

Cookbook for Browning Springs Middle School

Created by HPS Menu Planner

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AH 200 Granola

Servings:	32.00	Category:	Grain
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8687

Ingredients

Description	Measurement	Prep Instructions	DistPart #
brown sugar	1 Cup	READY_TO_EAT	
OATS OLD FASHIONED 12-42Z MOM	4 Cup		144391
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	12 Tablespoon		299405

Preparation Instructions

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix all together until well combined. Place in baking pan loosely. Bake for about 10 minutes, stirring halfway through cooking time. Stir lightly and let cool completely.

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: 32.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	75.00		
Fat	4.88g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	11.25mg		
Sodium	0.00mg		
Carbohydrates	6.88g		
Fiber	1.00g		
Sugar	0.38g		
Protein	1.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.13mg	Iron	0.45mg

DP 202 Chicken Biscuit

Servings:	216.00	Category:	Entree
Serving Size:	3.80 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-8691

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 63/100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
DOUGH BISC STHRN STYL 216-2.2Z PILLS	2 1/5 Each	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.	618152

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
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: 216.00

Serving Size: 3.80 Ounce

Amount Per Serving

Calories	2.56		
Fat	0.11g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.13mg		
Sodium	7.47mg		
Carbohydrates	0.30g		
Fiber	0.02g		
Sugar	0.02g		
Protein	0.10g		
Vitamin A	0.32IU	Vitamin C	0.35mg
Calcium	0.08mg	Iron	0.02mg

DP 110 Grilled Chicken

Servings:	100.00	Category:	Entree
Serving Size:	3.10 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8962

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	3 1/10 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244

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	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.10 Ounce

Amount Per Serving			
Calories	3.41		
Fat	0.14g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	1.55mg		
Sodium	16.43mg		
Carbohydrates	0.09g		
Fiber	0.00g		
Sugar	0.06g		
Protein	0.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

DH 411 BBQ Pork

Servings:	80.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8964

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	0 Ounce	Preheat convection oven to 350 degrees F. Open the bags and put product into a pan. Heat in the oven for @ 30 minutes until the product reaches a minimum internal temperature of 165 degrees F. Portion the BBQ . Place in a warming unit and maintain a minimum internal temperature of 135 degrees F.	498702

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.03
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: 80.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	3.74		
Fat	0.21g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.89mg		
Sodium	2.91mg		
Carbohydrates	0.21g		
Fiber	0.00g		
Sugar	0.20g		
Protein	0.23g		
Vitamin A	20.63IU	Vitamin C	0.32mg
Calcium	1.00mg	Iron	0.04mg

FB 460 Baked Beans

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9012

Ingredients

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

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	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.90		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.82mg		
Carbohydrates	0.20g		
Fiber	0.03g		
Sugar	0.07g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.28mg	Iron	0.01mg

DB 563 Beef and Cheese Mac

Servings:	1.00	Category:	Entree
Serving Size:	11.45 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9153

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BEEF W/CHS SCE 6-5 JTM	3 9/20 Ounce	Place the sealed bag in a steamer or in boiling water. Heat for @ 45 minutes or until the product reaches a minimum internal temperature of 165 degrees F. Open the bag and stir product.	584101
PASTA ELBOW MACAR 51 WGRAIN 2-10	2 Ounce	Divide the pasta into pans for cooking Add the Vegetable Oil (to help prevent the cooked noodles from sticking together). Add the water (ensure the noodles are covered). Steam for @ 8 to 10 minutes- until the noodles are al dente. Drain the water and the vegetable oil from the pasta.	229941

Preparation Instructions

Combine Pasta and Beef/ Cheese Sauce Portion into individual serving bowls.

Hold in a warmer maintaining a minimum internal temperature of 135 degrees 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: 1.00

Serving Size: 11.45 Ounce

Amount Per Serving			
Calories	374.00		
Fat	10.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	381.00mg		
Carbohydrates	48.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	246.00IU	Vitamin C	0.00mg
Calcium	195.00mg	Iron	2.80mg

CV 131 Creamy Cole Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 Cup		198226
DRESSING COLE SLAW 4-1GAL GCHC	2 Tablespoon		106992

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	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	156.67		
Fat	10.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	273.33mg		
Carbohydrates	17.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.33mg	Iron	0.00mg

DB 535 Spaghetti with Meat sauce, WG

Servings:	1.00	Category:	Entree
Serving Size:	13.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9764

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	2 Ounce	Divide the Spaghetti into pans for cooking- 5 lb per pan. Add the water (ensure the pasta is covered). Steam for @ 8 to 10 minutes- until the noodles are al dente.	221460
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 3/5 Ounce	Keep the spaghetti sauce frozen. Place the sealed bag in a steamer or boiling water. Heat for @ 45 minutes or until product reaches a minimum of 165 degrees F.	573201

Preparation Instructions

Divide the Spaghetti into pans for cooking- 5 lb per pan.

Add the water (ensure the pasta is covered).

Steam for @ 8 to 10 minutes- until the noodles are al dente.

Keep the spaghetti sauce frozen. Place the sealed bag in a steamer or boiling water.

Heat for @ 45 minutes or until product reaches a minimum of 165 degrees F.

Combine the Meat Sauce and the pasta.

Portion into individual serving containers.

Place in a warming unit and maintain a minimum internal temperature of 135 degrees F.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 13.60 Ounce

Amount Per Serving

Calories	377.00
Fat	8.50g
SaturatedFat	2.80g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	290.00mg
Carbohydrates	50.00g
Fiber	6.00g
Sugar	9.00g
Protein	22.00g

Vitamin A	647.00IU	Vitamin C	19.00mg
Calcium	64.00mg	Iron	3.80mg

CF 123 Apple Slices

Servings:	1.00	Category:	Fruit
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9765

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 Package	READY_TO_EAT	473171

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	7.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	350.00mg
Calcium	20.00mg	Iron	0.00mg

CV 203 Mix Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9766

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup	PACKAGING: 5# POLY BAG IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 32-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. DO NOT ICE - LETTUCES ARE SUSCEPTIBLE TO FREEZE DAMAGE. RESEAL UNUSED PORTION IN ORIGINAL BAG. PREPARATION: RINSE THOROUGHLY. READY TO USE.	600504

Preparation Instructions

PACKAGING: 5# POLY BAG IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 32-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. DO NOT ICE - LETTUCES ARE SUSCEPTIBLE TO FREEZE DAMAGE. RESEAL UNUSED PORTION IN ORIGINAL BAG. PREPARATION: RINSE THOROUGHLY. READY TO USE.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.67mg		
Carbohydrates	8.00g		
Fiber	2.67g		
Sugar	2.67g		
Protein	2.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.67mg	Iron	2.67mg

FR 262 Smiley Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	2.41 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9767

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	2 41/100 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818

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	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.41 Ounce

Amount Per Serving			
Calories	130.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	0.00mg	Iron	0.36mg

CF 537 Pears Diced

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD IN JCE 6-10 GFS	1/2 Cup	Open the can. Portion the product into half cup servings using a 4 oz perforated spoodle into individual serving bowls. Place in refrigeration and maintain an internal temperature of 33 to 41 degrees F. If product is not within the acceptable temperature range, refrigerate until the proper temperature is reached.	610364

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

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	10.00mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

DE 155 Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	3.09 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-9901

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	1/2 Ounce	chopped	556121
CHEESE AMER 160CT SLCD 4-5 GCHC	1/2 Ounce	Shredded	271411
EGG WHL LIQ W/CITRIC 15-2# EZEGGS	1 Ounce	FOR BEST RESULTS, POUR INTO CLEAN CONTAINER, WHISK FOR 45 SECONDS BEFORE COOKING. A 275 F GRILL TEMPERATURE IS RECOMMENDED.	849370
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	1 9/100 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690120

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.29
Grain	1.09
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: 3.09 Ounce

Amount Per Serving	
Calories	157.27
Fat	6.85g
SaturatedFat	2.67g
Trans Fat	0.00g
Cholesterol	67.92mg
Sodium	289.58mg
Carbohydrates	15.59g
Fiber	1.09g
Sugar	1.09g

Protein	7.77g		
Vitamin A	100.00IU	Vitamin C	0.10mg
Calcium	113.23mg	Iron	1.18mg

DB 403 Hamburger on Bun, WG

Servings:	1.00	Category:	Entree
Serving Size:	4.25 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9903

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each	Lay out patties on an oven sheet pan in a single layer. Heat in a conventional preheated 350 degree F oven for 12-14 minutes or heat in a convection oven at 350 degrees F for 10-12 minutes;	655482
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Thaw and serve. Marketing Tips	517810

Preparation Instructions

Open the Hamburger Bun and place the pattie inside it.

Wrap in the appropriate wrapper.

Place the sandwiches in the pan to be used for the serving line.

Place in a warming unit and maintain a minimum internal of 135 degrees 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: 1.00

Serving Size: 4.25 Ounce

Amount Per Serving			
Calories	257.60		
Fat	9.90g		
SaturatedFat	3.20g		
Trans Fat	0.48g		
Cholesterol	35.00mg		
Sodium	264.40mg		
Carbohydrates	26.00g		
Fiber	5.80g		
Sugar	3.00g		
Protein	18.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.52mg

DB 433 Cheeseburger on Bun, WG

Servings:	1.00	Category:	Entree
Serving Size:	4.75 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9904

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each	Lay out patties on an oven sheet pan in a single layer. Heat in a conventional preheated 350 degree F oven for 12-14 minutes or heat in a convection oven at 350 degrees F for 10-12 minutes;	655482
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Thaw and serve.	517810
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice	READY TO USE	271411

Preparation Instructions

Open the Hamburger Bun and place the pattie inside it.

Add the slice of cheese.

Wrap in the appropriate wrapper.

Place the sandwiches in the pan to be used for the serving line.

Place in a warming unit and maintain a minimum internal of 135 degrees F.

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: 4.75 Ounce

Amount Per Serving

Calories	312.60		
Fat	14.40g		
SaturatedFat	6.20g		
Trans Fat	0.48g		
Cholesterol	47.50mg		
Sodium	439.40mg		
Carbohydrates	26.50g		
Fiber	5.80g		
Sugar	3.00g		
Protein	20.60g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	135.00mg	Iron	2.52mg

DP 250 Chicken Nuggets, WG

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9905

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851

Preparation Instructions

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Portion product into individual serving containers.

Place in a warming unit maintaining a minimum internal temperature of 135 degrees F.

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: 1.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	184.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	33.00mg		
Sodium	380.00mg		
Carbohydrates	13.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	15.00g		
Vitamin A	79.00IU	Vitamin C	87.00mg
Calcium	20.00mg	Iron	2.00mg

FO 400 Packer Label Jumbo White Onions

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9915

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION WHITE JUMBO 50 P/L	1 Ounce	PACKAGING: BULK PACK IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE TEMPERATURE 45-55 F AT 85-95% RELATIVE HUMIDITY. ISOLATE ONIONS FROM OTHER PRODUCE; ONIONS MAY ABSORB MOISTURE AND ADJACENT PRODUCE MAY ABSORB ONION ODOR. STORING BELOW 32 F CAN RESULT IN CHILL INJURY. PREPARATION: REFRIGERATE FOR 30 MINUTES BEFORE CHOPPING TO PREVENT TEARING.	299235

Preparation Instructions

PACKAGING: BULK PACK IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE TEMPERATURE 45-55 F AT 85-95% RELATIVE HUMIDITY. ISOLATE ONIONS FROM OTHER PRODUCE; ONIONS MAY ABSORB MOISTURE AND ADJACENT PRODUCE MAY ABSORB ONION ODOR. STORING BELOW 32 F CAN RESULT IN CHILL INJURY. PREPARATION: REFRIGERATE FOR 30 MINUTES BEFORE CHOPPING TO PREVENT TEARING.

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: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	11.31		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.14mg		
Carbohydrates	2.57g		
Fiber	0.49g		
Sugar	1.14g		
Protein	0.31g		
Vitamin A	0.57IU	Vitamin C	2.09mg
Calcium	6.51mg	Iron	0.06mg

DV 380 Lo Fat Vanilla Yogurt Parfait (Strawberry)

Servings:	1.00	Category:	Entree
Serving Size:	8.30 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1 6- 6.5 GFS	1/2 Cup	PACKAGING: 6.5# SEALED TUBS IN CORRUGATE. PRODUCT PREP: CAN BE USED FROZEN OR THAWED.	293393

Preparation Instructions

Layer Fruit and yogurt ; top with AH 200 Crunchy Oat Topping Granola

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.30 Ounce

Amount Per Serving

Calories	1007.46
Fat	5.97g
SaturatedFat	2.99g
Trans Fat	0.00g
Cholesterol	29.85mg
Sodium	477.61mg
Carbohydrates	213.43g
Fiber	1.49g
Sugar	155.97g
Protein	29.85g
Vitamin A 0.00IU	Vitamin C 35.82mg
Calcium 1074.63mg	Iron 0.54mg

DP 251 Chicken Nuggets, WG (HS)

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10086

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851

Preparation Instructions

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Portion product into individual serving containers.

Place in a warming unit maintaining a minimum internal temperature of 135 degrees F.

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: 10.00 Each

Amount Per Serving

Calories	368.00
Fat	16.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	66.00mg
Sodium	760.00mg
Carbohydrates	26.00g
Fiber	4.00g
Sugar	0.00g
Protein	30.00g
Vitamin A 158.00IU	Vitamin C 174.00mg
Calcium 40.00mg	Iron 4.00mg

DE 261 Chicken Rings

Servings:	1.00	Category:	Entree
Serving Size:	3.47 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10111

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chix Rng Thngs Brd 6-5 Gldkst	5 Each	Conventional oven: 10-14 minutes at 350 degrees F. Convection oven: 6-8 minutes at 350 degrees F. Appliances vary, adjust heat times accordingly. Marketing Tips	217722

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: 1.00

Serving Size: 3.47 Ounce

Amount Per Serving

Calories	214.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	375.00mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	17.00g		
Vitamin A	51.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	2.00mg

DE 262 Chicken Rings(HS)

Servings:	1.00	Category:	Entree
Serving Size:	6.94 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10112

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chix Rng Thngs Brd 6-5 Gldkst	10 Each	Conventional oven: 10-14 minutes at 350 degrees F. Convection oven: 6-8 minutes at 350 degrees F. Appliances vary, adjust heat times accordingly. Marketing Tips	217722

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: 6.94 Ounce

Amount Per Serving

Calories	428.00		
Fat	20.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	110.00mg		
Sodium	750.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	34.00g		
Vitamin A	102.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	4.00mg

FR 273 Potato wedges

Servings:	1.00	Category:	Vegetable
Serving Size:	2.69 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10115

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	2 69/100 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 2 TO 4 MINUTES.	509661

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	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.69 Ounce

Amount Per Serving			
Calories	90.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	0.00mg	Iron	0.72mg

CF 510 Peaches diced

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10116

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GFS	1/2 Cup	PACKAGING: #10 CANS IN A CORRUGATE BOX. PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.	268348

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	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

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	10.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	13.00g
Protein	1.00g
Vitamin A 200.00IU	Vitamin C 1.20mg
Calcium 0.00mg	Iron 0.00mg

DB 534 Lasagna Roll-Up

Servings:	1.00	Category:	Entree
Serving Size:	6.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10121

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each	IN A PAN LAYER SAUCE ON BOTTOM OF FULL OR 1/2 STEAM PAN, THEN PLACE LASAGNA IN PAN COVER WITH SAUCE. SEAL PAN WITH FOIL BAKE IN OVEN AT 375°F FOR 35-40 MINUTES FROZEN OR 25-30 MINUTES. Marketing Tips	234041
SAUCE MARINARA DLX 6-10 PG	1/4 Cup		190969

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: 1.00

Serving Size: 6.50 Ounce

Amount Per Serving

Calories	270.00		
Fat	6.75g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	585.00mg		
Carbohydrates	34.50g		
Fiber	2.50g		
Sugar	8.50g		
Protein	15.50g		
Vitamin A	600.00IU	Vitamin C	7.20mg
Calcium	340.00mg	Iron	1.26mg

DP 293 Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	8.90 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10133

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DLX 6-10 PG	1/4 Cup		190969
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Each	Heat from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F.s at 350 degrees F.	548852
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce		645170

Preparation Instructions

Heat from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F. Put in the pan to be used for the serving line.

Cover with Marinara and mozzarella. Place back in oven for 1-2 minutes or until cheese has melted.

Place in a warming unit and maintain a minimum internal temperature of 135 degrees F.

SLE Components

Amount Per Serving

Meat	3.00
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: 1.00

Serving Size: 8.90 Ounce

Amount Per Serving	
Calories	370.00
Fat	19.75g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	725.00mg
Carbohydrates	21.50g
Fiber	2.50g
Sugar	4.50g
Protein	25.50g
Vitamin A 200.00IU	Vitamin C 1.20mg
Calcium 265.00mg	Iron 1.26mg

AB 301 Breadstick, WG

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10136

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray.	406321

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	70.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

FW 220 Italian Vegetable Blend

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10143

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ITAL 30 GFS	1/2 Cup		285670

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	26.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	4.00g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	333.33IU	Vitamin C	10.00mg
Calcium	13.33mg	Iron	0.24mg

DH 681 Cheese Pizza Wedge

Servings:	1.00	Category:	Entree
Serving Size:	5.10 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10144

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN SLCD 3-3CT	1 Slice		444115

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: 5.10 Ounce

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

DH 683 Pepperoni Pizza Wedge

Servings:	1.00	Category:	Entree
Serving Size:	5.20 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10145

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16 WGRAIN SLCD PRIMO 9CT	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165F. CONVECTION OVEN: Place 1.5 pizza on a tray. Bake at 350°F for 14-17 minutes, high fan. Rotate product halfway through the bake cycle. IMPINGEMENT OVEN: Load 1 whole pre-sliced pizza . Bake at 420°F for 7-9 minutes. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	667802

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: 5.20 Ounce

Amount Per Serving

Calories	370.00
Fat	16.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	560.00mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	8.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 366.00mg	Iron 2.20mg

HA 400 Ketchup Packets

Servings:	1.00	Category:	Condiments or Other
Serving Size:	9.00 Gram	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10151

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT 1M-9GM HNZ	1 Package		255521

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	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 9.00 Gram

Amount Per Serving

Calories	11.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	84.60mg		
Carbohydrates	3.00g		
Fiber	0.10g		
Sugar	2.00g		
Protein	0.10g		
Vitamin A	42.30IU	Vitamin C	0.59mg
Calcium	1.35mg	Iron	0.03mg

HA 425 Mayonnaise Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	12.00 Gram	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10159

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE PKT 200-12GM GFS	1 Each		700011

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	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 12.00 Gram

Amount Per Serving

Calories	90.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	60.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

AF 125 Spaghetti Noodles

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10161

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	2 Ounce	FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PERFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES	221460

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	210.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

DP 286 Mandarin Orange Chicken (HS)

Servings:	1.00	Category:	Entree
Serving Size:	5.40 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10187

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	5 2/5 Ounce	Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.	550512

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
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: 1.00

Serving Size: 5.40 Ounce

Amount Per Serving

Calories	225.00		
Fat	4.50g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	420.00mg		
Carbohydrates	28.50g		
Fiber	0.00g		
Sugar	15.00g		
Protein	16.50g		
Vitamin A	0.00IU	Vitamin C	1.80mg
Calcium	0.00mg	Iron	1.08mg

DP 285 Mandarin Orange Chicken

Servings:	1.00	Category:	Entree
Serving Size:	3.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10188

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 3/5 Ounce	Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.	550512

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: 1.00

Serving Size: 3.60 Ounce

Amount Per Serving

Calories	150.00		
Fat	3.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	280.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.72mg

AA 102 Breakfast Pizza, WG

Servings:	1.00	Category:	Entree
Serving Size:	3.32	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10190

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
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: 1.00

Serving Size: 3.32

Amount Per Serving

Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	350.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	146.00mg	Iron	1.90mg

DP 208 Breaded Chicken Sandwich, WG

Servings:	1.00	Category:	Entree
Serving Size:	5.90 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10191

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Each	Heat from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F.	548852
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Heat from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F.	517810

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: 5.90 Ounce

Amount Per Serving

Calories	380.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	475.00mg		
Carbohydrates	40.00g		
Fiber	7.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.16mg

DP 206 Breaded Chicken Sandwich, WG (HS)

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10192

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Heat from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F.	517810
CHIX BRST BRD FLLT WGRAIN CKD 120-4Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531

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: 6.00 Ounce

Amount Per Serving

Calories	346.00		
Fat	10.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	701.00mg		
Carbohydrates	41.00g		
Fiber	7.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	188.00IU	Vitamin C	0.00mg
Calcium	61.00mg	Iron	2.08mg

FD 255 Cheesy Broccoli Cuts

Servings:	1.00	Category:	Vegetable
Serving Size:	0.56 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10193

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	1/2 Cup		610902
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.50
Grain	0.00
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: 0.56 Cup

Amount Per Serving

Calories	60.00		
Fat	4.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	231.67mg		
Carbohydrates	1.83g		
Fiber	0.67g		
Sugar	1.17g		
Protein	2.83g		
Vitamin A	150.00IU	Vitamin C	10.00mg
Calcium	81.67mg	Iron	0.00mg

FD 251 Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10194

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	1/2 Cup		610902

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
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: 0.50 Cup

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	1.33g		
Fiber	0.67g		
Sugar	0.67g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	10.00mg
Calcium	6.67mg	Iron	0.00mg

FG 302 Sliced Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10195

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GFS	1/2 Cup	PACKAGING: #10 CAN IN A CORRUGATE BOX. PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE	118915

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	0.00g		
Vitamin A	7500.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

DP 270 General Tsos Chicken, WG

Servings:	1.00	Category:	Entree
Serving Size:	3.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10198

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK GEN TSO DK MT W/SCE 6-7.25#	3 3/5 Ounce	Product is fully cooked. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.	556952

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: 1.00

Serving Size: 3.60 Ounce

Amount Per Serving

Calories	170.00		
Fat	3.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	361.00mg		
Carbohydrates	23.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.72mg

CM 320 Ham Chef Salad, WG

Servings:	1.00	Category:	Entree
Serving Size:	26.06 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10200

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup	wash	129631
TURKEY HAM SLCD .5Z 12-1.5 JENNO	3 3/50 Ounce	Thaw the meat in refrigeration (33 to 41 degrees F).	839760
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	Shredded	150260
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890

Preparation Instructions

- Shred the cheese.
- Thoroughly wash the romaine/ iceberg blend and tomatoes.
- Portion into the serving containers.
- Add the tomatoes.
- Portion the cheese into individual containers and add to the chef salad container.
- Chop the turkey ham & lay across the lettuce mixture.
- Place the dinner roll in a baggie and add to the salad container.
- Seal the container and hold in refrigeration maintaining an internal temperature of 33 to 41 degrees F.

SLE Components

Amount Per Serving

Meat	3.04
Grain	2.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.50
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 26.06 Ounce

Amount Per Serving	
Calories	418.60
Fat	17.82g
SaturatedFat	8.09g
Trans Fat	0.00g
Cholesterol	86.10mg
Sodium	989.57mg
Carbohydrates	46.54g

Fiber	10.77g
Sugar	18.21g
Protein	27.75g
Vitamin A 1049.70IU	Vitamin C 13.55mg
Calcium 258.07mg	Iron 5.09mg

CM 320 Ham Chef Salad, WG

Servings:	1.00	Category:	Entree
Serving Size:	26.06 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10202

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	Thoroughly wash	600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup	Thoroughly wash	129631
TURKEY HAM SLCD .5Z 12-1.5 JENNO	2 Ounce	Chopped	839760
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	Shredded	150260
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each	THAW AND BAKE AT 350 DEGREES FOR 3-4 MINUTES OR DESIRED COLOR. BAKE IN CONVECTION OVEN FOR 1-2 MINUTES. ROLLS MAKE BE BAKED FROM FROZEN STATE FOR 8 MINUTES.	536890

Preparation Instructions

Portion into the serving containers. Seal the container and hold in refrigeration maintaining an internal temperature of 33 to 41 degrees F.

SLE Components

Amount Per Serving

Meat	2.33
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	1.33
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 26.06 Ounce

Amount Per Serving

Calories	416.20		
Fat	15.70g		
SaturatedFat	7.38g		
Trans Fat	0.00g		
Cholesterol	66.67mg		
Sodium	867.83mg		
Carbohydrates	53.83g		
Fiber	13.43g		
Sugar	20.17g		
Protein	25.47g		
Vitamin A	1049.70IU	Vitamin C	13.13mg

Calcium 309.67mg **Iron** 7.50mg

FW 235 Stir Fry Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10205

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GFS	1/2 Cup		440884

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	23.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.33mg		
Carbohydrates	3.33g		
Fiber	1.33g		
Sugar	1.33g		
Protein	1.33g		
Vitamin A	133.33IU	Vitamin C	12.00mg
Calcium	13.33mg	Iron	0.24mg

FQ 310 Green Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10206

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SWT MXD SV 6-10 KE	1/2 Cup		256935

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	70.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	370.00mg		
Carbohydrates	12.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	4.00g		
Vitamin A	300.00IU	Vitamin C	12.00mg
Calcium	20.00mg	Iron	1.44mg

AG 136Oriental Rice, WG

Servings:	1.00	Category:	Grain
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10207

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	STOCKPOT METHOD: COMBINE RICE, WATER, AND OPTIONAL SALT AND BUTTER. IN A STOCKPOT AND BRING TO A HARD BOIL. COVER AND REDUCE HEAT TO MEDIUM-LOW AND COOK FOR 25 MINUTES. TURNOUT TO STEAM TRAY. TRADITIONAL OVEN: PLACE RICE AND OPTIONAL SALT AND BUTTER IN PAN. ADD BOILING WATER. COVER RIGHTLY AND BAKE AT 350 DEGREES FOR 30-35 MINUTES. STEAMER METHOD: PLACE RICE AND OPTIONAL BUTTER AND SALT, WITH BOILING WATER IN STEAMER PAN OR SHALLOW PAN. STIR. PLACE UNCOVERED PAN IN STEAMER AND COOK ACCORDING TO MANUFACTURER'S DIRECTION.	516371
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Teaspoon		299405

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	203.33		
Fat	4.67g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	0.00mg		
Carbohydrates	37.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.00mg	Iron	0.72mg

CF 562 Pineapple Tidbits

Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10208

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/2 Cup	PACKAGING: #10 CANS IN CORRUGATE BOX. PRODUCT PREP: PRODUCT IS READY TO USE.	189979

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	0.00mg	Iron	0.36mg

BB 125 Beef Chili with Beans

Servings:	1.00	Category:	Entree
Serving Size:	5.83 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10209

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	5 39/47 Ounce	Place the sealed bag in a steamer or in boiling water (212 degrees F). 2. Cook for @ 30 minutes or until the product reaches a minimum internal temperature of 165 degrees F. 3. Open the bag carefully and pour product into the individual bowls to be used for the serving line. 4. Cover and place in a warming unit to maintain a minimum internal temperature of 135 degrees F.	344012

Preparation Instructions

- Place the sealed bag in a steamer or in boiling water (212 degrees F).
2. Cook for @ 30 minutes or until the product reaches a minimum internal temperature of 165 degrees F.
 3. Open the bag carefully and pour product into the individual bowls to be used for the serving line.
 4. Cover and place in a warming unit to maintain a minimum internal temperature of 135 degrees F.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.83 Ounce

Amount Per Serving

Calories	152.00		
Fat	5.00g		
SaturatedFat	1.70g		
Trans Fat	0.00g		
Cholesterol	31.00mg		
Sodium	230.00mg		
Carbohydrates	15.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	13.00g		
Vitamin A	1252.00IU	Vitamin C	19.00mg
Calcium	51.00mg	Iron	3.00mg

DP 111 Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	5.10 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10219

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Thaw and serve.	517810

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: 5.10 Ounce

Amount Per Serving			
Calories	240.00		
Fat	6.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	655.00mg		
Carbohydrates	28.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

FL 310 Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10220

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GFS	1/2 Cup	PACKAGING: #10 CAN IN A CORRUGATE BOX. PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.	118737

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.50mg

DH 671 Cheese Pizza, 5 Individual Rounds, WG

Servings:	1.00	Category:	Entree
Serving Size:	4.98 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10221

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5 WGRAIN 4.98Z 6- 10CT TONY	1 Each	<p>BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place 15 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 16 to 18 minutes. CONVENTIONAL OVEN: Cook at 400°F for 24 to 26 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.</p>	605922

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: 4.98 Ounce

Amount Per Serving

Calories	310.00		
Fat	13.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	440.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	16.00g		
Vitamin A	60.00IU	Vitamin C	0.00mg
Calcium	280.00mg	Iron	2.10mg

DH 675 Turkey Pepperoni Pizza, 5 Individual Rounds, WG G

Servings:	1.00	Category:	Entree
Serving Size:	4.98 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10223

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 5 WGRAIN 60-4.98Z TONY	1 Each	<p>BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place 15 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 16 to 18 minutes. CONVENTIONAL OVEN: Cook at 400°F for 27 to 29 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.</p>	605911

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: 4.98 Ounce

Amount Per Serving

Calories	310.00		
Fat	13.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	510.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	8.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	240.00mg	Iron	2.20mg

DS 125 Fish Nugget, WG

Servings:	1.00	Category:	Entree
Serving Size:	5.92 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10225

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD NUG WGRAIN 1Z 2-5 GFS	6 Piece	EEP FROZEN UNTIL READY TO PREPARE. DO NOT REFREEZE. CONVECTION OVEN: PLACE OVEN RACK IN CENTER OF THE OVEN. PREHEAT OVEN TO 375 DEGREES F. PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 11-13 MINUTES. CONVENTIONAL OVEN: PLACE OVEN RACK IN THE CENTER OF THE OVEN. PREHEAT TO 425 DEGREES F, PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 14-16 MINUTES. NOTE: SINCE APPLIANCES VARY, THESE COOKING INSTRUCTIONS ARE ONLY A GUIDELINE. FISH IS FULLY COOKED WHEN IT REACHES AN INTERNAL TEMPERATURE OF 165 DEGREES F	501362

Preparation Instructions

EEP FROZEN UNTIL READY TO PREPARE. DO NOT REFREEZE. CONVECTION OVEN: PLACE OVEN RACK IN CENTER OF THE OVEN. PREHEAT OVEN TO 375 DEGREES F. PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 11-13 MINUTES. CONVENTIONAL OVEN: PLACE OVEN RACK IN THE CENTER OF THE OVEN. PREHEAT TO 425 DEGREES F, PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 14-16 MINUTES. NOTE: SINCE APPLIANCES VARY, THESE COOKING INSTRUCTIONS ARE ONLY A GUIDELINE. FISH IS FULLY COOKED WHEN IT REACHES AN INTERNAL TEMPERATURE OF 165 DEGREES F

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.25
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: 5.92 Ounce

Amount Per Serving

Calories	345.00		
Fat	13.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	75.00mg		
Sodium	315.00mg		
Carbohydrates	33.00g		
Fiber	4.50g		
Sugar	1.50g		
Protein	22.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 30.00mg **Iron** 1.62mg

DS 127 Fish Nugget, WG (HS)

Servings:	1.00	Category:	Entree
Serving Size:	7.90 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10226

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD NUG WGRAIN 1Z 2-5 GFS	8 Piece		501362

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.00
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: 7.90 Ounce

Amount Per Serving

Calories	460.00		
Fat	18.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	100.00mg		
Sodium	420.00mg		
Carbohydrates	44.00g		
Fiber	6.00g		
Sugar	2.00g		
Protein	30.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.16mg

FB 251 Blackeyed Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10228

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS BLACK-EYED FCY 6-10	1/2 Cup		202507

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	100.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	470.00mg		
Carbohydrates	19.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

FI 226 Golden Cut Corn, Frozen

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10229

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GFS	1/2 Cup		285620

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	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	74.63		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.73mg		
Carbohydrates	15.67g		
Fiber	1.49g		
Sugar	1.49g		
Protein	2.24g		
Vitamin A	74.63IU	Vitamin C	1.79mg
Calcium	0.00mg	Iron	0.27mg

CF 150 Applesauce, Unsweetened

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10230

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE IN JCE NSA 6-10 GFS	1/2 Cup		610283

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

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	0.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	0.00mg

AB 450 Dinner Roll, WG

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10232

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each	THAW AND BAKE AT 350 DEGREES FOR 3-4 MINUTES OR DESIRED COLOR. BAKE IN CONVECTION OVEN FOR 1-2 MINUTES. ROLLS MAKE BE BAKED FROM FROZEN STATE FOR 8 MINUTES.	536890

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	140.00		
Fat	2.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	80.00mg		
Carbohydrates	32.00g		
Fiber	7.00g		
Sugar	10.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

DH 410 BBQ Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10234

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	Preheat convection oven to 350 degrees F. Open the bags and put product into a pan. Heat in the oven for @ 30 minutes until the product reaches a minimum internal temperature of 165 degrees F. Portion the BBQ . Place in a warming unit and maintain a minimum internal temperature of 135 degrees F.	498702
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Thaw and serve.	517810

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: 6.00 Ounce

Amount Per Serving

Calories	429.00
Fat	19.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	71.00mg
Sodium	358.00mg
Carbohydrates	42.00g
Fiber	5.00g
Sugar	19.00g
Protein	23.00g
Vitamin A 1650.00IU	Vitamin C 25.20mg
Calcium 120.00mg	Iron 4.14mg

FR 250 Oven Baked French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	2.54 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10235

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	2 27/50 Ounce	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

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	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.54 Ounce

Amount Per Serving			
Calories	115.45		
Fat	2.57g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.66mg		
Carbohydrates	16.68g		
Fiber	2.57g		
Sugar	0.00g		
Protein	1.28g		
Vitamin A	0.00IU	Vitamin C	4.62mg
Calcium	0.00mg	Iron	0.46mg

Dv 101 Grape Uncrustable, WG

Servings:	1.00	Category:	Entree
Serving Size:	2.60 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10237

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 2.60 Ounce

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

Dv 103 Grape Uncrustable, WG

Servings:	1.00	Category:	Entree
Serving Size:	5.30 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10238

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761

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: 5.30 Ounce

Amount Per Serving			
Calories	600.00		
Fat	34.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	540.00mg		
Carbohydrates	64.00g		
Fiber	7.00g		
Sugar	29.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.00mg	Iron	3.00mg

FR 341 Whipped Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10239

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES W/MLK 6-5.31 GFS	33/50 Ounce		118516
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Teaspoon		299405

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	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	63.03		
Fat	3.67g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	6.60mg		
Carbohydrates	6.27g		
Fiber	0.66g		
Sugar	0.00g		
Protein	0.66g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.30mg	Iron	0.13mg

CF 325 Mixed Fruit, Frozen IQF

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10240

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT MIXED IQF 6-5 GFS	1/2 Cup		578614

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	35.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	7.50g		
Fiber	1.00g		
Sugar	5.50g		
Protein	0.00g		
Vitamin A	150.00IU	Vitamin C	54.00mg
Calcium	0.00mg	Iron	0.36mg

DP 801 Turkey in Gravy

Servings:	1.00	Category:	Entree
Serving Size:	4.16 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10241

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	4 4/25 Ounce	Heat and serve. Boil in bag. Steam or stove top preparation.	653171

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: 1.00

Serving Size: 4.16 Ounce

Amount Per Serving

Calories	120.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	500.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

DP 802 Turkey in Gravy (HS)

Servings:	1.00	Category:	Entree
Serving Size:	8.32 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10242

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	8 8/25 Ounce	Heat and serve. Boil in bag. Steam or stove top preparation.	653171

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.00
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: 1.00

Serving Size: 8.32 Ounce

Amount Per Serving			
Calories	240.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	1000.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	36.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

FB 560 Refried Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10243

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	1/2 Cup		293962

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	140.00		
Fat	2.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	23.00g		
Fiber	6.00g		
Sugar	1.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.00mg

FH 400 Celery Sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10349

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1/2 Cup		781592

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	9.90		
Fat	0.10g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	49.60mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.45g		
Vitamin A	278.38IU	Vitamin C	1.92mg
Calcium	24.80mg	Iron	0.13mg

DH 663 Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	4.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10373

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96-4.5Z	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in a 18" x 26" x 1 2" sheets pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustment.	152111

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: 4.50 Ounce

Amount Per Serving

Calories	310.00		
Fat	12.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	530.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	222.00mg	Iron	2.50mg

DH 661 Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	4.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10374

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 100 96-4.5Z	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	153650

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: 4.50 Ounce

Amount Per Serving

Calories	300.00		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	440.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	263.00mg	Iron	2.30mg

DP 210 Breaded Chicken Strips, WG

Servings:	1.00	Category:	Entree
Serving Size:	3.90 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10378

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP BRD WGRAIN FC 1.3Z 30	3 Each		548842

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: 1.00

Serving Size: 3.90 Ounce

Amount Per Serving			
Calories	254.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	59.00mg		
Sodium	321.00mg		
Carbohydrates	15.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	17.00g		
Vitamin A	61.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	1.00mg

DP 211 Breaded Chicken Strips, WG (HS)

Servings:	1.00	Category:	Entree
Serving Size:	7.80 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10379

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP BRD WGRAIN FC 1.3Z 30	6 Each		548842

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: 7.80 Ounce

Amount Per Serving

Calories	508.00		
Fat	28.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	118.00mg		
Sodium	642.00mg		
Carbohydrates	30.00g		
Fiber	6.00g		
Sugar	0.00g		
Protein	34.00g		
Vitamin A	122.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

DH 481 Pork Taco

Servings:	1.00	Category:	Entree
Serving Size:	3.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10382

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING PORK REDC FAT 6-5# COMM	3 8/47 Ounce		641390

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.17 Ounce

Amount Per Serving			
Calories	120.00		
Fat	5.00g		
SaturatedFat	1.80g		
Trans Fat	0.00g		
Cholesterol	33.00mg		
Sodium	297.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	14.00g		
Vitamin A	668.00IU	Vitamin C	5.00mg
Calcium	45.00mg	Iron	1.00mg

AE 112 Saltine Crackers, not WG

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.80 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10473

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE UNSALTED 500-2CT NAB	4 Each		536091

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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: 1.00

Serving Size: 0.80 Ounce

Amount Per Serving			
Calories	106.67		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.47g		
Cholesterol	0.00mg		
Sodium	86.67mg		
Carbohydrates	18.67g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.76mg

AE 113 Saltine Crackers, not WG (HS)

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.40 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10614

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE UNSALTED 500-2CT NAB	7 Each		536091

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.40 Ounce

Amount Per Serving

Calories	186.67		
Fat	3.50g		
SaturatedFat	0.00g		
Trans Fat	0.82g		
Cholesterol	0.00mg		
Sodium	151.67mg		
Carbohydrates	32.67g		
Fiber	0.00g		
Sugar	0.00g		
Protein	2.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.08mg

AA 626 Crescent, Chocolate Filled

Servings:	1.00	Category:	Grain
Serving Size:	65.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10903

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	HEAT_AND_SERVE Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch Preheat oven to 350 degrees F Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes* For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving *Do not place pouches directly on oven rack or let pouches touch oven sides Bake times will vary by oven type of load Consumer within READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within	321722

Preparation Instructions

Heat frozen crescent rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes or conventional oven from 10-12 minutes. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. Bake times will vary by oven type of load.

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: 1.00

Serving Size: 65.00 Gram

Amount Per Serving

Calories 100.44

Fat 3.49g

SaturatedFat 0.66g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.00mg

Carbohydrates 16.16g

Fiber 0.87g

Sugar 4.37g

Protein 2.62g

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

Calcium 0.87mg **Iron** 3.49mg

CV 197 Pickle Chips

Servings:	1.00	Category:	Vegetable
Serving Size:	0.06 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10931

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE KOSH DILL CHIP C/C 5GAL GIEL	1/16 Ounce	Place in refrigeration and maintain an internal temperature of 33 to 41 degrees F.	557846

Preparation Instructions

Place in refrigeration and maintain an internal temperature of 33 to 41 degrees F.

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: 1.00

Serving Size: 0.06 Ounce

Amount Per Serving

Calories	0.24		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.60mg		
Carbohydrates	0.06g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.66mg	Iron	0.01mg

CF 323 Fruit Cocktail, in Water, Choice

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11093

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL WTR PACK 6-10 P/L	1/2 Cup		167592

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	45.40		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	10.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	0.00g		
Vitamin A	201.65IU	Vitamin C	1.21mg
Calcium	0.00mg	Iron	0.00mg

DH 112 Ham and Cheese Sand.

Servings:	1.00	Category:	Entree
Serving Size:	6.46 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11801

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

Lay out the bottom of the buns.

Add the ham slices and the cheese slices.

Add the top of the bun.

Wrap the sandwich in the appropriate wrapper.

Place in the pan to be used on the serving line.

Hold in a refrigeration maintaining a minimum internal temperature of 33 to 41 degrees F.

SLE Components

Amount Per Serving

Meat	2.50
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: 6.46 Ounce

Amount Per Serving			
Calories	280.00		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	880.00mg		
Carbohydrates	26.50g		
Fiber	5.00g		
Sugar	3.50g		
Protein	22.50g		
Vitamin A	150.00IU	Vitamin C	1.20mg
Calcium	135.00mg	Iron	1.80mg