. fruit	591310
BAGEL WHT WGRAIN IW 72- 2Z LENDER	1 Each	L. Bagel 217911= 2 grain Cheez It 282422 = 1 grain Tostitos 284751 = 1 grain Alpha Roll 33119=1 grain Muffin 557991 = 1 grain NO GRAHAM CRACKERS .. NO DESSERT GRAINS.. MUST have 2 grains in each prepackaged salad	217911

Preparation Instructions

Put all vegetables and souffle cup in a hinged container. Must add 2 oz equiv grain and 1/2 c. fruit (NO JUICE) in container with salad.

Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain. Can take milk - Prepackaged salads count as an Entree. 9/24/18 kj

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.50
GreenVeg	1.00
RedVeg	0.13

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	494.21
Fat	15.42g
SaturatedFat	7.95g
Trans Fat	0.30g
Cholesterol	65.88mg
Sodium	675.47mg
Carbohydrates	66.13g
Fiber	12.15g
Sugar	22.05g
Protein	28.42g

Vitamin A	741.92IU	Vitamin C	15.81mg
Calcium	337.91mg	Iron	5.58mg

Fruit Prepackaged Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9874

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA PETITE GRN 150CT DOLE	1 Each	1 petite banana = 1/2 c. fruit	591310
WATERMELON RED SDLSS 2CT P/L	1/2 Cup	1/2 measured cup = 1/2 c. fruit	326089
GRAPE RED SDLSS 18AVG MRKN	1/2 Cup	1/2 measured cup = 1/2 c. fruit	197831
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each	1 container from govt = 1/2 c. fruit	100256
YOGURT VAN L/F 6-32Z DANN	1/2 Cup	1/2 c. (4 oz) = 1 m/ma	541966
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	1 stick = 1 m/ma	786580
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	1/2 Cup	1/2 c. (4 oz.) = 2 grains	812821

Preparation Instructions

You can use any combo of fruit as long as equals 2 cups. Must have 1 string cheese or 2 tablespoon of peanut butter (for apples) to go with 4 oz yogurt. Or, you can have 8 oz of yogurt (without the cheese stick, peanut butter). Each fruit plate MUST have 2 m/ma. Do NOT put fruit juice in prepackaged salads.

Must be able to take all fruits (including 1 - 4 oz juice) and all vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain. Can take milk - Prepackaged salads count as an Entree. 9/24/18 kj

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.33
Fruit	0.85
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	598.48
Fat	10.06g
SaturatedFat	5.17g
Trans Fat	0.00g
Cholesterol	27.50mg
Sodium	344.85mg
Carbohydrates	119.16g
Fiber	8.87g
Sugar	76.58g

Protein	17.63g
Vitamin A 219.81IU	Vitamin C 13.78mg
Calcium 390.79mg	Iron 1.65mg

Peanut Butter Sandwich Entree

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9876

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	1 Each	1 - 2.8 oz sandwich = 1 m/ma and 1 grain	194471
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	1 stick = 1 m/ma	786580
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	1 - 0.70 oz package = 1 grain Cheez It 282422 = 1 grain Goldfish 736280 = 1 grain	893711

Preparation Instructions

Must package together for complete m/ma and grain ENTREE - May sub another grain as listed in prep instructions. However, students still must take 1/2 c. fruit and/or 1/2 c. vegetable for reimbursable meal.

Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain. Can take milk - Prepackaged peanut butter combo counts as an Entree. 9/24/18 kj

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	460.00
Fat	23.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	700.00mg
Carbohydrates	52.00g
Fiber	6.00g
Sugar	13.00g
Protein	18.00g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	288.00mg
Iron	2.24mg

Fajita Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9878

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	5 Pound		150160
PEPPERS COLORED MIXED ASST 12CT P/L	1 Pound		491012
CHEESE MOZZ SHRD 4-5 LOL	2 1/2 Cup		645170
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Cup		150250
SALSA 103Z 6-10 REDG	20 Tablespoon	READY_TO_EAT None	452841
DRESSING RNCH BTRMLK 4-1GAL GCHC	20 Tablespoon		426598
LETTUCE ROMAINE CHOP 6-2 RSS	20 Cup		735787
TORTILLA FLOUR 12 SFST 12-12CT GRSZ	20 Each		713370

Preparation Instructions

This ENTREE counts as 3.75 m/ma and 3.50 grains and 1/2 c. dark vegetable See notes after prep instructions

Combine: 5# fajita chicken, 1# roasted peppers & onions

On each tortilla layer:

3 ½ oz chicken mixture (1/2 c.)

¼ c. shr. cheese

2 tbl southwest ranch (mix equal parts salsa and ranch)

1 c. lettuce

*Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain. Can take milk - All Wraps count as an Entree. 9/24/18 kj

SLE Components

Amount Per Serving

Meat	3.67
Grain	0.00
Fruit	0.00
GreenVeg	0.50

RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	670.58
Fat	33.06g
SaturatedFat	12.22g
Trans Fat	0.13g
Cholesterol	131.67mg
Sodium	1410.89mg
Carbohydrates	59.69g
Fiber	3.29g
Sugar	5.25g
Protein	35.67g

Vitamin A	5913.30IU	Vitamin C	66.17mg
Calcium	318.25mg	Iron	5.01mg

Asian Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9879

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound		570533
CARROT MATCHSTICK SHRED 2-3 RSS	1 Cup		198161
DRESSING ASIAN SESM GINGR 4-1GAL GFS	2 Cup		166722
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	5 Cup		124516
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	5 Cup		198226
LETTUCE ROMAINE CHOP 6-2 RSS	15 Cup		735787
TORTILLA FLOUR 12 SFST 12-12CT GRSZ	20 Each		713370

Preparation Instructions

This ENTREE counts as 3.25 m/ma and 3.50 grains and 3/8 c. dark vegetable and 1/8 c. other vegetable. See notes after prep instructions

Combine: 5# diced chicken, 1 c. shr. carrots, 2 c. Asian dressing

Layer on each tortilla:

3 ½ oz chicken mixture (1/2 c.)

¼ c. shr. Cabbage

¾ c. lettuce

¼ c. chow mein noodles

*Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain.

Can take milk - All Wraps count as an Entree. 9/24/18 kj

SLE Components

Amount Per Serving

Meat	3.25
Grain	3.50
Fruit	0.00
GreenVeg	0.38
RedVeg	0.00

OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	656.50
Fat	27.27g
SaturatedFat	8.10g
Trans Fat	0.00g
Cholesterol	73.33mg
Sodium	1087.83mg
Carbohydrates	69.07g
Fiber	4.28g
Sugar	6.20g
Protein	32.72g

Vitamin A	3850.00IU	Vitamin C	22.50mg
Calcium	102.93mg	Iron	6.39mg

Buffalo Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9881

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	UNSPECIFIED Not currently available	570533
CELERY STALK 24 SZ 6CT MRKN	3 Cup		170895
SAUCE HOT REDHOT 12-23FLZ FRNKS	1 1/2 Cup		557609
DRESSING RNCH BTRMLK 4-1GAL GCHC	40 Tablespoon		426598
CHEESE MOZZ SHRD 4-5 LOL	2 1/2 Cup		645170
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Cup		150250
LETTUCE ROMAINE CHOP 6-2 RSS	20 Cup		735787
TORTILLA FLOUR 12 SFST 12-12CT GRSZ	20 Each		713370

Preparation Instructions

This ENTREE counts as 4.25 m/ma and 3.50 grains and 1/2 c. dark vegetable and 1/8 c. other vegetable. See notes after prep instructions

Combine: 5# diced chicken, 3 c. diced celery, and 1 ½ c. buffalo sauce

Layer on each tortilla:

3 ½ oz chicken mixture (1/2 c.)

2 tbl ranch dressing

¼ c. shr. cheese

1 c. lettuce

*Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain.

Can take milk - All Wraps count as an Entree. 9/24/18 kj

SLE Components

Amount Per Serving

Meat	4.25
Grain	3.50
Fruit	0.00
GreenVeg	0.50

RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	739.20
Fat	38.60g
SaturatedFat	12.87g
Trans Fat	0.25g
Cholesterol	100.83mg
Sodium	1915.59mg
Carbohydrates	56.93g
Fiber	3.40g
Sugar	4.80g
Protein	38.44g

Vitamin A	6051.62IU	Vitamin C	30.68mg
Calcium	325.37mg	Iron	5.84mg

Chicken Bacon Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9883

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 1/2 Ounce	Weigh out 3.5 oz to see what scoop size is used on each wrap	570533
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	Added to recipe if choose to use - Mark on record if you don't use	150250
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TORTILLA FLOUR 12 SFST 12-12CT GRSZ	1 Each		713370

Preparation Instructions

This ENTREE counts as 3.0 m/ma and 3.50 grains and 1/2 c. dark vegetable See notes after prep instructions

Layer on each tortilla:

3 1/2 oz chicken

2 slices turkey bacon

2 tbl ranch dressing

1/4 c. shr. cheese (Optional, see note in cheese prep instructions)

1 c. Romaine lettuce

*Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain.

Can take milk - All Wraps count as an Entree. 9/24/18 kj

SLE Components

Amount Per Serving

Meat	3.00
Grain	3.50
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	764.57		
Fat	42.23g		
SaturatedFat	13.85g		
Trans Fat	0.25g		
Cholesterol	109.17mg		
Sodium	1391.60mg		
Carbohydrates	56.17g		
Fiber	3.10g		
Sugar	4.00g		
Protein	39.30g		
Vitamin A	5388.49IU	Vitamin C	30.10mg
Calcium	316.43mg	Iron	5.73mg

Pasta Prepackaged Salad

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9900

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 4-5 GFS	5 Pound	20 serving recipe = 2 cups of pasta in each serving = 4 grain	413360
PEPPERS RED 5 P/L	1 Cup		597082
BROCCOLI FLORET BITE SIZE 2-3 RSS	2 Cup		732451
CAULIFLOWER REG CUT 2-3 RSS	1 Cup		732494
ONION RED JUMBO 25 MRKN	1 Cup		198722
OLIVE RIPE SLCD DOMESTIC 6-10 LNSY	1 Cup		328391
TOMATO CHERRY 11 MRKN	1 Cup		569551
CARROT BABY WHL PETITE 4-5 RSS	2 Cup		768146
DRESSING ITAL GLDN 4-1GAL GCHC	3 Cup		257885
PEACH DCD XL/S 6-10 GFS	10 Cup	Measure to 1/2 c fruit = 1/2 c fruit. Can choose whatever fresh or chilled fruit - No Fruit Juice	268348
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	50 Ounce	2.5 oz weight = 2 m/ma Use souffle cup that measures to fit 2.5 oz weight	570533
CHEESE CHED MLD SHRD 4-5 LOL	5 Cup	2 oz = 1 m/ma Do not weigh use 2 fluid oz souffle cup	150250

Preparation Instructions

Counts as an ENTREE - (reimbursable meal as is

However, students still may take any fruit, 1 - 4 oz juice and/or vegetables as on menu - May take roll, breadstick, etc if wanted at no extra charge 9/24/18 kj

SLE Components

Amount Per Serving

Meat	2.67
Grain	0.00
Fruit	0.00
GreenVeg	0.10
RedVeg	0.70
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		875.55	
Fat		31.61g	
SaturatedFat		9.67g	
Trans Fat		0.24g	
Cholesterol		75.83mg	
Sodium		777.77mg	
Carbohydrates		106.54g	
Fiber		6.29g	
Sugar		23.34g	
Protein		37.81g	
Vitamin A	1201.13IU	Vitamin C	26.32mg
Calcium	217.15mg	Iron	4.88mg

Tenderloin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11413

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	Lay out patties on oven sheet pan in single layer. Bake at 375 degrees for 13-15 minutes Temp at 145 degrees	661950

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	406.98		
Fat	18.94g		
SaturatedFat	4.82g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	578.14mg		
Carbohydrates	37.47g		
Fiber	4.65g		
Sugar	4.38g		
Protein	22.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	9.62mg

Breaded Spicy Chicken Breast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11416

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.</p>	525490

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	346.98		
Fat	11.94g		
SaturatedFat	2.32g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	578.14mg		
Carbohydrates	35.47g		
Fiber	3.65g		
Sugar	4.38g		
Protein	25.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	9.44mg

Grilled Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11417

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1 Each	Place on baking sheet - Cook at 350 degrees for 15-20 minutes. Temp out at 145 degrees	786520

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	236.98		
Fat	5.94g		
SaturatedFat	1.32g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	558.14mg		
Carbohydrates	27.47g		
Fiber	2.65g		
Sugar	3.38g		
Protein	21.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	9.08mg

Double Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11418

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
BEEF PTY CHARB 200-2.5Z ADV	2 Each	<p>BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.</p>	203270

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.00
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	366.98
Fat	11.94g
SaturatedFat	4.32g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	788.14mg
Carbohydrates	28.47g
Fiber	4.65g
Sugar	3.38g
Protein	34.24g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 43.00mg	Iron 11.60mg

Spicy Chicken Tenderloin Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11419

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	3 Each	3 each per sandwich - Cook at 375 degrees for 10-12 minutes Temp out at 145 degrees	399806
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	364.98		
Fat	12.64g		
SaturatedFat	1.32g		
Trans Fat	0.00g		
Cholesterol	58.00mg		
Sodium	593.14mg		
Carbohydrates	40.47g		
Fiber	4.65g		
Sugar	3.38g		
Protein	22.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	9.00mg

Meatball Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11420

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each	4 meatballs = 2 m/ma Put in spaghetti sauce Cook Meatballs - Temp out at 145 degrees	785860
White Wheat Sub Bun	1 1 each	Order from Alpha	31454
SAUCE SPAGHETTI FCY 6-10 REDPK	2 Fluid Ounce		852759
CHEESE MOZZ SHRD 4-5 LOL	1 Tablespoon	1/2 oz = 1 tablespoon	645170

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		331.59	
Fat		12.64g	
SaturatedFat		5.07g	
Trans Fat		0.62g	
Cholesterol		39.75mg	
Sodium		677.99mg	
Carbohydrates		34.24g	
Fiber		4.35g	
Sugar		8.21g	
Protein		20.67g	
Vitamin A	201.00IU	Vitamin C	3.00mg
Calcium	183.92mg	Iron	3.38mg

Philly Beef Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11422

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Sub Bun	1 1 each	Order from Alpha	31454
CHEESE MOZZ SHRD 4-5 LOL	1 Tablespoon	1/2 oz = 1 tablespoon	645170
BEEF STK PHLL SEAS CKD 2.92Z 6-5 JTM	1 Each	Place Sealed Bags in a steamer or in boiling water. Heat approx 30 minutes or until temps out at 145 degrees	720861

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	309.69		
Fat	12.04g		
SaturatedFat	4.97g		
Trans Fat	0.54g		
Cholesterol	43.75mg		
Sodium	717.49mg		
Carbohydrates	29.24g		
Fiber	2.35g		
Sugar	6.21g		
Protein	20.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	123.92mg	Iron	2.82mg

Baked Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11424

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	3 #10 CAN	BAKE Bake	100364
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Cup	READY_TO_EAT None	200621
SUGAR BROWN MED 25 GFS	1 Cup	UNSPECIFIED	108626

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	142.76		
Fat	1.17g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	174.42mg		
Carbohydrates	26.89g		
Fiber	5.83g		
Sugar	9.39g		
Protein	8.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Fajita Chicken Prepackaged Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11428

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Ounce	USDA Fajita Chicken - Weigh Chicken to 3.5 oz due to 1.70 oz of chicken = 1 m/ma (due to water in chicken) weigh to determine size of souffle cup - 3.5 oz = 2 m/ma	100117
CHEESE CHED MLD SHRD 4-5# COMM	2 Fluid Ounce	Land O Lakes Fill 2 oz souffle cup and lid = 1 m/ma	150250
LETTUCE ROMAINE 12CT MRKN	1 Cup	Chop Romaine - Measure 1 full cup = 1/2 c. dark green vegetable	200344
SPINACH BABY CLND 2-2 RSS	1 Cup	Measure 1 full cup = 1/2 c. dark green vegetable	560545
BANANA PETITE GRN 150CT DOLE	1 Each	May use any 1/2 c. fresh or chilled fruit - no fruit juice = 1/2 c. fruit	591310
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	L. Bagel 217911= 2 grain Cheez It 282422 = 1 grain Tostitos 284751 = 1 grain Alpha Roll 33119=1 grain Muffin 557991 = 1 grain NO GRAHAM CRACKERS .. NO DESSERT GRAINS.. MUST have 2 grains in each prepackaged salad	217911

Preparation Instructions

Put all vegetables and souffle cup in a hinged container. Must add 2 oz equiv grain and 1/2 c. fruit (NO JUICE) in container with salad. (Can sub 2 cups of any dark green leafy lettuce for 1 cup of Romaine and 1 cup of Spinach).

Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain. Do not put dessert based grains (ex. any type of graham crackers) Can take milk - Prepackaged salads count as an Entree. 12/12/2018 kj

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.50
GreenVeg	1.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	495.59		
Fat	14.52g		
SaturatedFat	8.16g		
Trans Fat	0.00g		
Cholesterol	106.18mg		
Sodium	1000.02mg		
Carbohydrates	61.06g		
Fiber	9.10g		
Sugar	21.06g		
Protein	32.83g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	280.90mg	Iron	3.19mg

Taco (Beef) Prepackaged Salad 10

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/4 Ounce	JTM Taco Beef Meat - Weigh Beef to 3.25 oz due to 3.17 oz of Beef Taco Meet = 2 m/ma weigh to determine size of souffle cup - 3.25 oz = 2 m/ma	722330
CHEESE CHED MLD SHRD 4-5# COMM	2 Fluid Ounce	Land O Lakes Fill 2 oz souffle cup and lid = 1 m/ma	150250
LETTUCE ROMAINE 12CT MRKN	1 Cup	Chop Romaine - Measure 1 full cup = 1/2 c. dark green vegetable	200344
SPINACH BABY CLND 2-2 RSS	1 Cup	Measure 1 full cup = 1/2 c. dark green vegetable	560545
BANANA PETITE GRN 150CT DOLE	1 Each	May use any 1/2 c. fresh or chilled fruit - no fruit juice = 1/2 c. fruit	591310
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	L. Bagel 217911= 2 grain Cheez It 282422 = 1 grain Tostitos 284751 = 1 grain Alpha Roll 33119=1 grain Muffin 557991 = 1 grain NO GRAHAM CRACKERS .. NO DESSERT GRAINS.. MUST have 2 grains in each prepackaged salad	217911

Preparation Instructions

Put all vegetables and souffle cup in a hinged container. Must add 2 oz equiv grain and 1/2 c. fruit (NO JUICE) in container with salad. (Can sub 2 cups of any dark green leafy lettuce for 1 cup of Romaine and 1 cup of Spinach).

Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain. Do not put dessert based grains (ex. any type of graham crackers) Can take milk - Prepackaged salads count as an Entree. 12/12/2018 kj

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.50
GreenVeg	1.00

RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	484.21	
Fat	15.42g	
SaturatedFat	7.95g	
Trans Fat	0.30g	
Cholesterol	65.88mg	
Sodium	675.47mg	
Carbohydrates	64.13g	
Fiber	11.15g	
Sugar	21.05g	
Protein	27.42g	
Vitamin A	741.92IU	Vitamin C 15.81mg
Calcium	321.91mg	Iron 5.22mg