

# **Cookbook for Jimtown High Schools**

**Created by HPS Menu Planner**

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# Hamburger

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

## Ingredients

| Description                       | Measurement | Prep Instructions   | DistPart # |
|-----------------------------------|-------------|---|------------|
| BEEF STK BRGR<br>CHARB 160-3Z ADV | 1 Each      | <b>BAKE</b><br>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<br>Hamburger Bun      | 1 Each      | READY_TO_EAT  | 51022      |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Fruit, Chilled

|                      |          |                       |         |
|----------------------|----------|-----------------------|---------|
| <b>Servings:</b>     | 5.00     | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.20 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

# Fruit, Fresh

|                      |          |                       |         |
|----------------------|----------|-----------------------|---------|
| <b>Servings:</b>     | 5.00     | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.30 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

# Honey BBQ Rib

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Chicken Parmesan Sandwich

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

## Ingredients

| Description                          | Measurement   | Prep Instructions   | DistPart # |
|--------------------------------------|---------------|---|------------|
| CHIX BRST PTY HOAG<br>3.75Z 60CT TYS | 1 Each        | <p><b>BAKE</b><br/>Appliances vary, adjust accordingly.<br/><b>UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.</b><br/>Conventional Oven<br/>20-22 minutes at 350°F from frozen.</p> <p><b>CONVECTION</b><br/>Appliances vary, adjust accordingly.<br/><b>UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.</b><br/>Convection Oven<br/>10-13 minutes at 350°F from frozen.</p> <p><b>DEEP_FRY</b><br/>Appliances vary, adjust accordingly.<br/><b>UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.</b><br/>Deep Fry<br/>3 1<br/>2 - 4 minutes at 350°F from frozen.</p> <p><b>UNPREPARED</b></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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.25 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.25 |



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

|                           |           |                  |        |
|---------------------------|-----------|------------------|--------|
| <b>Nutrition Facts</b>    |           |                  |        |
| Servings Per Recipe: 1.00 |           |                  |        |
| Serving Size: 1.00 Each   |           |                  |        |
| <b>Amount Per Serving</b> |           |                  |        |
| <b>Calories</b>           | 453.09    |                  |        |
| <b>Fat</b>                | 20.14g    |                  |        |
| <b>SaturatedFat</b>       | 5.94g     |                  |        |
| <b>Trans Fat</b>          | 0.02g     |                  |        |
| <b>Cholesterol</b>        | 52.50mg   |                  |        |
| <b>Sodium</b>             | 1186.99mg |                  |        |
| <b>Carbohydrates</b>      | 45.49g    |                  |        |
| <b>Fiber</b>              | 5.35g     |                  |        |
| <b>Sugar</b>              | 7.46g     |                  |        |
| <b>Protein</b>            | 22.42g    |                  |        |
| <b>Vitamin A</b>          | 196.00IU  | <b>Vitamin C</b> | 2.00mg |
| <b>Calcium</b>            | 182.17mg  | <b>Iron</b>      | 1.38mg |

# General Tso Chicken

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 10.00 Each

#### Amount Per Serving

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

# Breaded Chicken Breast Sandwich

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

## Ingredients

| Description                             | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| CHIX BRST BRD CKD<br>WGRAIN 3.75Z 4-7.5 | 1 Each      | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>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.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>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<br>Bun            | 1 Each      | READY_TO_EAT  | 51022      |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 346.98   |                  |        |
| <b>Fat</b>           | 10.94g   |                  |        |
| <b>SaturatedFat</b>  | 1.82g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 45.00mg  |                  |        |
| <b>Sodium</b>        | 538.14mg |                  |        |
| <b>Carbohydrates</b> | 35.47g   |                  |        |
| <b>Fiber</b>         | 5.65g    |                  |        |
| <b>Sugar</b>         | 3.38g    |                  |        |
| <b>Protein</b>       | 25.24g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 3.00mg   | <b>Iron</b>      | 9.08mg |

# Shredded Pork BBQ Sandwich

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Diced Ham Prepackaged Salad

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-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<br>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. May use any green leaf lettuce instead of spinach   | 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<br>Cheez It 282422 = 1 grain<br>Tostitos 284751 = 1 grain<br>Alpha Roll 33119=1 grain<br>Muffin 557991 = 1 grain<br>NO GRAHAM CRACKERS ..<br>NO DESSERT GRAINS..<br>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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.05 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |

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

|                           |          |                  |         |
|---------------------------|----------|------------------|---------|
| <b>Nutrition Facts</b>    |          |                  |         |
| Servings Per Recipe: 1.00 |          |                  |         |
| Serving Size: 1.00 Each   |          |                  |         |
| <b>Amount Per Serving</b> |          |                  |         |
| <b>Calories</b>           | 445.82   |                  |         |
| <b>Fat</b>                | 12.45g   |                  |         |
| <b>SaturatedFat</b>       | 8.15g    |                  |         |
| <b>Trans Fat</b>          | 0.00g    |                  |         |
| <b>Cholesterol</b>        | 66.89mg  |                  |         |
| <b>Sodium</b>             | 851.61mg |                  |         |
| <b>Carbohydrates</b>      | 63.10g   |                  |         |
| <b>Fiber</b>              | 9.10g    |                  |         |
| <b>Sugar</b>              | 21.05g   |                  |         |
| <b>Protein</b>            | 26.55g   |                  |         |
| <b>Vitamin A</b>          | 375.52IU | <b>Vitamin C</b> | 10.27mg |
| <b>Calcium</b>            | 290.90mg | <b>Iron</b>      | 3.47mg  |

# Turkey Prepackaged Salad

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-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<br>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<br>Cheez It 282422 = 1 grain<br>Tostitos 284751 = 1 grain<br>Alpha Roll 33119=1 grain<br>Muffin 557991 = 1 grain<br>NO GRAHAM CRACKERS ..<br>NO DESSERT GRAINS..<br>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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.50 |
| <b>GreenVeg</b> | 1.00 |
| <b>RedVeg</b>   | 0.00 |

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 471.84   |
| <b>Fat</b>           | 11.42g   |
| <b>SaturatedFat</b>  | 6.61g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 65.71mg  |
| <b>Sodium</b>        | 917.02mg |
| <b>Carbohydrates</b> | 64.06g   |
| <b>Fiber</b>         | 10.10g   |
| <b>Sugar</b>         | 20.00g   |
| <b>Protein</b>       | 35.67g   |

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|                  |          |                  |         |
|------------------|----------|------------------|---------|
| <b>Vitamin A</b> | 375.52IU | <b>Vitamin C</b> | 10.27mg |
| <b>Calcium</b>   | 347.72mg | <b>Iron</b>      | 4.20mg  |



# Chicken Prepackaged Salad

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-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<br>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. May use green leaf lettuce instead of spinach   | 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<br>Cheez It 282422 = 1 grain<br>Tostitos 284751 = 1 grain<br>Alpha Roll 33119=1 grain<br>Muffin 557991 = 1 grain<br>NO GRAHAM CRACKERS ..<br>NO DESSERT GRAINS..<br>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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.50 |
| <b>GreenVeg</b> | 1.00 |
| <b>RedVeg</b>   | 0.00 |

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

|                           |          |                  |         |
|---------------------------|----------|------------------|---------|
| <b>Nutrition Facts</b>    |          |                  |         |
| Servings Per Recipe: 1.00 |          |                  |         |
| Serving Size: 1.00 Each   |          |                  |         |
| <b>Amount Per Serving</b> |          |                  |         |
| <b>Calories</b>           | 478.33   |                  |         |
| <b>Fat</b>                | 14.57g   |                  |         |
| <b>SaturatedFat</b>       | 7.35g    |                  |         |
| <b>Trans Fat</b>          | 0.00g    |                  |         |
| <b>Cholesterol</b>        | 75.83mg  |                  |         |
| <b>Sodium</b>             | 476.20mg |                  |         |
| <b>Carbohydrates</b>      | 59.83g   |                  |         |
| <b>Fiber</b>              | 9.10g    |                  |         |
| <b>Sugar</b>              | 19.00g   |                  |         |
| <b>Protein</b>            | 31.30g   |                  |         |
| <b>Vitamin A</b>          | 375.52IU | <b>Vitamin C</b> | 10.27mg |
| <b>Calcium</b>            | 290.90mg | <b>Iron</b>      | 4.30mg  |

# Fajita Chicken Prepackaged Salad

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

## Ingredients

| Description                          | Measurement   | Prep Instructions   | DistPart # |
|--------------------------------------|---------------|---|------------|
| CHIX STRP FAJT SEAS<br>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<br>SHRD 4-5# COMM    | 2 Fluid Ounce | Land O Lakes<br>Fill 2 oz souffle cup and lid = 1 m/ma  | 150250     |
| LETTUCE ROMAINE 12CT<br>MRKN         | 1 Cup         | Chop Romaine - Measure 1 full cup = 1/2 c. dark green vegetable   | 200344     |
| SPINACH BABY CLND 2-2<br>RSS         | 1 Cup         | Measure 1 full cup = 1/2 c. dark green vegetable. May use any green leaf lettuce instead of spinach   | 560545     |
| BANANA PETITE GRN<br>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<br>72-2Z LENDER  | 1 Each        | L. Bagel 217911= 2 grain<br>Cheez It 282422 = 1 grain<br>Tostitos 284751 = 1 grain<br>Alpha Roll 33119=1 grain<br>Muffin 557991 = 1 grain<br>NO GRAHAM CRACKERS ..<br>NO DESSERT GRAINS..<br>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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.50 |
| <b>GreenVeg</b> | 1.00 |
| <b>RedVeg</b>   | 0.00 |

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 500.00   |
| <b>Fat</b>           | 17.40g   |
| <b>SaturatedFat</b>  | 8.10g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 110.00mg |
| <b>Sodium</b>        | 706.20mg |
| <b>Carbohydrates</b> | 61.00g   |
| <b>Fiber</b>         | 9.10g    |
| <b>Sugar</b>         | 19.00g   |
| <b>Protein</b>       | 32.30g   |

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|                  |          |                  |         |
|------------------|----------|------------------|---------|
| <b>Vitamin A</b> | 375.52IU | <b>Vitamin C</b> | 10.27mg |
| <b>Calcium</b>   | 290.90mg | <b>Iron</b>      | 3.83mg  |

# Taco Beef Prepackaged Salad

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

## Ingredients

| Description                            | Measurement   | Prep Instructions  | DistPart # |
|--|---------------|--|------------|
| TACO FILLING BEEF REDC<br>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-<br>5# COMM     | 2 Fluid Ounce | Land O Lakes<br>Fill 2 oz souffle cup and lid = 1 m/ma   | 150250     |
| LETTUCE ROMAINE 12CT<br>MRKN           | 1 Cup         | Chop Romaine - Measure 1 full cup = 1/2 c. dark green vegetable. May sub dark green leaf lettuce or spinach for Romaine  | 200344     |
| SPINACH BABY CLND 2-2<br>RSS           | 1 Cup         | Measure 1 full cup = 1/2 c. dark green vegetable. May sub any dark green leaf lettuce for spinach  | 560545     |
| BANANA PETITE GRN<br>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-<br>2Z LENDER   | 1 Each        | L. Bagel 217911= 2 grain<br>Cheez It 282422 = 1 grain<br>Tostitos 284751 = 1 grain<br>Alpha Roll 33119=1 grain<br>Muffin 557991 = 1 grain<br>NO GRAHAM CRACKERS..<br>NO DESSERT GRAINS..<br>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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.05 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.13 |

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 484.21   |
| <b>Fat</b>           | 15.42g   |
| <b>SaturatedFat</b>  | 7.95g    |
| <b>Trans Fat</b>     | 0.30g    |
| <b>Cholesterol</b>   | 65.88mg  |
| <b>Sodium</b>        | 675.47mg |
| <b>Carbohydrates</b> | 64.13g   |
| <b>Fiber</b>         | 11.15g   |
| <b>Sugar</b>         | 21.05g   |
| <b>Protein</b>       | 29.42g   |

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|                  |           |                  |         |
|------------------|-----------|------------------|---------|
| <b>Vitamin A</b> | 1041.92IU | <b>Vitamin C</b> | 15.81mg |
| <b>Calcium</b>   | 331.91mg  | <b>Iron</b>      | 5.50mg  |

# Fruit Prepackaged Salad

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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.33 |
| <b>Fruit</b>    | 0.85 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 598.48   |
| <b>Fat</b>           | 10.06g   |
| <b>SaturatedFat</b>  | 5.17g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 22.50mg  |
| <b>Sodium</b>        | 344.85mg |
| <b>Carbohydrates</b> | 118.16g  |
| <b>Fiber</b>         | 8.87g    |
| <b>Sugar</b>         | 75.58g   |

|                  |          |                  |         |
|------------------|----------|------------------|---------|
| <b>Protein</b>   |          | 17.63g           |         |
| <b>Vitamin A</b> | 419.81IU | <b>Vitamin C</b> | 13.78mg |
| <b>Calcium</b>   | 392.79mg | <b>Iron</b>      | 1.65mg  |



# Peanut Butter Sandwich Entree

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-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<br>Cheez It 282422 = 1 grain<br>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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                         |
|----------------------|----------|-------------------------|
| <b>Calories</b>      | 460.00   |                         |
| <b>Fat</b>           | 23.00g   |                         |
| <b>SaturatedFat</b>  | 6.50g    |                         |
| <b>Trans Fat</b>     | 0.00g    |                         |
| <b>Cholesterol</b>   | 15.00mg  |                         |
| <b>Sodium</b>        | 700.00mg |                         |
| <b>Carbohydrates</b> | 51.00g   |                         |
| <b>Fiber</b>         | 6.00g    |                         |
| <b>Sugar</b>         | 12.00g   |                         |
| <b>Protein</b>       | 18.00g   |                         |
| <b>Vitamin A</b>     | 200.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b>       | 290.00mg | <b>Iron</b> 2.24mg      |

# Fajita Chicken Wrap

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 20.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-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<br>None  | 452841     |
| DRESSING RNCH BTRMLK 4-1GAL GCHC    | 20 Tablespoon |   | 426598     |
| LETTUCE ROMAINE CHOP 6-2 RSS        | 20 Cup        | May use any green leaf lettuce or spinach in place of Romaine | 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

|             |      |
|-------------|------|
| <b>Meat</b> | 3.67 |
|-------------|------|

|                 |      |
|-----------------|------|
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.50 |
| <b>RedVeg</b>   | 0.08 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 20.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

|                      |           |
|----------------------|-----------|
| <b>Calories</b>      | 670.58    |
| <b>Fat</b>           | 33.06g    |
| <b>SaturatedFat</b>  | 12.22g    |
| <b>Trans Fat</b>     | 0.13g     |
| <b>Cholesterol</b>   | 131.67mg  |
| <b>Sodium</b>        | 1410.89mg |
| <b>Carbohydrates</b> | 59.69g    |
| <b>Fiber</b>         | 3.29g     |
| <b>Sugar</b>         | 5.25g     |
| <b>Protein</b>       | 35.67g    |

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|                  |           |                  |         |
|------------------|-----------|------------------|---------|
| <b>Vitamin A</b> | 5913.30IU | <b>Vitamin C</b> | 66.17mg |
| <b>Calcium</b>   | 318.25mg  | <b>Iron</b>      | 5.01mg  |

# Asian Chicken Wrap

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 20.00     | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-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      | Use romaine lettuce if available. Or green leaf lettuce or spinach | 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. romaine, green leaf lettuce, or spinach

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

|             |      |
|-------------|------|
| <b>Meat</b> | 2.67 |
|-------------|------|

|                 |      |
|-----------------|------|
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.38 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 20.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

|                      |           |
|----------------------|-----------|
| <b>Calories</b>      | 656.50    |
| <b>Fat</b>           | 27.27g    |
| <b>SaturatedFat</b>  | 8.10g     |
| <b>Trans Fat</b>     | 0.00g     |
| <b>Cholesterol</b>   | 73.33mg   |
| <b>Sodium</b>        | 1087.83mg |
| <b>Carbohydrates</b> | 69.07g    |
| <b>Fiber</b>         | 4.28g     |
| <b>Sugar</b>         | 6.20g     |
| <b>Protein</b>       | 32.72g    |

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|                  |           |                  |         |
|------------------|-----------|------------------|---------|
| <b>Vitamin A</b> | 3850.00IU | <b>Vitamin C</b> | 22.50mg |
| <b>Calcium</b>   | 102.93mg  | <b>Iron</b>      | 6.39mg  |

# Buffalo Chicken Wrap

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

## Ingredients

| Description                         | Measurement   | Prep Instructions   | DistPart # |
|-------------------------------------|---------------|---|------------|
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 5 Pound       | UNSPECIFIED<br>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        | If romaine not available, use any green leaf lettuce or spinach | 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 1/2 c. buffalo sauce

Layer on each tortilla:

3 1/2 oz chicken mixture (1/2 c.)

2 tbl ranch dressing

1/4 c. shr. cheese

1 c. romaine, green leaf lettuce or 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.

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

## SLE Components

Amount Per Serving

|             |      |
|-------------|------|
| <b>Meat</b> | 3.67 |
|-------------|------|

|                 |      |
|-----------------|------|
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.50 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.15 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 20.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

|                      |           |
|----------------------|-----------|
| <b>Calories</b>      | 739.20    |
| <b>Fat</b>           | 38.60g    |
| <b>SaturatedFat</b>  | 12.87g    |
| <b>Trans Fat</b>     | 0.25g     |
| <b>Cholesterol</b>   | 100.83mg  |
| <b>Sodium</b>        | 1915.59mg |
| <b>Carbohydrates</b> | 56.93g    |
| <b>Fiber</b>         | 3.40g     |
| <b>Sugar</b>         | 4.80g     |
| <b>Protein</b>       | 38.44g    |

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|                  |           |                  |         |
|------------------|-----------|------------------|---------|
| <b>Vitamin A</b> | 6051.62IU | <b>Vitamin C</b> | 30.68mg |
| <b>Calcium</b>   | 325.37mg  | <b>Iron</b>      | 5.84mg  |

# Chicken Bacon Wrap

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-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        | Use romaine lettuce, if available Or any green leaf lettuce or spinach | 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, green leaf, or 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.

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

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 5.33 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.50 |
| <b>RedVeg</b>   | 0.00 |



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

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

# Pasta Prepackaged Salad

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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.67 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.10 |
| <b>RedVeg</b>   | 0.70 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

|                           |           |                  |         |
|---------------------------|-----------|------------------|---------|
| <b>Amount Per Serving</b> |           |                  |         |
| <b>Calories</b>           |           | 875.55           |         |
| <b>Fat</b>                |           | 31.61g           |         |
| <b>SaturatedFat</b>       |           | 9.67g            |         |
| <b>Trans Fat</b>          |           | 0.24g            |         |
| <b>Cholesterol</b>        |           | 75.83mg          |         |
| <b>Sodium</b>             |           | 777.77mg         |         |
| <b>Carbohydrates</b>      |           | 106.54g          |         |
| <b>Fiber</b>              |           | 6.29g            |         |
| <b>Sugar</b>              |           | 23.34g           |         |
| <b>Protein</b>            |           | 37.81g           |         |
| <b>Vitamin A</b>          | 1201.13IU | <b>Vitamin C</b> | 26.32mg |
| <b>Calcium</b>            | 217.15mg  | <b>Iron</b>      | 4.83mg  |

# Tenderloin

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

## Ingredients

| Description                          | Measurement | Prep Instructions  | DistPart # |
|--------------------------------------|-------------|--|------------|
| White Wheat Hamburger Bun            | 1 Each      | READY_TO_EAT   | 51022      |
| PORK PTY BRD WGRAIN<br>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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# Breaded Spicy Chicken Breast Sandwich

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

## Ingredients

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Grilled Chicken Patty Sandwich

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# Double Hamburger on Bun

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

## Ingredients

| Description                       | Measurement | Prep Instructions  | DistPart # |
|-----------------------------------|-------------|--|------------|
| White Wheat Hamburger Bun         | 1 Each      | READY_TO_EAT   | 51022      |
| BEEF PTY<br>CHARB 200-2.5Z<br>ADV | 2 Each      | <b>BAKE</b><br>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. | 203270     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# Spicy Chicken Tenderloin Sandwich

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

## Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| CHIX TNDRLN BRD WGRAIN<br>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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 3.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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



# Meatball Sub Sandwich

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

## Ingredients

| Description                    | Measurement   | Prep Instructions  | DistPart # |
|--------------------------------|---------------|--|------------|
| MEATBALL CKD .65Z 6-5 COMM     | 4 Each        | 4 meatballs = 2 m/ma<br>Put in spaghetti sauce<br>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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.25 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# Philly Beef Sandwich

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-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<br>2.92Z 6-5 JTM | 1 Each       | Place Sealed Bags in a steamer or in boiling water.<br>Heat approx 30 minutes or until temps out at 145<br>degrees | 720861     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.25 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# Baked Beans

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

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

# Fajita Chicken Prepackaged Salad

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-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<br>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<br>Cheez It 282422 = 1 grain<br>Tostitos 284751 = 1 grain<br>Alpha Roll 33119=1 grain<br>Muffin 557991 = 1 grain<br>NO GRAHAM CRACKERS ..<br>NO DESSERT GRAINS..<br>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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.50 |
| <b>GreenVeg</b> | 1.00 |

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

|                      |           |
|----------------------|-----------|
| <b>Calories</b>      | 495.59    |
| <b>Fat</b>           | 14.52g    |
| <b>SaturatedFat</b>  | 8.16g     |
| <b>Trans Fat</b>     | 0.00g     |
| <b>Cholesterol</b>   | 106.18mg  |
| <b>Sodium</b>        | 1000.02mg |
| <b>Carbohydrates</b> | 61.06g    |
| <b>Fiber</b>         | 9.10g     |
| <b>Sugar</b>         | 21.06g    |
| <b>Protein</b>       | 34.83g    |

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|                  |          |                  |         |
|------------------|----------|------------------|---------|
| <b>Vitamin A</b> | 375.52IU | <b>Vitamin C</b> | 10.27mg |
| <b>Calcium</b>   | 290.90mg | <b>Iron</b>      | 3.47mg  |

# Taco (Beef) Prepackaged Salad 10

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

## Ingredients

| Description                            | Measurement   | Prep Instructions   | DistPart # |
|--|---------------|---|------------|
| TACO FILLING BEEF REDC<br>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<br>4-5# COMM      | 2 Fluid Ounce | Land O Lakes<br>Fill 2 oz souffle cup and lid = 1 m/ma  | 150250     |
| LETTUCE ROMAINE 12CT<br>MRKN           | 1 Cup         | Chop Romaine - Measure 1 full cup = 1/2 c. dark green vegetable. May use any dark green leaf lettuce in place of Romaine  | 200344     |
| SPINACH BABY CLND 2-2<br>RSS           | 1 Cup         | Measure 1 full cup = 1/2 c. dark green vegetable. May use any dark green leaf lettuce in place of spinach   | 560545     |
| BANANA PETITE GRN<br>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<br>72-2Z LENDER    | 1 Each        | L. Bagel 217911= 2 grain<br>Cheez It 282422 = 1 grain<br>Tostitos 284751 = 1 grain<br>Alpha Roll 33119=1 grain<br>Muffin 557991 = 1 grain<br>NO GRAHAM CRACKERS ..<br>NO DESSERT GRAINS..<br>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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.05 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |

|                 |      |
|-----------------|------|
| <b>RedVeg</b>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 484.21   |
| <b>Fat</b>           | 15.42g   |
| <b>SaturatedFat</b>  | 7.95g    |
| <b>Trans Fat</b>     | 0.30g    |
| <b>Cholesterol</b>   | 65.88mg  |
| <b>Sodium</b>        | 675.47mg |
| <b>Carbohydrates</b> | 64.13g   |
| <b>Fiber</b>         | 11.15g   |
| <b>Sugar</b>         | 21.05g   |
| <b>Protein</b>       | 29.42g   |

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|                  |           |                  |         |
|------------------|-----------|------------------|---------|
| <b>Vitamin A</b> | 1041.92IU | <b>Vitamin C</b> | 15.81mg |
| <b>Calcium</b>   | 331.91mg  | <b>Iron</b>      | 5.50mg  |

# Grilled Cheese Sandwich

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11653          |

## Ingredients

| Description                       | Measurement  | Prep Instructions                | DistPart # |
|-----------------------------------|--------------|----------------------------------|------------|
| CHEESE AMER 160CT SLCD 6-5 COMM   | 4 Slice      | 4 slices of cheese = 2 m/ma      | 150260     |
| School White Wheat Sandwich Bread | 2 Slice      | Use 2 slices of bread = 2 grains | 12385      |
| MARGARINE SLD 30-1 GCHC           | 1 Tablespoon | Butter each side of bread        | 733061     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 438.76    |                  |        |
| <b>Fat</b>           | 30.98g    |                  |        |
| <b>SaturatedFat</b>  | 14.84g    |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 50.00mg   |                  |        |
| <b>Sodium</b>        | 1317.30mg |                  |        |
| <b>Carbohydrates</b> | 27.40g    |                  |        |
| <b>Fiber</b>         | 2.36g     |                  |        |
| <b>Sugar</b>         | 5.00g     |                  |        |
| <b>Protein</b>       | 14.78g    |                  |        |
| <b>Vitamin A</b>     | 1350.02IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 339.18mg  | <b>Iron</b>      | 1.34mg |



# Chicken Noodle Soup

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11654          |

## Ingredients

| Description                      | Measurement   | Prep Instructions   | DistPart # |
|----------------------------------|---------------|---|------------|
| SOUP CHIX NOODL 12-5<br>CAMP     | 3 Fluid Ounce | 1 Can of Water per can of Chicken Noodle Soup Use both chicken noodle soup equally when making soup | 101176     |
| SOUP CHIX NOODL 12-5<br>HLTHYREQ | 3 Fluid Ounce | 1 can of Water per can of Chicken Noodle Soup Use both chicken noodle soup equally when making soup | 488224     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 60.00    |                  |        |
| <b>Fat</b>           | 2.25g    |                  |        |
| <b>SaturatedFat</b>  | 0.56g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 15.00mg  |                  |        |
| <b>Sodium</b>        | 611.25mg |                  |        |
| <b>Carbohydrates</b> | 8.25g    |                  |        |
| <b>Fiber</b>         | 0.38g    |                  |        |
| <b>Sugar</b>         | 0.38g    |                  |        |
| <b>Protein</b>       | 2.63g    |                  |        |
| <b>Vitamin A</b>     | 150.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 317.25mg | <b>Iron</b>      | 0.89mg |

# Hot Dog on Bun

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11799          |

## Ingredients

| Description             | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|-------------------|------------|
| FRANKS BEEF 6/ 2-5 GFS  | 1 Each      |                   | 330043     |
| White Wheat Hot Dog bun | 1 Each      |                   | 53071      |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 375.21   |                  |        |
| <b>Fat</b>           | 24.09g   |                  |        |
| <b>SaturatedFat</b>  | 8.33g    |                  |        |
| <b>Trans Fat</b>     | 1.03g    |                  |        |
| <b>Cholesterol</b>   | 50.00mg  |                  |        |
| <b>Sodium</b>        | 914.84mg |                  |        |
| <b>Carbohydrates</b> | 27.35g   |                  |        |
| <b>Fiber</b>         | 2.28g    |                  |        |
| <b>Sugar</b>         | 3.59g    |                  |        |
| <b>Protein</b>       | 13.17g   |                  |        |
| <b>Vitamin A</b>     | 0.10IU   | <b>Vitamin C</b> | 0.01mg |
| <b>Calcium</b>       | 62.34mg  | <b>Iron</b>      | 2.42mg |