

# **Cookbook for HUNTERTOWN ELEMENTARY**

**Created by HPS Menu Planner**

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# Sausage Biscuit



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3310

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHR 1.33Z 6-5 JTM	1	<b>BAKE</b> Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT STHR STYL EZ SPLT 216-2.2Z	1	<b>BAKE</b> Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

### Amount Per Serving

**Calories** 301.00

**Fat** 17.00g

**SaturatedFat** 7.70g

**Trans Fat** 0.00g

**Cholesterol** 26.00mg

**Sodium** 602.00mg

**Carbohydrates** 26.00g

**Fiber** 1.00g

**Sugar** 3.00g

**Protein** 10.00g

**Vitamin A** 56.00IU **Vitamin C** 0.00mg

**Calcium** 96.00mg **Iron** 1.08mg

# Chicken Biscuit



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3316

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

## Preparation Instructions

Split Biscuit in half. Place Chicken patty on bottom. Replace top biscuit.

Hold at 140°F until service.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 276.00

**Fat** 11.00g

**SaturatedFat** 5.00g

**Trans Fat** 0.00g

**Cholesterol** 17.00mg

**Sodium** 637.00mg

**Carbohydrates** 32.00g

**Fiber** 2.00g

**Sugar** 3.00g

**Protein** 12.00g

**Vitamin A** 43.00IU **Vitamin C** 47.00mg

**Calcium** 91.00mg **Iron** 2.08mg



# Eggs & Toast



<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3324

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND 6-5 GFS	5 Pound	Thaw 2-3 days prior to service	465798
BACON TOPPING CRUMBLES 10# HRML	1 cup		460584
Cheese, Cheddar Reduced fat, Shredded	1 Cup		100012
BREAD WGRAIN HNY WHT 16-24Z GFS	80 1 Ea	Place on sheet tray in a single layer. Spray with butter spray. Bake at 325 or 350 until light brown.	204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 1 oz		651171

## Preparation Instructions

### COOK

Steam kettle

Add pouch to water between 180° F to 190° F. Do Not Boil.

Stir water and bags every 5 minutes to insure proper cooking, for 20 to 25 minutes.

CCP: Heat until an internal temperature of 155° F is reached for 15 seconds. SOP: To measure internal temperature, place thermometer between two pouches or fold over one pouch. DO NOT PUNCTURE!

Steamer

Alternatively, place one pouch of eggs in each half steam table pan.

Place uncovered in preheated steamer for 15 to 20 minutes. CCP: Heat until an internal temperature of 155°F is

reached for 15 seconds. SOP: To measure internal temperature, place thermometer between two pouches or fold over one pouch. DO NOT PUNCTURE!

Using thick potholders gently knead each bag of eggs to break up any clumps. Be careful as the bags are HOT, and they retain their heat. Hold in warming cart above 135° F until service. CCP: Hold above 135° F.

HOLD

Spray pan with butter spray. Place eggs in pan top with cheese and bacon.

Serve 3oz serving

## SLE Components

Amount Per Serving

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

## Nutrition Facts

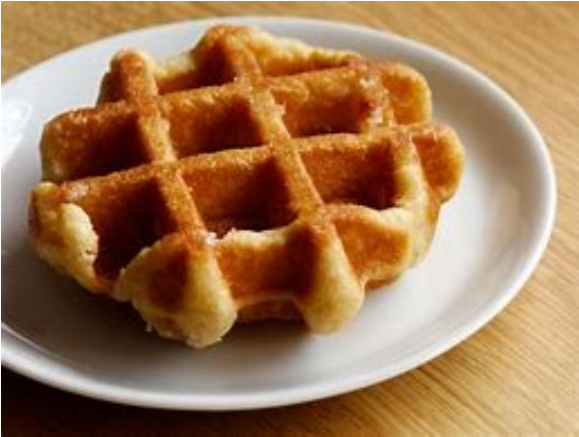
Servings Per Recipe: 80.00

Serving Size: 3.00

### Amount Per Serving

<b>Calories</b>	108.85		
<b>Fat</b>	2.06g		
<b>SaturatedFat</b>	0.34g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	24.47mg		
<b>Sodium</b>	186.35mg		
<b>Carbohydrates</b>	18.39g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.26g		
<b>Protein</b>	4.74g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.81mg	<b>Iron</b>	1.21mg

# Ginny's Waffles



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3328

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL WHLWHE 48-3.5 GINNYS	1	Bake in oven 375 degrees F for 4 minutes.	243572
SYRUP PANCK CUP 200-1.5Z GFS	1		160090

## Preparation Instructions

Bake in oven 375 degrees F for 4 minutes.  
Hold above 140 degrees in warmer until service.

### 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: 2.00

<b>Amount Per Serving</b>	
<b>Calories</b>	410.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	160.00mg
<b>Carbohydrates</b>	68.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	37.00g
<b>Protein</b>	4.00g

<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.44mg

# Woodford Salad



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3341

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1		165761
Grape Tomatoes	1		749041
CUCUMBER 1-24CT P/L	1		238653
CARROT SHRD 2-2.5	1		607720

## Preparation Instructions

Place 1 cup romaine/ spring mix in 8 oz bowl. Add 3 washed grape tomatoes, 2 washed cucumber slices. Top with a pinch of shredded carrots.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	13.68
<b>Fat</b>	0.10g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.00mg
<b>Carbohydrates</b>	2.59g
<b>Fiber</b>	0.89g
<b>Sugar</b>	1.59g

<b>Protein</b>	0.89g
<b>Vitamin A</b> 54.60IU	<b>Vitamin C</b> 1.46mg
<b>Calcium</b> 17.73mg	<b>Iron</b> 0.36mg

# Nacho Lunch Kit



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3343

## 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
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	Place in warmer. Until ready to serve.	528690
SALSA MILD THICK & CHNKY 4-138Z PACE	4 Ounce		704504

## Preparation Instructions

Assemble in 2000332 (black 3 compartment container)

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 3.00			
<b>Amount Per Serving</b>			
<b>Calories</b>	395.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	845.00mg		
<b>Carbohydrates</b>	44.50g		
<b>Fiber</b>	3.50g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	371.00mg	<b>Iron</b>	1.00mg



# Chicken dunker Kit



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3344

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN DRK CKD 30#	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	666232
CHIP NACHO REDC FAT 72- 1Z DORITOS	1 Ounce	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.	456090
KETCHUP DIP & SQZ 300- 27GM HEINZ	1 Each		183842
SAUCE HNY MSTRD CUP 120-1Z MARZ	1 Ounce		485131

## Preparation Instructions

Bake chicken in 350\* oven for 6-8 minutes. Let cool.

Assemble in 784910 (black 12 oz container)

### 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: 3.00

#### Amount Per Serving

<b>Calories</b>	493.00		
<b>Fat</b>	22.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	81.00mg		
<b>Sodium</b>	1097.00mg		
<b>Carbohydrates</b>	54.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	167.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	2.00mg

# Yogurt Lunch- kit



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3346

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB L/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
Strawberry Cup	4 Ounce	Use 4oz commodity fruit cup, peach, strawberry or mixed berry. If not available use apple sauce.	100256
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

# Preparation Instructions

Assemble on all ingredients in to- go container 784910

Store in cooler.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving

<b>Calories</b>	430.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	575.00mg		
<b>Carbohydrates</b>	71.56g		
<b>Fiber</b>	4.78g		
<b>Sugar</b>	35.00g		
<b>Protein</b>	14.89g		
<b>Vitamin A</b>	700.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	480.00mg	<b>Iron</b>	1.52mg

# Ham & Cheese Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3347

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM FZ W/A 4-10 COMM	2 1/2 Ounce		110600
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
MUSTARD PKT 1000-1/5Z HNZ	1 Each		302112
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

## Preparation Instructions

Assemble sandwich. Slice diagonally. Put in plastic sandwich bag.

Store in cooler.

Offer with daily fruits, vegetables, milk choices, mustard and mayo.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.58
<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: 6.00

Amount Per Serving

<b>Calories</b>	342.08
<b>Fat</b>	14.17g
<b>SaturatedFat</b>	4.58g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	1098.33mg
<b>Carbohydrates</b>	42.67g

<b>Fiber</b>	4.00g
<b>Sugar</b>	8.58g
<b>Protein</b>	18.92g
<b>Vitamin A</b> 150.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 155.00mg	<b>Iron</b> 2.16mg

# Turkey & Cheese Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3348

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI 8-5# COMM	2 1/2 ounce		765991
CHEESE AMER 160CT SLCD 6-5 COMM	1		150260
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1		131011
MUSTARD PKT 1000-1/5Z HNZ	1		302112
BREAD WGRAIN HNY WHT 16-24Z GFS	2		204822

## Preparation Instructions

Assemble sandwich. Slice diagonally.

Offer with choice of daily fruit, vegetable, milk, mustard and mayo.

Store in cooler.

### 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: 0.00

#### Amount Per Serving

<b>Calories</b>	340.17
<b>Fat</b>	11.75g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	989.13mg
<b>Carbohydrates</b>	40.25g

<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	22.49g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	155.00mg	<b>Iron</b>	2.16mg



# Wow Butter & Jelly Sandwich



<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-3349

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOY BUTTER NUT FREE 2-4.41 WOWBTR	1 Tablespoon		544231
JELLY GRP 6-4 SMUCK	1 Tablespoon		224111
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Assemble sandwich. Slice diagonally. Place in plastic sandwich bag with string cheese.

Offer with daily choices of fruits, vegetables, and milk.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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

<b>Amount Per Serving</b>	
<b>Calories</b>	410.00
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	54.00g
<b>Fiber</b>	5.50g
<b>Sugar</b>	20.00g
<b>Protein</b>	15.50g

<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	290.00mg	<b>Iron</b>	2.66mg

# Fresh Roasted Veggies



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3350

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Grape Tomatoes	1/8		749041
SQUASH MED YEL 1-20#AVG P/L	1/8		364752
ZUCCHINI 1 10 CASTELLINI	1/8		588483
ONION RED 1-25 CHIPOTLE	1/8		202700
POTATO A SIZE YUKON GOLD 1-50	1/8		517322
BROCCOLI CRWN ICELESS 20 MRKN	1/8		704547
CAULIFLOWER 6-4 GFS	1/8		610882
CARROT BABY WHL PETITE 12-2 GFS	1/8		599921
SPICE BLND ORIG 3-21Z MDASH	1/20		265103
SEASONING ACCENT 2 B&G	1/20		110442
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1/20		651171
PEPPERS RED 5 P/L	1/8		597082

## Preparation Instructions

Choose 3 different colored vegetables.

Slice if necessary. Spray sheet tray with non stick spray. Assemble vegetables on tray in a single layer.

Spray with butter spray and season with accent and Ms. Dash

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.20
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

### Amount Per Serving

<b>Calories</b>	27.22
<b>Fat</b>	0.16g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	49.75mg
<b>Carbohydrates</b>	5.98g
<b>Fiber</b>	1.63g
<b>Sugar</b>	2.98g
<b>Protein</b>	1.05g
<b>Vitamin A</b> 1223.08IU	<b>Vitamin C</b> 42.96mg
<b>Calcium</b> 20.92mg	<b>Iron</b> 0.28mg

# Strawberry Cheesecake smoothie



<b>Servings:</b>	37.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	9.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3360

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	4 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811490
CHEESECAKE MIX INST 6-4 JELLO	1/2 Cup		160946
CRACKER GRHM STCK SCOOBY 210-1Z	37 Package		859550
1 % White Milk	5 Cup		1% White
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	4 Pound		621420

# Preparation Instructions

37 - 9 oz servings

Blend all ingredient except graham crackers .

Chill until service

Serving size 9 oz.

Serve with graham snacks

## SLE Components

Amount Per Serving

<b>Meat</b>	0.43
<b>Grain</b>	1.00
<b>Fruit</b>	0.11
<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: 37.00

Serving Size: 9.00

Amount Per Serving

<b>Calories</b>	182.22		
<b>Fat</b>	4.16g		
<b>SaturatedFat</b>	1.22g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.43mg		
<b>Sodium</b>	154.03mg		
<b>Carbohydrates</b>	32.54g		
<b>Fiber</b>	1.32g		
<b>Sugar</b>	16.40g		
<b>Protein</b>	4.70g		
<b>Vitamin A</b>	716.22IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	145.44mg	<b>Iron</b>	0.84mg

# Ham Sub Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3734

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	2 1/2 Ounce		651470
BUN SUB SLCD 12 8-4CT GCHC	1/2 Each		729213

## Preparation Instructions

Slice bread in half down the middle with a serrated bread knife.

Fold 4 slices of ham and arrange in the middle of bread.

1.22oz of ham = 1oz meat equivalent

### SLE Components

Amount Per Serving

<b>Meat</b>	2.05
<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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	303.09
<b>Fat</b>	6.37g
<b>SaturatedFat</b>	2.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.89mg
<b>Sodium</b>	899.65mg
<b>Carbohydrates</b>	48.04g
<b>Fiber</b>	1.52g
<b>Sugar</b>	3.56g

<b>Protein</b>	17.82g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.64mg
<b>Calcium</b>	60.61mg	<b>Iron</b>	2.73mg



# Turkey Sub Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3735

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI 8-5# COMM	2 1/2 Ounce		765991
BUN SUB SLCD 12 8-4CT GCHC	1/2 Each		729213

## Preparation Instructions

Slice bread in half down the middle with a serrated bread knife.

Arrange 3 slices of turkey on bread.

1.43oz of turkey = 1oz meat equivalent

### SLE Components

Amount Per Serving

<b>Meat</b>	1.75
<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 Serving

Amount Per Serving	
<b>Calories</b>	302.45
<b>Fat</b>	4.02g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	798.37mg
<b>Carbohydrates</b>	45.69g
<b>Fiber</b>	1.52g
<b>Sugar</b>	1.52g
<b>Protein</b>	21.56g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 3.64mg

**Calcium** 60.61mg **Iron** 2.73mg

# Chicken Sub Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3736

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	3 Ounce		154900
BUN SUB SLCD 12 8-4CT GCHC	1/2 Each		729213

## Preparation Instructions

Slice bread in half down the middle with a serrated bread knife.

Arrange 3oz of chicken on bread.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.76
<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 Serving

Amount Per Serving

<b>Calories</b>	334.92		
<b>Fat</b>	5.80g		
<b>SaturatedFat</b>	1.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.29mg		
<b>Sodium</b>	958.95mg		
<b>Carbohydrates</b>	45.70g		
<b>Fiber</b>	1.52g		
<b>Sugar</b>	3.28g		
<b>Protein</b>	23.46g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.64mg
<b>Calcium</b>	60.61mg	<b>Iron</b>	2.73mg

# Powdered Donut



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4398

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582
SUGAR POWDERED 10X 12-2 PION	1 Gram		859740

## Preparation Instructions

Thawing: Remove desired amount of donuts and place on half or full sheet pan. Cover with plastic and thaw at room temperature for 30 minutes. (Reseal case and immediately return to freezer)

Warming Donuts: Place the pan of donuts in a 325°F oven to warm the surface and begin to thaw the centers for 2-3 min.

Sprinkle with powdered sugar

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving	
<b>Calories</b>	283.84
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	300.02mg
<b>Carbohydrates</b>	30.99g
<b>Fiber</b>	2.60g
<b>Sugar</b>	7.95g

<b>Protein</b>		5.00g	
<b>Vitamin A</b>	11.41IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.71mg	<b>Iron</b>	0.80mg

# Patty's Baked Beans



<b>Servings:</b>	65.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4404

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	2 #10 CAN	Do not drain	520098
SAUCE BBQ 4-1GAL SWTBRAY	3 Cup		655937
ONION DCD IQF 6-4 GFS	2 Cup		261521

## Preparation Instructions

Combine all ingredients in pan.

Bake uncovered for 45 minutes @ 350°F.

Hold between 140- 160 until service

### 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>	0.02
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 4.00

<b>Amount Per Serving</b>	
<b>Calories</b>	138.65
<b>Fat</b>	0.80g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	545.28mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	3.98g
<b>Sugar</b>	15.97g

<b>Protein</b>		4.78g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	31.84mg	<b>Iron</b>	1.43mg

# BLT Salad



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	10.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4974

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	8 Ounce	1 cup = 1/2 cup serving	305812
BACON TOPPING CRUMBLES 10# HRML	1/4 Ounce		460584
TOMATO GRAPE SWT 10 MRKN	3 Each	wash and drain	129631

## Preparation Instructions

Assemble salad in bowl.

Chill until service.

### 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>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00

### Amount Per Serving

**Calories** 136.37

**Fat** 2.50g

**SaturatedFat** 0.85g

**Trans Fat** 0.00g

**Cholesterol** 9.36mg

**Sodium** 158.79mg

**Carbohydrates** 21.39g

**Fiber** 9.70g

**Sugar** 11.89g

**Protein** 12.21g

**Vitamin A** 1124.55IU    **Vitamin C** 18.56mg

**Calcium** 142.71mg    **Iron** 3.36mg

# Little Caesars Cheese Pizza



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5264

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese Pizza	1 Slice		4444444

## 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 Slice

#### Amount Per Serving

<b>Calories</b>	330.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	10.00mg

# Spaghetti with Marinara Sauce



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5595

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI POUCH 6-106Z PREGO	1/2 Cup		315729
PASTA SPAGHETTI 10 4-5 GFS	2 Ounce		413370

## Preparation Instructions

1 cup of pasta; 4oz marinara sauce

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	55.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 40.00mg **Iron** 2.80mg

# Chocolate Muffin & yogurt cup



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5604

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	1 Each	KEEP FROZEN UNTIL READY TO USE. THAW 1 HOUR BEFORE SERVING	280001
YOGURT DANIMAL STRAWB L/F 48-4Z DANN	1 Ounce	READY_TO_EAT READY_TO_EAT	885750

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	197.50
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	225.00mg
<b>Carbohydrates</b>	26.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	15.50g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 57.50mg	<b>Iron</b> 1.08mg

# Blueberry Muffin and Yogurt Cup



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5606

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW 60-1.94Z GCHC	1 Each	KEEP FROZEN UNTIL READY TO USE. THAW 1 HOUR BEFORE SERVING	280021
YOGURT DANIMAL STRAWB L/F 48-4Z DANN	1 Ounce	READY_TO_EAT READY_TO_EAT	885750

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
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<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: 1.00  
Serving Size: 1.00

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**Amount Per Serving**

<b>Calories</b>	177.50
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	225.00mg
<b>Carbohydrates</b>	24.50g
<b>Fiber</b>	1.00g
<b>Sugar</b>	13.50g
<b>Protein</b>	4.00g

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<b>Vitamin A</b>	50.94IU	<b>Vitamin C</b>	0.16mg
<b>Calcium</b>	50.13mg	<b>Iron</b>	0.69mg



# Little Caesars Pepperoni Pizza



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5624

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pepperoni Pizza	1 Slice		6666666

## 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 Slice

Amount Per Serving			
<b>Calories</b>	360.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	9.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	790.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	10.00mg

# Little Caesars Sausage Pizza



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5628

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sausage Pizza	1 Slice		5555555

## 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 Slice

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	760.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Bacon Breakfast Pizza



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5632

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	<p>BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.</p>	503660

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.50
<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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Slice			
<b>Amount Per Serving</b>			
<b>Calories</b>	210.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	155.00mg	<b>Iron</b>	1.60mg

# Big Breakfast



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5635

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ MIX 6-5 GCHC	2 Ounce	COVERED STOCK POT OR STEAM KETTLE: FILL 3/4 FULL WITH WATER. HEAT TO SIMMER. IMMERSSE BAG(S) IN WATER. SIMMER, DO NOT BOIL. STIR WATER AND BAG(S) OCCASIONALLY (EVERY 5 MIN). REMOVE BAG(S) FROM VESSEL WHEN COOKED TO DESIRED TEXTURE. KNEAD BAG(S) VIGOROUSLY TO BREAK UP COOKED MASS. STORE UNOPENED BAG(S) IN PANS COVERED WITHOUT HEAT.	294586
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	1 Each	PLACE PATTIES ON SHEET PAN AND HEAT IN OVEN AT 350 DEGREES F FOR APPROX 7-8 MINUTES	785880
HASHBROWN FAST 2.5Z 6-3.5 LAMB	1 Each	OVEN RECONSTITUTION CONVECTION: BAKE 7 UNITS AT 400F FOR 12 MINUTES. CONVENTIONAL: BAKE 7 UNITS AT 450F FOR 18 MINUTES. FRY: 7 UNITS AT 350F FOR 2 MINUTES.	242241
DOUGH BISC STHRN STYL 216- 2.2Z PILLS	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	618152
GRAVY MIX BISC 6- 1.5 PION	1 Tablespoon		281719

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	12.96
<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>	0.25

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	488.92		
<b>Fat</b>	28.00g		
<b>SaturatedFat</b>	12.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	139.33mg		
<b>Sodium</b>	1100.33mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.25g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	41.33mg	<b>Iron</b>	2.25mg

# Chicken Quesadilla



<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-5717

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN 96-5Z MAX	1 Each		231750

## Preparation Instructions

OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

### 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>	300.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	37.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 180.00mg **Iron** 2.70mg



# Cheese Quesadilla



<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-5718

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	1 Each		231771

## Preparation Instructions

OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

### 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>	320.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	710.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	240.00mg	<b>Iron</b>	2.70mg

# Hot Dog



<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-5719

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT 8/ 6 2-5 BALLP	1 Each	<b>BOIL</b> Heat water to a rolling boil. <b>GRILL</b> Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature. <b>MICROWAVE</b> Microwave heat for 30-60 seconds. <b>READY_TO_EAT</b> Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F. <b>STEAM</b> Place a single layer of hot dogs in a steam table pan.	245370
BUN HOT DOG WHEAT WHL 12-12CT GFS	1 Each	Thaw at room temperature.	517830

## Preparation Instructions

Serve hot dog inside of bun

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 270.00

**Fat** 17.50g

**SaturatedFat** 6.00g

**Trans Fat** 0.00g

**Cholesterol** 45.00mg

**Sodium** 615.00mg

**Carbohydrates** 20.00g

**Fiber** 4.00g

**Sugar** 2.00g

**Protein** 10.00g

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

**Calcium** 86.00mg **Iron** 1.72mg

# Spaghetti with Meatballs



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5724

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI POUCH 6-106Z PREGO	1/2 Cup	CLIP CORNER OF POUCH & SQUEEZE OUT CONTENTS. WARM OVER MEDIUM HEAT,STIRRING OCCASIONALLY. SERVE OVER SPAGHETTI.	315729
PASTA SPAGHETTI 10 2-10 KE	1 Ounce	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.	654560
MEATBALL PORK R/SOD .68Z 6-5# JTM	4 Each	Convection Oven: Add frozen meatballs to sauce, cover pan and heat approximately 30 minutes at 375 degrees F. Stove Top: Add frozen meatballs to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	661991

## Preparation Instructions

1 cup of pasta; 4 meatballs; 4oz marinara sauce= 1 serving

### 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>	1.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>		333.20	
<b>Fat</b>		11.50g	
<b>SaturatedFat</b>		3.90g	
<b>Trans Fat</b>		0.19g	
<b>Cholesterol</b>		34.00mg	
<b>Sodium</b>		709.40mg	
<b>Carbohydrates</b>		39.00g	
<b>Fiber</b>		4.90g	
<b>Sugar</b>		13.50g	
<b>Protein</b>		18.20g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	110.00mg	<b>Iron</b>	2.98mg

# Orange Wedge



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 whole	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5725

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES FANCY 72-88CT MRKN	1 1 whole	Wash oranges, remove stickers	198005

## Preparation Instructions

Wash Oranges.

Cut into Wedges with a knife or fruit wedger

### 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 whole

Amount Per Serving	
<b>Calories</b>	80.90
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.70mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	3.60g
<b>Sugar</b>	14.00g
<b>Protein</b>	1.50g
<b>Vitamin A</b>	407.55IU
<b>Vitamin C</b>	97.52mg

**Calcium** 70.95mg **Iron** 0.21mg

# Strawberry Cup



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5726

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each	THAW UNOPENED CUPS OF STRAWBERRIES OVERNIGHT IN THE REFRIGERATOR, SPACING CONTAINERS ON SHELVES FOR GOOD AIR CIRCULATION. ONCE THAWED, DO NOT REFREEZE.	655010

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg



**Calcium** 0.00mg **Iron** 0.00mg

# Grape Juice



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5727

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each	PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS Shelf Life FROZEN= 365 DAYS FROM THE DATE OF PRODUCTION. Basic Preparation ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.	135460

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

#### Amount Per Serving

<b>Calories</b>	80.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	20.00mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	0.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

# Orange Juice



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5728

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	135450

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### 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>	0.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	42.00mg

**Calcium** 0.00mg **Iron** 0.00mg

# Apple Juice



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5730

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each	PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS Shelf Life Frozen = 365 days from date of production Basic Preparation ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.	135440

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<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>	5.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	12.00g

<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Sandwich toppings



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6365

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF 24CT MRKN	1 Ounce	PACKAGING: BULK PACK IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34"-36"F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. DO NOT ICE - LETTUCES ARE SUSCEPTIBLE TO FREEZE DAMAGE. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS, MELONS AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE.	284998
PICKLE KOSH DILL CHIP C/C 5GAL GIEL	1 Ounce	These crinkle-cut pickles provide a fresh, crisp texture and a blended garlic and dill flavor.	557846
TOMATO SLCD 1/4 5 RSS	1 Slice	This is a cleaned, sliced, and ready-to-use tomato, packaged with about 120-126 slices per five-pound tray. Brand may vary.	786535

## Preparation Instructions

1 slice of green leaf lettuce, washed, drained and cut.

1 slice of tomato.

3 pickles equals one serving.

This is an extra and does not count toward the vegetable component

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
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<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

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**Amount Per Serving**

<b>Calories</b>	11.99
<b>Fat</b>	0.05g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	269.00mg
<b>Carbohydrates</b>	2.66g
<b>Fiber</b>	0.28g
<b>Sugar</b>	0.63g
<b>Protein</b>	0.60g

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<b>Vitamin A</b>	187.43IU	<b>Vitamin C</b>	3.08mg
<b>Calcium</b>	23.49mg	<b>Iron</b>	0.51mg

# Strawberry Pop Tarts



<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>	Breakfast	<b>Recipe ID:</b>	R-6403

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	PRODUCT IS PRE PACKAGED AND READY TO EAT. CAN BE TOASTED.	123031

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.25
<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>	360.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	370.00mg
<b>Carbohydrates</b>	76.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	30.00g

<b>Protein</b>	4.00g
<b>Vitamin A</b> 1000.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 3.60mg

# Cinnamon Pop Tarts



<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>	Breakfast	<b>Recipe ID:</b>	R-6408

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081

## Preparation Instructions

Basic Preparation

PRODUCT IS PRE PACKAGED AND READY TO EAT. CAN BE TOASTED.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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

<b>Amount Per Serving</b>	
<b>Calories</b>	370.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	400.00mg
<b>Carbohydrates</b>	76.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	31.00g

<b>Protein</b>	5.00g
<b>Vitamin A</b> 1000.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 3.60mg

# Fudge Pop Tarts



<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>	Breakfast	<b>Recipe ID:</b>	R-6410

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082

## Preparation Instructions

Basic Preparation

PRODUCT IS PRE PACKAGED AND READY TO EAT. CAN BE TOASTED.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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>	370.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	76.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	30.00g

<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 3.60mg

# Blueberry Pop Tarts



<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>	Breakfast	<b>Recipe ID:</b>	R-6412

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101

## Preparation Instructions

Basic Preparation

PRODUCT IS PRE PACKAGED AND READY TO EAT. CAN BE TOASTED.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.25
<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>	360.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	360.00mg
<b>Carbohydrates</b>	76.00g
<b>Fiber</b>	6.00g



<b>Sugar</b>			30.00g
<b>Protein</b>			4.00g
<b>Vitamin A</b>	1000.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	3.60mg

# Cocoa Puffs



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6415

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401

## Preparation Instructions

READY TO EAT. ADD MILK OR SERVE DRY.

Serve with toast for a 2oz grain serving.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

<b>Calories</b>	110.00
<b>Fat</b>	1.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	120.00mg
<b>Carbohydrates</b>	25.00g

<b>Fiber</b>		2.00g	
<b>Sugar</b>		8.00g	
<b>Protein</b>		2.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	4.50mg

# Lucky Charms



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6416

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

## Preparation Instructions

READY TO EAT. ADD MILK OR SERVE DRY.  
Serve with toast for a 2oz grain serving.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	110.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	180.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b>	500.00IU
<b>Vitamin C</b>	6.00mg

**Calcium** 100.00mg **Iron** 4.50mg

# Cinnamon Toast Crunch



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6417

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790

## Preparation Instructions

READY TO EAT. ADD MILK OR SERVE DRY.

Serve with toast for a 2oz grain serving.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	110.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	160.00mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b>	400.00IU
<b>Vitamin C</b>	4.80mg

**Calcium** 200.00mg **Iron** 3.60mg

# Toast



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6424

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice		204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

## Preparation Instructions

Lay parchment on sheet tray. Arrange bread in single layer on paper.

Spray with butter spray.

Bake at 325-350 for 5-8 min.

Bread should be lightly toasted.

Serve with grape jelly

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

<b>Amount Per Serving</b>	
<b>Calories</b>	90.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	120.00mg
<b>Carbohydrates</b>	18.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g



<b>Protein</b>		<b>3.00g</b>	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.08mg

# Apple Slices



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6436

## Ingredients

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

## Preparation Instructions

ORDER # 482194 when AVAILABLE

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

Amount Per Serving	
<b>Calories</b>	30.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	7.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	0.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	20.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

# Fresh Fruit Salad



<b>Servings:</b>	12.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6437

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT SAL MALIBU MIX 8 P/L	1 Cup		809581
STRAWBERRY CLAMSHELL 8 MRKN	1 Cup		212768
PINEAPPLE CHNK IQF 4-5 GFS	1 Cup		760140

## Preparation Instructions

Wash and cut tops off strawberries. Quarter with a a paring knife.

Mix fruit 1 8lb fruit mix, with 1 8lb fresh strawberry & 2 (5)lb bags of pineapple.

4oz serving.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 4.00 Serving

#### Amount Per Serving

<b>Calories</b>	18.70
<b>Fat</b>	0.01g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.86mg
<b>Carbohydrates</b>	4.80g
<b>Fiber</b>	0.44g

<b>Sugar</b>	4.00g
<b>Protein</b>	0.02g
<b>Vitamin A</b> 211.39IU	<b>Vitamin C</b> 16.26mg
<b>Calcium</b> 5.93mg	<b>Iron</b> 0.05mg

# French Fries



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6440

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 S/C CLR COAT 6-5# CAVFM	3 Ounce		622812

## 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: 3.00 Serving

Amount Per Serving	
<b>Calories</b>	170.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	160.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 20.00mg **Iron** 0.72mg

# Corn



<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6504

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN FZ 30 COMM	60 Cup		120490
SALT SEA 36Z TRDE	1 Tablespoon		748590
BUTTER SUB 24-4Z BTRBUDS	4 Ounce		209810

## Preparation Instructions

PLACE FROZEN CORN IN A SINGLE LAYER IN A STEAMER PAN.

STEAM UNCOVERED AT FOR 9 TO 10 MINUTES.

DRAIN. SPRINKLE AND STIR 1TBSP SALT & a 4oz package of Butter Buds OVER EACH 120 SERVINGS OF VEGETABLES

### 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>	0.50

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	67.67
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	61.00mg
<b>Carbohydrates</b>	16.13g
<b>Fiber</b>	2.00g



<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Cheesy Breadstick



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6513

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 192-1.95Z	54 Each		198971

## Preparation Instructions

"OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

FILL BAKING PAN WITH 54 MAXSTIX .CONVECTION OVEN: BAKE AT 375F FOR 10 TO 12 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F.

CONVENTIONAL OVEN: BAKE AT 400F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F."

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<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>	7020.00
<b>Fat</b>	243.00g
<b>SaturatedFat</b>	81.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	270.00mg
<b>Sodium</b>	15120.00mg
<b>Carbohydrates</b>	810.00g
<b>Fiber</b>	54.00g
<b>Sugar</b>	108.00g
<b>Protein</b>	486.00g

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<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11340.00mg	<b>Iron</b> 43.20mg

# Peach cup



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6514

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CUP 96-4.4Z COMM	1 Each	THAW UNOPENED CUPS OF PEACHES OVERNIGHT IN THE REFRIGERATOR, SPACING CONTAINERS ON SHELVES FOR GOOD AIR CIRCULATION.	232470

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	80.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	1.00g

<b>Sugar</b>	16.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Strawberry Craisins



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6515

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681

## Preparation Instructions

Item Yield

1 Case = 200 Cranberries, Craisins, Strawberry, Dried

Thawing Instructions

NONE

Shelf Life GROCERY (DRY) = USE BY EXPIRATION DATE

Basic Preparation

NO PREPARATION REQUIRED

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	110.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	24.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Pineapple



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6519

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHNK IQF 4-5 GFS	1/2 Cup	THAW UNDER REFRIGERATION	760140

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	46.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	12.67g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	9.33g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	66.67IU	<b>Vitamin C</b>	52.00mg
<b>Calcium</b>	13.33mg	<b>Iron</b>	0.24mg



# Banana



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6520

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 105.00

**Fat** 0.40g

**SaturatedFat** 0.10g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 1.20mg

**Carbohydrates** 27.00g

**Fiber** 3.10g

**Sugar** 14.00g

**Protein** 1.30g

**Vitamin A** 75.52IU **Vitamin C** 10.27mg

**Calcium** 5.90mg **Iron** 0.31mg

# Baby Carrots



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6524

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROTS BABY PLD 72-3Z P/L	1 Package		241541

## 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>	1.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

Amount Per Serving	
<b>Calories</b>	103.80
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	175.50mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	8.10g
<b>Sugar</b>	12.00g
<b>Protein</b>	2.10g
<b>Vitamin A</b> 34883.51IU	<b>Vitamin C</b> 209.31mg
<b>Calcium</b> 79.74mg	<b>Iron</b> 0.72mg

# Celery Sticks



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6530

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY JUMBO 16-24CT 40 MARKON	1/2 Cup	PREPARATION: PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	198536

## Preparation Instructions

Trim tips and root of celery.

Cut into 2 inch sticks.

5-6 sticks per serving.

Be mindful of waste while trimming.

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	9.90
<b>Fat</b>	0.10g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	49.60mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g

<b>Protein</b>	0.45g
<b>Vitamin A</b> 278.38IU	<b>Vitamin C</b> 1.92mg
<b>Calcium</b> 24.80mg	<b>Iron</b> 0.13mg

# Mini Ice Cream Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6807

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ SAND ICE CRM MINI 6-24CT	1 Each	READY TO EAT. DO NOT THAW	588725

## 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

<b>Amount Per Serving</b>	
<b>Calories</b>	90.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	50.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	0.00g

<b>Sugar</b>		<b>8.00g</b>	
<b>Protein</b>		<b>1.00g</b>	
<b>Vitamin A</b>	<b>0.00IU</b>	<b>Vitamin C</b>	<b>0.00mg</b>
<b>Calcium</b>	<b>20.00mg</b>	<b>Iron</b>	<b>0.00mg</b>

# Cheetos Puffs



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6813

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK CHS PUFF CHED R/F 72-.7Z CHTOS	1 Package	<p><b>READY_TO_EAT</b> 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.</p>	537871

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 90.00

**Fat** 3.50g

**SaturatedFat** 0.50g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 140.00mg

**Carbohydrates** 13.00g

**Fiber** 0.00g

**Sugar** 0.00g

**Protein** 2.00g

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

**Calcium** 14.00mg **Iron** 1.00mg

# Doritos



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6814

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	<b>READY_TO_EAT</b> 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.	456090

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.50
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	130.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 38.00mg	<b>Iron</b> 0.00mg