

Cookbook for Concord High School

Created by HPS Menu Planner

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PBJ Meal

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10095

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each		327080
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.00		
Fat	18.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	670.00mg		
Carbohydrates	43.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.70mg

Bacon Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10098

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef Patty	1 Each		15727
BACON CKD RND 192CT HRML	1 Each		433608
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	455.00		
Fat	27.00g		
SaturatedFat	10.75g		
Trans Fat	0.50g		
Cholesterol	87.50mg		
Sodium	1120.01mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	27.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.00mg

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10099

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CHEESE PARM SHRD FCY 10-2 PG	1/4 Cup		460095
DRESSING CAESAR CRMY PKT 60-1.5FLZ	1 Each		824950
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
CRACKER SALTINE MINI WGRAIN 300-.39Z	1 Package		522150
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	590.00		
Fat	38.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	85.00mg		
Sodium	1600.00mg		
Carbohydrates	39.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	28.00g		
Vitamin A	5400.00IU	Vitamin C	30.00mg
Calcium	320.00mg	Iron	2.84mg

Spicy Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10100

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
CRACKER SALTINE MINI WGRAIN 300-.39Z	1 Package		522150
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each		266515

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.00
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	744.21
Fat	45.55g
SaturatedFat	13.51g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	1301.17mg
Carbohydrates	50.91g
Fiber	5.29g

Sugar	14.65g
Protein	32.21g
Vitamin A 5294.92IU	Vitamin C 33.21mg
Calcium 91.34mg	Iron 4.88mg

Buffalo Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10101

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	5 Pound	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.</p>	209244
CELERY DCD 1/4 2- 5 RSS	3 Cup		198196
SAUCE BUFF WNG REDHOT 4- 1GAL FRNKS	1 1/2 Cup		704229
DRESSING RNCH 4-1GAL HVALL	40 Tablespoon		759082
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup		712131
LETTUCE ROMAINE CHOP 6- 2 RSS	20 Cup		735787
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	20 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690151

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	3.50
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.15
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	686.47
Fat	35.66g
SaturatedFat	12.89g
Trans Fat	0.00g
Cholesterol	97.50mg
Sodium	1957.38mg
Carbohydrates	58.35g
Fiber	6.30g
Sugar	6.80g
Protein	32.64g
Vitamin A 5443.51IU	Vitamin C 30.58mg
Calcium 387.44mg	Iron 3.46mg

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10102

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce		100187
CHEESE COLBY JK SLCD 6-1.5 GCHC	1 Each		105988
School White Wheat Sandwich Bread	2 Slice		12385

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	279.42		
Fat	12.26g		
SaturatedFat	5.98g		
Trans Fat	0.00g		
Cholesterol	49.51mg		
Sodium	817.63mg		
Carbohydrates	28.68g		
Fiber	2.36g		
Sugar	4.64g		
Protein	17.98g		
Vitamin A	0.02IU	Vitamin C	0.00mg
Calcium	189.18mg	Iron	1.34mg

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10103

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup		541966
FRUIT MIXED WEST MI 4-5 GFS	1/2 Cup		222300
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1/2 Cup	READY_TO_EAT Ready to serve and eat	226671

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	420.64		
Fat	4.97g		
SaturatedFat	2.37g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	376.88mg		
Carbohydrates	83.31g		
Fiber	3.24g		
Sugar	57.67g		
Protein	13.73g		
Vitamin A	200.00IU	Vitamin C	3.60mg
Calcium	364.93mg	Iron	1.25mg

Turkey Gravy on Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10107

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	1 Cup		653171
DOUGH BISC STHRN STYL 216-2.6Z PION	1 Each	Not whole grain- has waiver Stanz 14153	444695

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	5.33
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	549.91		
Fat	24.33g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	106.64mg		
Sodium	2132.95mg		
Carbohydrates	35.33g		
Fiber	1.00g		
Sugar	2.00g		
Protein	51.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.76mg

Spaghetti and Meat Sauce with Cheese Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10108

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI CKD 4-5 PG	1 Cup	NOT whole grain- waiver	835910
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	1/2 Cup		573201
BREADSTICK CHS STFD 2.1Z 10-20CT	1 Each		232930

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	822.45		
Fat	23.38g		
SaturatedFat	4.55g		
Trans Fat	0.00g		
Cholesterol	45.45mg		
Sodium	525.54mg		
Carbohydrates	115.98g		
Fiber	6.61g		
Sugar	11.88g		
Protein	35.80g		
Vitamin A	397.16IU	Vitamin C	10.52mg
Calcium	245.86mg	Iron	7.51mg

Penne Alfredo with Cheese Breadstick

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10110

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD 4-5 PG	3 Package		835900
SAUCE ALFREDO FZ 6-5 JTM	4 Package		155661
BREADSTICK CHS STFD 2.1Z 10-20CT	48 Each		232930

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	770.27		
Fat	30.75g		
SaturatedFat	13.90g		
Trans Fat	0.00g		
Cholesterol	84.04mg		
Sodium	1664.59mg		
Carbohydrates	81.71g		
Fiber	3.52g		
Sugar	15.93g		
Protein	40.40g		
Vitamin A	841.99IU	Vitamin C	0.00mg
Calcium	895.72mg	Iron	3.73mg

Chicken Smackers with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10113

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each		536620
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each		152131

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	409.00		
Fat	15.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	780.00mg		
Carbohydrates	44.00g		
Fiber	8.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	168.01IU	Vitamin C	5.99mg
Calcium	29.44mg	Iron	2.49mg

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10119

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.</p>	209244
BACON TOPPING 3/8 DCD 2-5 HRML	2 Tablespoon		104396
DRESSING RNCH 4-1GAL HVALL	2 Tablespoon	<p>READY_TO_EAT Ready to use.</p>	759082
LETTUCE ROMAINE CHOP 6- 2 RSS	1 Cup		735787
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	1 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING/STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690151

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.50

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	660.00
Fat	34.50g
SaturatedFat	10.50g
Trans Fat	0.00g
Cholesterol	110.00mg
Sodium	1780.00mg
Carbohydrates	56.00g
Fiber	6.00g
Sugar	6.00g
Protein	32.00g

Vitamin A	5000.00IU	Vitamin C	30.00mg
Calcium	230.00mg	Iron	3.42mg

Grilled Cheese Sandwich and Choice of Soup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10122

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice		722360
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00		
Fat	10.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	1160.00mg		
Carbohydrates	38.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	388.00mg	Iron	12.00mg

Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10123

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	Weigh	722330
Beans, Refried, Low sodium, canned	1/2 Cup	BAKE Open can and heat according to recipe or instructions on can	100362
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	3 Fluid Ounce		722110
SALSA CHUNKY 6-70Z GFS	1/4 Cup		886450

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	1532.43
Fat	25.85g
SaturatedFat	11.02g
Trans Fat	0.29g
Cholesterol	81.50mg
Sodium	2772.08mg
Carbohydrates	226.90g
Fiber	52.45g
Sugar	13.29g
Protein	92.48g
Vitamin A 1579.72IU	Vitamin C 18.94mg

Calcium 400.90mg **Iron** 3.32mg

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10124

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARNITA MEAT 6-5AVG CAFEH	4 Ounce	Weigh	147830
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Beans, Refried, Low sodium, canned	1/2 Cup		100362
SALSA CHUNKY 6-70Z GFS	1/4 Cup		886450
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	1581.46
Fat	31.33g
SaturatedFat	12.67g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	2772.37mg
Carbohydrates	223.80g
Fiber	50.45g
Sugar	12.29g
Protein	98.16g
Vitamin A 10590.72IU	Vitamin C 73.54mg
Calcium 251.80mg	Iron 4.93mg

Tenderloin Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10125

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00		
Fat	20.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	600.00mg		
Carbohydrates	37.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.62mg

BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10126

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TOPPING 3/8 DCD 2-5 HRML	1/2 Cup		104396
EGG HARD CKD PLD BIB 4-2.5 GFS	1/2 Each		229431
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each		266515
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
CRACKER SALTINE MINI WGRAIN 300-.39Z	1 Package		522150
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.88
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	804.21
Fat	52.05g
SaturatedFat	17.76g
Trans Fat	0.00g
Cholesterol	222.50mg
Sodium	2171.17mg
Carbohydrates	47.41g
Fiber	3.29g
Sugar	14.15g
Protein	35.21g

Vitamin A	5475.92IU	Vitamin C	33.21mg
Calcium	285.84mg	Iron	3.59mg

Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10127

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	341.23
Fat	8.51g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	50.48mg
Sodium	925.75mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	6.00g
Protein	29.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	Iron 12.36mg

Green Beans

Servings:	113.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10129

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	5 #10 CAN	BAKE	100307
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1/2 Cup		299405

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 113.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	25.39		
Fat	0.78g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	2.12mg		
Sodium	160.24mg		
Carbohydrates	3.43g		
Fiber	2.29g		
Sugar	1.14g		
Protein	1.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.21mg	Iron	0.00mg

Minuteman Bowl with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10131

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each		536620
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup		613738
CORN CUT IQF 30 GFS	1/4 Cup		285620
GRAVY CHIX RSTD 12-49Z HRTHSTN	1/4 Cup		516309
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each		152131

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.75

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	626.31		
Fat	27.37g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	1411.87mg		
Carbohydrates	63.84g		
Fiber	9.25g		
Sugar	3.75g		
Protein	34.12g		
Vitamin A	486.32IU	Vitamin C	6.89mg
Calcium	236.44mg	Iron	2.96mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10134

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef Patty	1 Each		15727
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	405.00		
Fat	23.00g		
SaturatedFat	9.25g		
Trans Fat	0.50g		
Cholesterol	72.50mg		
Sodium	910.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	23.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.00mg

Chicken Fajita Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10135

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce		100117
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each		266515
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package		284751

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.76
Grain	2.25
Fruit	0.00
GreenVeg	0.50
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	641.86
Fat	36.08g
SaturatedFat	11.28g
Trans Fat	0.00g
Cholesterol	95.29mg
Sodium	1285.88mg
Carbohydrates	50.67g
Fiber	4.29g
Sugar	14.41g
Protein	27.09g
Vitamin A 5475.92IU	Vitamin C 33.21mg
Calcium 267.34mg	Iron 1.69mg

Italian Ham Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10137

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce		100187
SALAMI HARD SLCD 4/Z 5-2 PG	2 Slice		776260
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	370.66
Fat	16.28g
SaturatedFat	7.14g
Trans Fat	0.00g
Cholesterol	57.01mg
Sodium	1120.33mg
Carbohydrates	37.28g
Fiber	4.00g
Sugar	7.64g
Protein	21.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	Iron 12.18mg

Chicken Caesar Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10138

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.</p>	209244
CHEESE PARM SHRD FCY 10-2 PG	1/4 Cup		460095
LETTUCE ROMAINE CHOP 6- 2 RSS	1 Cup		735787
DRESSING CAESAR 4-1 GAL GFS	1/4 Cup		818201
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	1 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING/STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690151

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	3.50

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	720.00
Fat	44.50g
SaturatedFat	12.50g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	1690.00mg
Carbohydrates	58.00g
Fiber	6.00g
Sugar	7.00g
Protein	30.00g

Vitamin A	5400.00IU	Vitamin C	30.00mg
Calcium	470.00mg	Iron	3.42mg

Steamed Carrots

Servings:	148.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10140

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	30 Pound		100352
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1/2 Cup		299405

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 148.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	39.34		
Fat	1.85g		
SaturatedFat	0.38g		
Trans Fat	0.00g		
Cholesterol	31.78mg		
Sodium	54.04mg		
Carbohydrates	7.54g		
Fiber	2.51g		
Sugar	3.77g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.16mg	Iron	0.00mg

Chicken & Noodle Bake with Dinner Roll

Servings:	250.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10148

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cooked Twisted Pasta Ribbons	31 1/4 Pound		40128
Chicken, diced, cooked, frozen	52 Pound		100101
SOUP CRM OF CHIX 12-5 HLTHYREQ	17 #5 CAN		695513
MILK WHT 2 4-1GAL RGNLBRND	2 3/5 Gallon	2 gallons + 9 cups + 2/3 cup	504602
ONION DCD 1/4 2-5 RSS	1 3/10 Gallon		198307
CHEESE CHED MLD SHRD 4-5 LOL	21 Pound		150250
BREAD CRUMB PANKO COARSE 25 GFS	2 3/5 Gallon	2 gallons + 9 cups + 2/3 cup	175691
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 3/10 Gallon	2 gallons + 9 cups + 2/3 cup	299405
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	250 Each		152131

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.50
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	727.61
Fat	34.75g
SaturatedFat	18.99g
Trans Fat	0.00g
Cholesterol	161.35mg
Sodium	823.19mg
Carbohydrates	59.22g
Fiber	5.80g
Sugar	6.74g
Protein	42.43g

Vitamin A	708.61IU	Vitamin C	5.39mg
Calcium	345.02mg	Iron	0.75mg

Boom Boom Chicken with Dinner Roll

Servings:	160.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10150

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	45 Pound		536620
SAUCE BOOM BOOM 4-1GAL KENS	1 Gallon		877930
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	160 Each		152131

Preparation Instructions

Place one bag of frozen chicken at a time in a metal bowl. Add 1 & 3/4 cup boom boom sauce, toss until chicken is coated. Place chicken on a sheet tray that has been sprayed with pan spray. When all Chicken is coated and on Sheet trays, bake in a convection oven at 350 degrees for 15 to 20 minutes. (Oven Settings breaded product)

Before meal service place 10 Chicken smackers in food boats. Place in warmer till needed.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 10.00 Each

Amount Per Serving

Calories	541.34		
Fat	28.89g		
SaturatedFat	5.64g		
Trans Fat	0.00g		
Cholesterol	74.77mg		
Sodium	975.17mg		
Carbohydrates	45.73g		
Fiber	8.14g		
Sugar	3.80g		
Protein	24.83g		
Vitamin A	175.79IU	Vitamin C	6.04mg
Calcium	30.23mg	Iron	2.58mg

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each		209244
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.00		
Fat	7.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	800.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10153

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CARROT MATCHSTICK SHRED 2-3 RSS	1/4 Cup		198161
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
HAM FLKD W/A 3-4 GFS	1/2 Cup		199958
EGG HARD CKD PLD BIB 4-2.5 GFS	1 Each		229431
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each		266515
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
CRACKER SALTINE MINI WGRAIN 300-.39Z	1 Package		522150
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	708.60
Fat	41.00g
SaturatedFat	12.18g
Trans Fat	0.00g
Cholesterol	248.00mg
Sodium	1615.76mg
Carbohydrates	51.75g
Fiber	4.55g
Sugar	16.75g

Protein	26.35g
Vitamin A 5655.85IU	Vitamin C 36.17mg
Calcium 311.00mg	Iron 4.64mg

Fajita Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10154

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	5 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
PEPPERS & ONION FLME RSTD 6-2.5	1 Pound		847208
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup		712131
SALSA 103Z 6-10 REDG	20 Tablespoon	READY_TO_EAT None	452841
DRESSING RNCH 4-1GAL HVALL	20 Tablespoon	READY_TO_EAT Ready to use.	759082
LETTUCE ROMAINE CHOP 6-2 RSS	20 Cup		735787
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	20 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690151

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
Grain	3.50
Fruit	0.00
GreenVeg	0.50
RedVeg	0.08
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	641.23		
Fat	28.52g		
SaturatedFat	12.35g		
Trans Fat	0.00g		
Cholesterol	117.06mg		
Sodium	1459.12mg		
Carbohydrates	58.58g		
Fiber	6.95g		
Sugar	7.14g		
Protein	36.49g		
Vitamin A	5122.83IU	Vitamin C	33.52mg
Calcium	385.67mg	Iron	3.53mg

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10155

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each		451410
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun		5113

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	12.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	43.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	20.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10156

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	1 Each		542832
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	370.00		
Fat	12.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	710.00mg		
Carbohydrates	41.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	29.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Chicken Pot Pie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10157

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FILLING POT PIE CHIX 4-5 JTM	1 Cup		513242
DOUGH BISC STHRN STYL 216-2.6Z PION	1 Each	Not whole grain- has waiver	444695

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	456.12		
Fat	19.59g		
SaturatedFat	11.18g		
Trans Fat	0.05g		
Cholesterol	45.48mg		
Sodium	1504.64mg		
Carbohydrates	51.48g		
Fiber	3.27g		
Sugar	7.05g		
Protein	21.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.53mg	Iron	2.71mg

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10158

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	2 7/10 Ounce		533034
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each		690141

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	342.00		
Fat	5.00g		
SaturatedFat	6.05g		
Trans Fat	0.00g		
Cholesterol	229.50mg		
Sodium	588.00mg		
Carbohydrates	30.35g		
Fiber	3.00g		
Sugar	3.35g		
Protein	15.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.62mg

Bacon, Egg, & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10160

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND WHOLE MUSCLE 2-96CT GFS	1 Slice		365620
EGG PTY FRD HMSTYL CRKD PEPR 168-1.5Z	1 Each		635671
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	385.00
Fat	22.50g
SaturatedFat	7.50g
Trans Fat	0.15g
Cholesterol	140.00mg
Sodium	680.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	6.00g

Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.14mg
Calcium	41.14mg	Iron	2.80mg

Hot Ham & Cheese with Choice of Soup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10682

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Ounce		100187
CHEESE COLBY JK SLCD 6-1.5 GCHC	1 Each		105988
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	350.98		
Fat	13.92g		
SaturatedFat	6.46g		
Trans Fat	0.00g		
Cholesterol	64.26mg		
Sodium	1020.49mg		
Carbohydrates	38.92g		
Fiber	4.00g		
Sugar	8.46g		
Protein	23.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	154.00mg	Iron	12.00mg

Chicken Bacon Melt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10691

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each		209244
BACON CKD RND 192CT HRML	1 Each		433608
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
SAUCE BBQ SWEET 4-1GAL GFS	1 Tablespoon		435170
Whole Wheat Hamburger Bun	1 Each		51458

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	406.90		
Fat	17.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	1345.01mg		
Carbohydrates	39.00g		
Fiber	2.20g		
Sugar	14.50g		
Protein	29.10g		
Vitamin A	71.27IU	Vitamin C	0.53mg
Calcium	155.57mg	Iron	0.06mg

6 French Toast Bites & 2 Sausage Links

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10693

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST BITES WGRAIN 384-.51Z	6 Each		391073
SAUSAGE LNK SMOKEY CKD 16/ 4-3 GFS	2 Each		720038

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	540.00		
Fat	38.00g		
SaturatedFat	16.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	1080.00mg		
Carbohydrates	40.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	11.00g		
Vitamin A	1.48IU	Vitamin C	0.00mg
Calcium	3.12mg	Iron	1.32mg

Variety of Fruit

Servings:	13.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Pears 6-10	1 Cup		100225
Applesauce cnd	1 Cup		110541comm
Diced Peaches CND 6-10	1 Cup		100220
Peach Cups 96-4.4Z	1 Each		100241
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each	THAW	100256
ORANGES MAND WHL L/S 6-10 GFS	1 Cup		117897
PINEAPPLE TROPICAL GLD 6-81Z DOLE	1 Cup	READY_TO_EAT Ready to Eat	500471
FRUIT SAL TROP L/S 6-10 DOLE	1 Cup	READY_TO_EAT Ready to Eat	506109
APPLE BRAEBURN 138CT MRKN	1 Each		569382
Apple slices - 2 oz	1	READY_TO_EAT	04134
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
GRAPE RED SDLSS 18AVG MRKN	1 Cup		197831
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Cup		322326
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1 Cup		258362

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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Grain	0.00
Fruit	0.79
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 13.00
Serving Size: 1.00 Cup

Amount Per Serving

Calories	125.93
Fat	0.12g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	4.75mg
Carbohydrates	31.34g
Fiber	2.89g
Sugar	23.58g
Protein	0.94g

Vitamin A	156.06IU	Vitamin C	14.12mg
Calcium	14.04mg	Iron	0.28mg

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10696

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 1/2 Cup		735787
TOMATO GRAPE SWT 10 MRKN	2 Each		129631

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	19.05
Fat	0.05g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.13mg
Carbohydrates	3.88g
Fiber	1.78g
Sugar	0.63g
Protein	0.20g
Vitamin A 7687.43IU	Vitamin C 48.08mg
Calcium 32.25mg	Iron 1.14mg

Chicken Strips with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10700

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each		152131

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00		
Fat	17.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	580.00mg		
Carbohydrates	40.00g		
Fiber	8.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	100.01IU	Vitamin C	4.99mg
Calcium	52.44mg	Iron	2.29mg

Scrambled Eggs & Crescent

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10702

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	2 7/10 Ounce		533034
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	<p>HEAT_AND_SERVE Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch Preheat oven to 350 degrees F Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes* For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving *Do not place pouches directly on oven rack or let pouches touch oven sides</p> <p>Bake times will vary by oven type of load Consumer within READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within</p>	321722

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 262.44

Fat 3.49g

SaturatedFat 4.71g

Trans Fat 0.00g

Cholesterol 229.50mg

Sodium 378.00mg

Carbohydrates 17.51g

Fiber 0.87g

Sugar 5.72g

Protein 13.42g

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

Calcium 0.87mg **Iron** 3.49mg

Country Fried Steak, Mashed Potatoes, & Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10704

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85- 3.85Z	1 Each	DEEP_FRY Deep fryer: preheat oil to 350 degrees f. Cook product for 2-3 minutes. Conventional oven: from frozen state, bake in a preheated oven at 350 degrees f for 14 minutes. Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes. Microwave: heat on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	667202
GRAVY MIX CNTRY 12-24Z GCHC	1 Tablespoon		242400
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup		613738
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each		152131

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	543.83
Fat	22.38g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1185.49mg
Carbohydrates	60.51g
Fiber	8.00g
Sugar	3.75g

Protein	26.00g		
Vitamin A	0.01IU	Vitamin C	4.99mg
Calcium	63.19mg	Iron	3.49mg

Biscuit & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10706

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUSAGE FZ WHITE 6-5 SPRCRK	4 Ounce		511781
DOUGH BISC STHRN STYL 216-2.6Z PION	1 Each		444695

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	364.74		
Fat	20.26g		
SaturatedFat	9.37g		
Trans Fat	0.00g		
Cholesterol	16.84mg		
Sodium	1288.42mg		
Carbohydrates	39.26g		
Fiber	1.00g		
Sugar	2.84g		
Protein	7.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.84mg	Iron	2.64mg

Macaroni & Cheese with Dinner Roll

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10707

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Three Cheese Sauce	20 Pound		920338
Cooked Macaroni	9 Pound		36328
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	48 Each		152131

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.50
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	662.23		
Fat	32.90g		
SaturatedFat	17.63g		
Trans Fat	0.00g		
Cholesterol	104.28mg		
Sodium	1740.90mg		
Carbohydrates	54.85g		
Fiber	5.60g		
Sugar	7.32g		
Protein	36.27g		
Vitamin A	1344.52IU	Vitamin C	4.99mg
Calcium	779.67mg	Iron	0.49mg

Spicy Thai Chicken with Rice & Egg Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10809

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX SWT CHILI THAI 6-7.15	2 17/20 Ounce		536900
RICE FRIED VEG WGRAIN 6-5.16 MINH	1/2 Cup		676463
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	425.00		
Fat	7.75g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	810.00mg		
Carbohydrates	64.00g		
Fiber	6.00g		
Sugar	16.50g		
Protein	22.00g		
Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	60.00mg	Iron	4.16mg

General Tso Chicken with Rice & Egg Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10810

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS CHNK BRD WGRAIN 6-5.03	3 Ounce	CONVECTION Appliances vary, adjust accordingly. Convection Oven 1. Pre-heat oven to 350°F. 2. Heat product for 6-8 minutes from frozen.	652891
SAUCE GEN TSO 4- .5GAL ASIAN	1/4 Cup		802850
RICE FRIED VEG WGRAIN 6-5.16 MINH	1/2 Cup		676463
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	585.00
Fat	14.75g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	1230.00mg
Carbohydrates	83.00g
Fiber	6.00g
Sugar	33.50g
Protein	25.00g

Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	60.00mg	Iron	4.16mg

Chicken Wings with Cheesy Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10811

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Wings	4 Each		8001
BREADSTICK CHS WGRAIN 105-4Z	1 Each		723880
SAUCE BUFF HOT DIP CUP 60-2Z HEINZ	1 Each		852822

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.25
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	576.66		
Fat	34.34g		
SaturatedFat	11.66g		
Trans Fat	0.00g		
Cholesterol	161.66mg		
Sodium	996.66mg		
Carbohydrates	29.66g		
Fiber	3.00g		
Sugar	2.00g		
Protein	40.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	313.00mg	Iron	2.00mg

Spicy Chicken Strips with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10812

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	3 Each		399806
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each		152131

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	358.00		
Fat	13.20g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	58.00mg		
Sodium	535.00mg		
Carbohydrates	38.00g		
Fiber	7.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	0.01IU	Vitamin C	4.99mg
Calcium	20.44mg	Iron	1.49mg

PBJ Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10841

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
SNACK FRT ASST POU 144-1.55Z WLCH	1 Each		661071

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	660.00
Fat	29.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	700.00mg
Carbohydrates	85.00g
Fiber	9.00g
Sugar	31.00g
Protein	19.00g
Vitamin A 1250.00IU	Vitamin C 60.00mg
Calcium 240.00mg	Iron 1.70mg