

Cookbook for Mercer County Schools

Created by HPS Menu Planner

Cookbook for KING MIDDLE SCHOOL

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Table of Contents

No Recipes found

**Cookbook for HARLOW EDUCATION
BUILDING / MC / DT**

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Table of Contents

No Recipes found

Cookbook for MERCER ELEMENTARY

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Table of Contents

[Mashed Potatoes \(Instant\)](#)

[Carrot Sticks](#)

[Canned Fruit Pineapple Chunk](#)

[Chilled Peaches](#)

[Canned Fruit Mandarin Oranges](#)

[Cheese Burger](#)

[Seasonal Fresh Fruit](#)

[Yogurt and Cheese](#)

[Titan Chili](#)

[Mac n Cheese](#)

Mashed Potatoes (Instant)



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5210

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	6 1/4 Each	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 7/8 Cup		184622

Preparation Instructions

- 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. (use hand mixer for ease)
- 3: Add Butter

CCP:

1. Make sure water is from a clean source
2. Make sure water is above 165°
3. keep at 145° or above
4. Use same day

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.25
Legumes	0.00
Starch	0.25

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	44.53		
Fat	4.26g		
SaturatedFat	0.84g		
Trans Fat	0.05g		
Cholesterol	0.00mg		
Sodium	9.00mg		
Carbohydrates	1.33g		
Fiber	0.09g		
Sugar	0.00g		
Protein	0.19g		
Vitamin A	35.30IU	Vitamin C	0.95mg
Calcium	0.80mg	Iron	0.02mg

Carrot Sticks



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5211

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup		510637

Preparation Instructions

Directions:

clean carrots hold in cooler

CCP: Hold for cold service at 41° F or lower.

Serve 6 sticks = 1/2 cup carrots in correct container

CCP: Hold for cold service at 41° F or lower.

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.40
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.88mg
Carbohydrates	0.09g
Fiber	0.03g
Sugar	0.05g
Protein	0.01g

Vitamin A	156.38IU	Vitamin C	0.03mg
Calcium	0.36mg	Iron	0.01mg

Canned Fruit Pineapple Chunk



Servings:	103.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GFS	1/2 Cup		189952

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 201

SLE Components	
Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 103.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	0.78		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.10mg		
Carbohydrates	0.17g		
Fiber	0.02g		
Sugar	0.17g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.12mg
Calcium	0.00mg	Iron	0.00mg

Chilled Peaches



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6201

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD XL/S 6-10 GFS	1/2 Cup		224448

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 201

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	13.00g
Protein	1.00g

Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.00mg

Canned Fruit Mandarin Oranges



Servings:	180.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6203

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE 6-10 GFS	180 .50 cup	BAKE	612448

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.83
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	120.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	28.00g
Fiber	0.00g
Sugar	22.00g
Protein	2.00g

Vitamin A	16.00IU	Vitamin C	60.00mg
Calcium	4.00mg	Iron	4.00mg

Cheese Burger

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6244

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
CHEESE AMER 160CT SLCD 4-5 GCHC	1/100 Slice		271411
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook beef patty on heat steam at 350° for 10-12 min or till internal temp reaches 165°
2. Layer patty, and cheese slice. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	2.25
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	282.60		
Fat	13.90g		
SaturatedFat	6.20g		
Trans Fat	0.48g		
Cholesterol	47.50mg		
Sodium	409.40mg		
Carbohydrates	20.50g		
Fiber	4.80g		
Sugar	2.00g		
Protein	19.60g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	135.00mg	Iron	2.16mg

Seasonal Fresh Fruit

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6670

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Watermelon	4 Ounce		748980
CANTALOUPE 9-12CT 24	4 Ounce		605273
GRAPES GREEN SEEDLESS 17AVG	4 Cup		197858
STRAWBERRY CLAMSHELL 8 MRKN	4 Ounce		212768

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	4.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

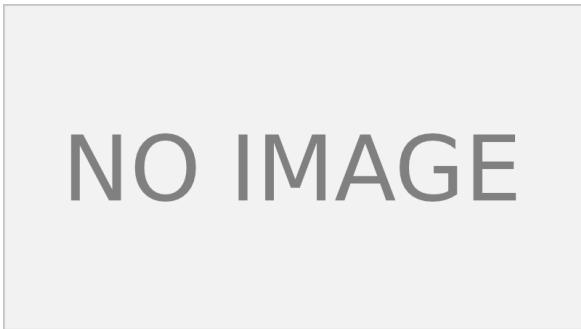
Serving Size: 1.00 Ounce

Amount Per Serving

Calories	457.03		
Fat	2.20g		
SaturatedFat	0.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.55mg		
Carbohydrates	119.02g		
Fiber	6.31g		
Sugar	107.68g		
Protein	4.42g		
Vitamin A	674.59IU	Vitamin C	39.57mg

Calcium 97.53mg **Iron** 2.06mg

Yogurt and Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7806

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
CHEESE STRING MOZZ 168-1Z BONGARDS	1 Each		579050
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	240.00
Fat	7.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	460.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	10.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 320.00mg **Iron** 0.80mg

Titan Chili

NO IMAGE

Servings:	250.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10470

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	60 Pound	Thaw Ground Beef prior to cooking on lower shelf of refrigerator. Brown and drain to an internal temperature of 155; drain and rinse.	100158
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup		331473
TOMATO DCD I/JCE MW 6-10 GFS	2 #10 CAN		246131
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Tablespoon		225037
JUICE TOMATO 100 8-46FLZ HV	12 Quart		893930
BEAN CHILI MEX STYLE 6-10 GFS	3 #10 CAN		192015
24-PURIFIED WATER CUSTOM .5 LTR TWIST	1 Gallon	This may need to be adjusted .	955139

Preparation Instructions

Wash hands and dry thoroughly. Thaw beef on lower shelf of refrigerator. Brown, Drain and Rinse (this step can be done the day before or prior and refrozen). Next add remainder of ingredients and let cook (1 to 2 hours) checking to make sure it does not bowl dry or stick. (stirring occasionally). 6 oz serving should be served in 8 or 12 oz container for safety purposes for students.

SLE Components

Amount Per Serving

Meat	2.87
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: 250.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	271.47		
Fat	17.19g		
SaturatedFat	5.73g		
Trans Fat	2.87g		
Cholesterol	0.00mg		
Sodium	342.79mg		
Carbohydrates	6.99g		
Fiber	0.84g		
Sugar	0.66g		
Protein	22.45g		
Vitamin A	254.32IU	Vitamin C	2.29mg
Calcium	29.09mg	Iron	1.00mg

Mac n Cheese

NO IMAGE

Servings:	390.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10478

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 4-5 GFS	20 Pound	Put 6 gallon of water in tilt skillet. Bring to a boil. Add liquid margarine to water.	413320
CHEESE LOAF 6-5 COMM	10 Pound	Drain Macaroni, but leave about 3 quarts of water. Put in cheese, milk, pepper and salt. Let melt. Place in Sprayed pans and put on serving line or holding unit until ready to serve. Cook to 141F or higher for 15 seconds Hold at 135F on serving line or holding unit.	334440
SPICE PEPR BLK REG GRIND 16Z TRDE	3 Tablespoon		225037
SALT IODIZED 24-26Z GFS	3 Tablespoon		108308
MARGARINE LIQUID 2-17.5 GFS	1 Cup		266965

Preparation Instructions

Wash Hands Use 4" pans only

SLE Components

Amount Per Serving

Meat	0.41
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: 390.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	135.38
Fat	4.55g
SaturatedFat	2.13g
Trans Fat	0.00g
Cholesterol	10.26mg
Sodium	167.33mg
Carbohydrates	18.05g
Fiber	0.82g
Sugar	2.05g
Protein	4.92g

Vitamin A	20.51IU	Vitamin C	0.00mg
Calcium	0.04mg	Iron	0.74mg

Cookbook for MERCER HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Summer Fruit Salad

Broc/Cali/Tom/Car. Cup

Side Salad

Mashed Potatoes (Instant)

Carrot Sticks

Beans Baked MTG

Steamed Broccoli

Dinner Roll

Philly Cheese Steak

Canned Fruit Pineapple Chunk

Chilled Peaches

Canned Fruit Mandarin Oranges

Pears Canned

Oranges MTG

Applesauce Unsweetened MTG

Peas , Frozen

Grapes Red MTG

Banana

Chicken Pattie on Bun, Spicy

Carrot/Celery Cup

Corn

Potato Wedges

Creamy Cole Slaw

Lettuce, Tomatoes, Trim

Chicken Fajitas

MC Titan Burger

Turkey and Cheese Box

Sausage and Biscuit

Biscuit and Gravy

Chicken Biscuit

Yogurt Grab and Go #1

Yogurt Grab and Go #2

Yogurt Grab and go #3

Colby Jack on toast

Ham & Cheese Wrap Box

CLT Box

Tuna Salad Sandwich Box

Summer Fruit Salad

NO IMAGE

Servings:	250.00	Category:	Fruit
Serving Size:	5.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5194

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CLAMSHELL 8 MRKN	8 Quart	Trim and Quarter	212768
WATERMELON RED SDLSS 2CT P/L	8 Quart	Trim and Dice into 1/2 inch cubes	326089
MELON MUSK CANTALOUPE 12CT MFC	8 Quart	Clean trim and remove seeds, dice into 1/2 inch Cubes	200565
GRAPES GREEN SEEDLESS 17AVG	8 Quart	Remove off of stem and clean	197858

Preparation Instructions

After fruit is Cleaned and Prepared, mix thoroughly and measure 5 ounces out into a 9 ounce clear cup (792220) CCP: 1. Must wash hands and put on disposable gloves. 2. Must store all fruit at 41° or below 3. Must be used with in 3 days.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.16
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 5.00 Ounce

Amount Per Serving

Calories	23.68
Fat	0.09g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.58mg
Carbohydrates	6.18g

Fiber	0.41g		
Sugar	5.54g		
Protein	0.32g		
Vitamin A	49.62IU	Vitamin C	67.90mg
Calcium	5.21mg	Iron	0.09mg

Broc/Cali/Tom/Car. Cup

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5195

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	6 1/4 Pound	Wash ans set aside to air dry	510637
TOMATO GRAPE SWT 10 MRKN	6 1/4 Pound	Wash and set aside to air dry	129631
BROCCOLI & CAULIF COMBO 2-3 RSS	7 1/2 Pound	Wash and separate and air dry	283339
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	50 Each		499521

Preparation Instructions

CCP:

1. Must wash hands and put on disposable gloves.
2. Must clean all vegetables and air dry.
3. Must keep all vegetables 41° or below.
4. Must be used up with in 3 Days.

Portion:

1oz Broccoli

1oz Cauliflower

2oz Grape Tomato

2oz Baby Carrots

In a clear 9 ounce Cup (792220) place ranch cup on top and lid with a dome lid (820360)

SLE Components

Amount Per Serving

Meat 0.00

Grain 0.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.98
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Cup

Amount Per Serving

Calories	103.84
Fat	6.19g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	176.54mg
Carbohydrates	12.63g
Fiber	2.66g
Sugar	7.54g
Protein	1.14g

Vitamin A	8292.09IU	Vitamin C	9.26mg
Calcium	26.83mg	Iron	0.72mg

Side Salad

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5208

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	150 Cup	Wash and let air dry	165761
TOMATO CHERRY 11 MRKN	400 Each	Wash and let air dry	569551
CARROT BABY WHL CLEANED 12-2 RSS	300 Each	Wash and let air dry	510637
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	100 Each		499521
CHEESE CHED MLD SHRD FINE 4-5 GCHC	100 Ounce		191043

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.48
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	234.18
Fat	15.29g
SaturatedFat	5.05g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	375.62mg
Carbohydrates	17.24g
Fiber	4.44g
Sugar	10.28g

Protein	9.15g
Vitamin A 12747.90IU	Vitamin C 14.05mg
Calcium 249.98mg	Iron 1.31mg

Mashed Potatoes (Instant)



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5210

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	6 1/4 Each	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 7/8 Cup		184622

Preparation Instructions

- 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. (use hand mixer for ease)
- 3: Add Butter

CCP:

1. Make sure water is from a clean source
2. Make sure water is above 165°
3. keep at 145° or above
4. Use same day

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.25
Legumes	0.00
Starch	0.25

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	44.53		
Fat	4.26g		
SaturatedFat	0.84g		
Trans Fat	0.05g		
Cholesterol	0.00mg		
Sodium	9.00mg		
Carbohydrates	1.33g		
Fiber	0.09g		
Sugar	0.00g		
Protein	0.19g		
Vitamin A	35.30IU	Vitamin C	0.95mg
Calcium	0.80mg	Iron	0.02mg

Carrot Sticks



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5211

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup		510637

Preparation Instructions

Directions:

clean carrots hold in cooler

CCP: Hold for cold service at 41° F or lower.

Serve 6 sticks = 1/2 cup carrots in correct container

CCP: Hold for cold service at 41° F or lower.

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.40
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.88mg
Carbohydrates	0.09g
Fiber	0.03g
Sugar	0.05g
Protein	0.01g

Vitamin A	156.38IU	Vitamin C	0.03mg
Calcium	0.36mg	Iron	0.01mg

Beans Baked MTG

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5212

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	25/28 #10 CAN		822477

Preparation Instructions

Directions:

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

Updated December 2013

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.23

Starch

0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	50.65		
Fat	0.23g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.54mg		
Carbohydrates	10.13g		
Fiber	2.76g		
Sugar	3.22g		
Protein	2.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.42mg	Iron	0.66mg

Steamed Broccoli

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5213

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING GARLIC HRB NO SALT 19Z TRDE	1/4 Cup		565164
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1/2 Cup		184622
BROCCOLI CUTS IQF 30 KE	100 Cup		359010

Preparation Instructions

Directions:

Place frozen broccoli in 4 inch serving pan

Add seasoning and Margarine

Place in steam oven for 10 minutes or till

CCP: Heat to 135° F or higher.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	42.48		
Fat	1.12g		
SaturatedFat	0.22g		
Trans Fat	0.01g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	4.48g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	9.34IU	Vitamin C	30.00mg
Calcium	20.00mg	Iron	0.00mg

Dinner Roll

NO IMAGE

Servings:	180.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5235

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	180 Each	Prepare sheet pans with parchment paper and pan spray, slack out over night in the cooler. Next day pull product out of cooler place in proof box for 2 hrs.	152131

Preparation Instructions

Directions:

1. Prepare Sheet pans with parchment paper and pan liners
2. Slack out product over night in cooler
3. Move from cooler to Proof Box for 2hrs
4. Bake at 375° for 10-12 min or in till golden brown.

CCP:

Wash hands and put in new disposable gloves, keep hot foods above 135°

Toss any extras.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	140.00
Fat	2.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	190.00mg
Carbohydrates	24.00g

Fiber	5.00g		
Sugar	3.00g		
Protein	6.00g		
Vitamin A	0.01IU	Vitamin C	4.99mg
Calcium	12.44mg	Iron	0.49mg

Philly Cheese Steak

NO IMAGE

Servings:	76.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-5240

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.92Z 6-5 JTM	10 Pound		720861
PEPPERS GREEN LRG 5 MRKN	1 3/5 Pound	Medium dice	592315
ONION VIDALIA SWT 10 P/L	1 1/2 Pound	Medium dice	558133
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	3 Pound		722110
BUN SUB SLCD WGRAIN 5 12-8CT GFS	76 Each		276142

Preparation Instructions

PREPARATION

Prep Time: 25 min.

1.Heat Seasoned Beef Steak with diced onions and diced green peppers in oven on sheet pan for 8 - 10 minutes at 350°F.

2.Heat Queso Blanco in steamer or water bath to 145°F for 15 seconds and hold hot at 145°F or higher. (HACCP)

3.Blend Seasoned Beef Steak, diced onions, diced green peppers

4. Put a garnish of the Queso cheese

On a steamed hoagie, roll 3.81 oz. of the southwestern cheese-steak mixture.

3.81 oz. by weight or a #8 scoop or 1/2 cup by volume provides: 2.0 oz. M/MA + 2.0 oz. Grain Equivalent + 1/8 cup Other Vegetable

SLE Components

Amount Per Serving

Meat	0.58
-------------	------

Grain	2.00
--------------	------

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.06
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 76.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	210.88	
Fat	5.98g	
SaturatedFat	2.63g	
Trans Fat	0.07g	
Cholesterol	14.74mg	
Sodium	368.86mg	
Carbohydrates	30.19g	
Fiber	3.24g	
Sugar	4.97g	
Protein	10.06g	
Vitamin A	161.79IU	Vitamin C 8.12mg
Calcium	147.86mg	Iron 2.05mg

Canned Fruit Pineapple Chunk



Servings:	103.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GFS	1/2 Cup		189952

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 201

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 103.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	0.78		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.10mg		
Carbohydrates	0.17g		
Fiber	0.02g		
Sugar	0.17g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.12mg
Calcium	0.00mg	Iron	0.00mg

Chilled Peaches



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6201

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD XL/S 6-10 GFS	1/2 Cup		224448

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 201

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	13.00g
Protein	1.00g

Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.00mg

Canned Fruit Mandarin Oranges



Servings:	180.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6203

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE 6-10 GFS	180 .50 cup	BAKE	612448

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.83
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	120.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	28.00g
Fiber	0.00g
Sugar	22.00g
Protein	2.00g

Vitamin A	16.00IU	Vitamin C	60.00mg
Calcium	4.00mg	Iron	4.00mg

Pears Canned

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6205

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR SLCD XL/S 6-10 GFS	6 #10 CAN		262706

Preparation Instructions

Directions:

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4z spoodle.

Child Nutrition: 4z spoodle = 1/2 c. fruit

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.78
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	108.64		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.52mg		
Carbohydrates	26.38g		
Fiber	1.55g		
Sugar	23.28g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Oranges MTG

NO IMAGE

Servings:	138.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6206

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVAL/VALENCIA FCY 138CT MRKN	139 3/8 Cup		198021

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Cut orange into 4 wedges. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1 orange = 1/2c fruit

Updated October 2013

Notes:

1. wash and quarter
2. place in a 9oz clear cup with dome lid

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.51
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 138.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 89.08

Fat 0.51g

SaturatedFat 0.10g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.00mg

Carbohydrates 21.21g

Fiber 4.55g

Sugar 0.00g

Protein 1.92g

Vitamin A 418.14IU **Vitamin C** 88.17mg

Calcium 72.72mg **Iron** 0.16mg

Applesauce Unsweetened MTG



Servings:	96.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6211

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	24/25 Each		753911

Preparation Instructions

Directions:

WASH HANDS.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.14g		
Fiber	0.01g		
Sugar	0.12g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.05mg	Iron	0.00mg

Peas , Frozen

NO IMAGE

Servings:	42.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6214

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GFS	1	BAKE	285660
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Tablespoon		184622

Preparation Instructions

Directions:

Place 10.5 # of frozen peas in a 4" steam table pan

Pour 4 oz of melted Margarine over peas

Store in refrigerator till time to steam.

CCP: Heat to 145° F or higher for at least 15 Seconds

Hold in steam table

CCP: Hold at 135° F or higher.

Notes:

SLE Components

Amount Per Serving

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

Nutrition Facts

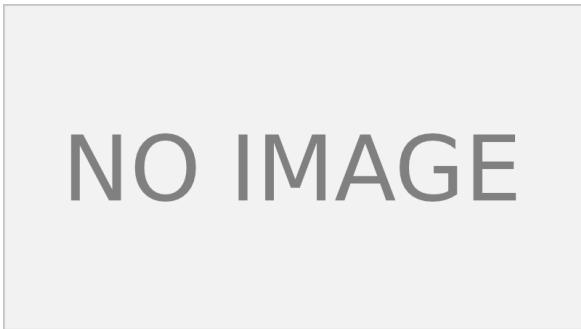
Servings Per Recipe: 42.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	5.49		
Fat	0.33g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.55mg		
Carbohydrates	0.43g		
Fiber	0.14g		
Sugar	0.14g		
Protein	0.18g		
Vitamin A	3.06IU	Vitamin C	0.36mg
Calcium	0.00mg	Iron	0.21mg

Grapes Red MTG



Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6218

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES GREEN SEEDLESS 17AVG	25 Pound		197858

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Wash grapes under cool running water, drain well.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

2. Portion into serving dishes using 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 2013

Notes:

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 28.13

Fat 0.13g

SaturatedFat 0.03g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.83mg

Carbohydrates 7.33g

Fiber 0.37g

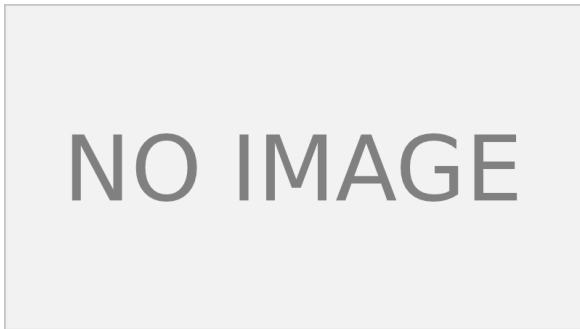
Sugar 6.67g

Protein 0.27g

Vitamin A 42.00IU **Vitamin C** 1.68mg

Calcium 5.88mg **Iron** 0.12mg

Banana



Servings:	150.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6219

Ingredients

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

Preparation Instructions

Directions:

Notes:

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

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

Chicken Pattie on Bun, Spicy



Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6238

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	150 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
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	150 Each		517810

Preparation Instructions

Directions:

Remove Chicken from freezer lay on sheet pans

Return to freezer till cooking time

Remove from freezer to oven

Cook at 375° for 8-10 min

Cook to 165° for 15 seconds

CCP: Heat to 165° F or higher for at least 15 seconds

Place patties in serving pans and place on lines

Assemble Sandwiches as customers come through serving line

1 Spicy chicken pattie

1 Hamburger bun

CCP: Hold for hot service at 135° F or higher

Notes:

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: 150.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	400.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	525.00mg		
Carbohydrates	42.00g		
Fiber	8.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.78mg

Carrot/Celery Cup



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6295

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	18 Pound		510637
CELERY STIX 4-3 RSS	18 Pound		781592
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

Wash Hands:

1. Get fresh Vegetable out of cooler
2. Wash Vegetable off
3. Portion 3oz of each in a 9 ounce clear cup (792220)
4. Place a ranch on top
5. Place dome lid on top (820360)
6. place back in cooler

CCP:

keep all Vegetable under 41°

do not keep out more than 4hrs

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.96
OtherVeg	0.66
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	42.35
Fat	0.29g
SaturatedFat	0.07g
Trans Fat	0.00g
Cholesterol	0.05mg
Sodium	130.23mg
Carbohydrates	9.40g
Fiber	3.72g
Sugar	5.19g
Protein	1.07g

Vitamin A	11625.75IU	Vitamin C	4.65mg
Calcium	58.80mg	Iron	0.89mg

Corn



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6297

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	15 Pound		283730
MARGARINE LIQUID 2-17.5 GFS	3/4 Cup		266965

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Serve using a 4 oz spoodle.

Child Nutrition: 1/2 cup serving provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.11

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	34.39
Fat	1.54g
SaturatedFat	0.24g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.32mg
Carbohydrates	4.70g
Fiber	0.45g
Sugar	0.45g
Protein	0.67g

Vitamin A	82.39IU	Vitamin C	0.54mg
Calcium	0.00mg	Iron	0.08mg

Potato Wedges



Servings:	160.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6303

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	3 Ounce		174251

Preparation Instructions

Keep Frozen, cook at 375° for 10-12 min or 165° is reached or desired

1 case

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	0.78		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.91mg		
Carbohydrates	0.13g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.02mg
Calcium	0.00mg	Iron	0.00mg

Creamy Cole Slaw



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6304

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	3 Gallon		293148
DRESSING COLE SLAW 4-1GAL GCHC	3 1/2 Cup		106992
VINEGAR WHT DISTILLED 5 4-1GAL GFS	1/4 Cup		629640

Preparation Instructions

Directions:

Combine dressing and slaw mix

For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

Mix lightly before serving. Portion

Notes:

1: *See Marketing Guide.

2: Special Tips:

3: 1) For best results, shred cabbage and store overnight; add dressing just before serving.

4: 2) If recipe is prepared in advance, the yield will be reduced.

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: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	45.92		
Fat	2.80g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	2.80mg		
Sodium	78.56mg		
Carbohydrates	5.52g		
Fiber	0.64g		
Sugar	4.28g		
Protein	0.32g		
Vitamin A	336.00IU	Vitamin C	1.92mg
Calcium	12.80mg	Iron	0.12mg

Lettuce, Tomatoes, Trim

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6306

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO RANDOM 2 25 MRKN	100 Slice		508616
ONION VIDALIA SWT 10 P/L	100 Slice		558133
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	100 Each		702595

Preparation Instructions

Directions:

Wash and clean lettuce leaves

place in serving pan hold in cooler till serving time

Batch serve

CCP: Hold for cold service at 41° F or lower.

Wash and clean tomatoes slice into 5 slices 1/4 inch thick

Hold in cooler till serving

Serve 2 slices =1/4 cup

CCP: Hold for cold service at 41° F or lower.

CCP: Hold for cold service at 41° F or lower.

1 leaf of lettuce

2 slices of tomatoe

CCP: Hold for cold service at 41° F or lower.

1 lettuce leaf =1/2 cup

2 slices tomatoes 1/8 in =1/4 cup

Note: Lettuce 1/2 cup=1/4 cup

Notes:

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	34.07
Fat	0.43g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.61mg
Carbohydrates	7.33g
Fiber	2.33g
Sugar	5.05g
Protein	1.73g
Vitamin A 2165.86IU	Vitamin C 25.54mg
Calcium 21.44mg	Iron 0.57mg

Chicken Fajitas

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	4.75 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-6442

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJITA 6-5 GLDKST	13 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 8-10 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	802052
PEPPERS GREEN LRG 5 MRKN	3 Cup		592315
ONION VIDALIA SWT 10 P/L	1 1/2 Pound		558133
CORN CUT IQF 30 KE	3 3/25 Quart		283730
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Cup		184622
TORTILLA FLOUR ULTRGR 8 18-12CT	100 Each		882700
RICE BRN PERFECTED 25 UBEN	1/2 Cup	SIMMER PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404

Preparation Instructions

Directions:

1. Get frozen chicken strips out of the freezer
2. in a tilt skillet on med-high heat place onions and peppers in and cook for about 5 min.
3. place frozen chicken in tilt skillet as well with all of the spices

4. then mix in frozen corn

5. cook in till internal temp. is reached of 165°

Using a No. 8 scoop, portion 1/2 cup 2 1/3 tsp (about 4.2 oz) chicken mixture on a tortilla. Spread filling on half of tortilla, and fold in other half like a taco. Place 25 fajitas on each steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Critical Control Point: Hold for hot service at 140 °F or higher.

Serve 1 fajita.

SLE Components

Amount Per Serving

Meat	1.70
Grain	1.29
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.03
Legumes	0.00
Starch	0.09

Nutrition Facts

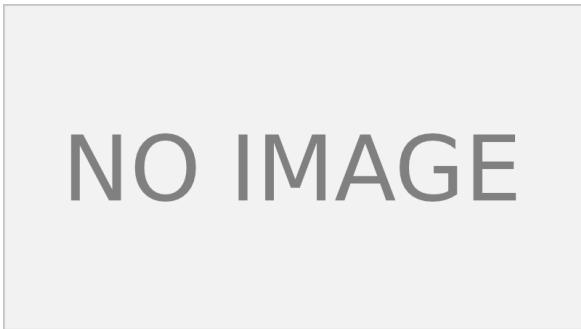
Servings Per Recipe: 100.00

Serving Size: 4.75 Ounce

Amount Per Serving

Calories	271.30
Fat	9.17g
SaturatedFat	3.45g
Trans Fat	0.03g
Cholesterol	38.20mg
Sodium	438.96mg
Carbohydrates	36.24g
Fiber	4.55g
Sugar	2.83g
Protein	15.07g
Vitamin A 126.08IU	Vitamin C 4.37mg
Calcium 60.40mg	Iron 2.96mg

MC Titan Burger



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6443

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	1 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	320.00
Fat	14.00g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	515.00mg
Carbohydrates	33.00g
Fiber	6.00g

Sugar		8.00g
Protein		16.00g
Vitamin A	200.00IU	Vitamin C 9.00mg
Calcium	100.00mg	Iron 2.52mg

Turkey and Cheese Box

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6567

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice		271411
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
6-2 PREM SMKD SLCD TURKEY 8482	3 1/5 Ounce		572632
CHIP HARV CHED 64-LSSV SUNCHIP	1 Package	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.	712440
APPLE, GRANNY SMITH, FRESH	1 Each	READY_TO_EAT	110543
CARROT BABY WHL CLEANED 12-2 RSS	4 Ounce		510637
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521
MAYONNAISE LT PKT 200- 12GM GFS	2 Each		188741
MUSTARD PKT 200-1/5Z HNZ	2 Each		109908

Preparation Instructions

Directions:

Assemble Slice Deli Turkey 3.2 oz

cheese slice 2 each

Hoagie Bun 1 each

Assemble sandwich's using:

3.2 oz Deli Turkey

2 slices cheese

1 Hoagie Bun

CCP: Hold for cold service at 41° F or lower.

Notes:

in a clear 8" clam shell (659003) put sandwich, chips, apple, carrots with ranch, mayo and mustard.

SLE Components

Amount Per Serving

Meat	0.00
Grain	4.00
Fruit	1.00
GreenVeg	0.00
RedVeg	1.33
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		651.93	
Fat		30.83g	
SaturatedFat		6.40g	
Trans Fat		0.14g	
Cholesterol		33.50mg	
Sodium		1172.00mg	
Carbohydrates		83.83g	
Fiber		11.33g	
Sugar		21.33g	
Protein		13.37g	
Vitamin A	15855.69IU	Vitamin C	3.05mg
Calcium	215.31mg	Iron	3.59mg

Sausage and Biscuit

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-6673

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
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	240.00
Fat	13.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	640.00mg
Carbohydrates	22.00g
Fiber	3.00g
Sugar	2.00g
Protein	11.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.44mg

Biscuit and Gravy

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-7433

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC 6-1.5 PION	2 Ounce	See package	281719
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	215.00
Fat	10.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	620.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	3.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.08mg

Chicken Biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-7434

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.50
Grain	2.13
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	265.00		
Fat	12.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	595.00mg		
Carbohydrates	28.00g		
Fiber	4.50g		
Sugar	2.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.00mg	Iron	2.08mg

Yogurt Grab and Go #1

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7436

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	1 Each		765020
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
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
APPLE DELICIOUS RED 113CT MRKN	1 Each		197696

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	414.75
Fat	4.05g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	365.30mg
Carbohydrates	91.00g

Fiber	5.70g		
Sugar	45.00g		
Protein	8.05g		
Vitamin A	915.31IU	Vitamin C	1.31mg
Calcium	301.70mg	Iron	6.34mg

Yogurt Grab and Go #2

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7437

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	1 Each		765020
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
JUICE BOX ORNG TANGR 100 40- 4.23FLZ	1 Each		698251
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
APPLE DELICIOUS RED 113CT MRKN	1 Each		197696

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.25
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 424.75

Fat 6.05g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 5.00mg

Sodium 425.30mg

Carbohydrates 89.00g

Fiber 6.70g

Sugar 43.00g

Protein 8.05g

Vitamin A 1315.31IU **Vitamin C** 6.11mg

Calcium 401.70mg **Iron** 5.44mg

Yogurt Grab and go #3



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7438

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	1 Each		765020
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.25
Fruit	1.00
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	535.00
Fat	4.40g
SaturatedFat	1.10g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	446.20mg
Carbohydrates	118.00g

Fiber	8.10g		
Sugar	65.00g		
Protein	9.30g		
Vitamin A	1475.52IU	Vitamin C	16.27mg
Calcium	305.90mg	Iron	6.61mg

Colby Jack on toast



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-7459

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080
BREAD WGRAIN SLCD 1/2 7-32Z GFS	1 Slice		231053

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.25
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	230.00		
Fat	11.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	165.00mg		
Sodium	470.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	123.00mg	Iron	2.08mg

Ham & Cheese Wrap Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7493

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice		722360
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
TURKEY HAM SLCD 12-1 JENNO	3 Slice		556121
CHIP NACHO REDC FAT 72- 1Z DORITOS	1 Each	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
CARROT SNACK CLEANED 200-1Z RSS	2 Package		613967
APPLE DELICIOUS RED 113CT MRKN	1 Each		197696
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

Directions:

Assemble Slice Deli Turkey Jennie-O

6 slices = 2oz

2cheese slice=1oz

Wrap 1 each

Wrap in Paperstore in refg

CCP: Hold at 135° F or higher.

Assemble sandwich's using:

3.2 oz Deli Turkey

3 slices cheese

CCP: Hold for cold service at 41° F or lower.

Notes:

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	639.75		
Fat	24.30g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	57.50mg		
Sodium	1547.30mg		
Carbohydrates	86.50g		
Fiber	14.70g		
Sugar	22.50g		
Protein	27.05g		
Vitamin A	15.31IU	Vitamin C	1.91mg
Calcium	466.70mg	Iron	2.40mg

CLT Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7576

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	<p>CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>	152121
TOMATO SLCD 1/4 5 RSS	2 Slice		786535
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Piece		702595
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Ounce		191043
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	<p>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.</p>	456090
APPLE DELICIOUS RED 113CT MRKN	1 Each		197696

Description	Measurement	Prep Instructions	DistPart #
CARROT SNACK CLEANED 200-1Z RSS	2 Package		613967
RANCH LT DIP CUP 100- 1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	723.53		
Fat	27.66g		
SaturatedFat	9.53g		
Trans Fat	0.00g		
Cholesterol	95.00mg		
Sodium	1155.81mg		
Carbohydrates	86.88g		
Fiber	15.31g		
Sugar	22.25g		
Protein	38.51g		
Vitamin A	1023.39IU	Vitamin C	7.88mg
Calcium	394.82mg	Iron	2.92mg

Tuna Salad Sandwich Box

NO IMAGE

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7587

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHNK LT POUCH 6-43Z STARK	68 1/2 Ounce		852554
ONION VIDALIA SWT 10 P/L	10 Ounce		558133
CELERY STALK 24 SZ 6CT MRKN	5 Ounce		170895
PICKLE DILL SLCD HAMB 4-1GAL GFS	9 Ounce		149195
EGG HARD CKD PLD DRY PK 12-12CT PAP	8 Each		853800
DRESSING SALAD LT 4-1GAL GFS	1 3/8 Quart		429422
BUN SUB SLCD WGRAIN 5 12-8CT GFS	48 Each		276142
CHIP NACHO REDC FAT 72-1Z DORITOS	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.	456090
APPLE DELICIOUS RED 113CT MRKN	1 Each		197696
CARROT SNACK CLEANED 200-1Z RSS	2 Package		613967

Description	Measurement	Prep Instructions	DistPart #
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

Directions:

Drain and flake tuna.

Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and salad dressing or mayonnaise. Mix lightly until well blended.

CCP: Cool to 41° F or lower within 4 hours. Cover and refrigerate until ready to use.

Spread No. 8 scoop (½ cup) of tuna salad on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve.

Portion is 1 sandwich (2 halves).

Notes:

1: * See Marketing Guide

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.03
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories			578.59
Fat			10.51g
SaturatedFat			0.78g
Trans Fat			0.00g
Cholesterol			217.95mg
Sodium			1869.43mg
Carbohydrates			35.64g
Fiber			3.48g
Sugar			8.72g
Protein			81.43g
Vitamin A	58.37IU	Vitamin C	0.71mg
Calcium	92.76mg	Iron	6.12mg

Cookbook for MERCER INTERMEDIATE SCHOOL

Created by HPS Menu Planner

Table of Contents

Side Salad

Mashed Potatoes (Instant)

Carrot Sticks

Steamed Broccoli

Dinner Roll

Canned Fruit Pineapple Chunk

Chilled Peaches

Canned Fruit Mandarin Oranges

Pears Canned

Cheese Burger

Carrot/Celery Cup

Potato Wedges

Chicken Fajitas

Yogurt and Cheese

Cucumbers, Sliced

Corn

Green beans

Tomato Cup

Side Salad

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5208

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	150 Cup	Wash and let air dry	165761
TOMATO CHERRY 11 MRKN	400 Each	Wash and let air dry	569551
CARROT BABY WHL CLEANED 12-2 RSS	300 Each	Wash and let air dry	510637
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	100 Each		499521
CHEESE CHED MLD SHRD FINE 4-5 GCHC	100 Ounce		191043

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.48
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	234.18
Fat	15.29g
SaturatedFat	5.05g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	375.62mg
Carbohydrates	17.24g
Fiber	4.44g
Sugar	10.28g

Protein	9.15g
Vitamin A 12747.90IU	Vitamin C 14.05mg
Calcium 249.98mg	Iron 1.31mg

Mashed Potatoes (Instant)



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5210

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	6 1/4 Each	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 7/8 Cup		184622

Preparation Instructions

- 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. (use hand mixer for ease)
- 3: Add Butter

CCP:

1. Make sure water is from a clean source
2. Make sure water is above 165°
3. keep at 145° or above
4. Use same day

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.25
Legumes	0.00
Starch	0.25

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	44.53		
Fat	4.26g		
SaturatedFat	0.84g		
Trans Fat	0.05g		
Cholesterol	0.00mg		
Sodium	9.00mg		
Carbohydrates	1.33g		
Fiber	0.09g		
Sugar	0.00g		
Protein	0.19g		
Vitamin A	35.30IU	Vitamin C	0.95mg
Calcium	0.80mg	Iron	0.02mg

Carrot Sticks



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5211

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup		510637

Preparation Instructions

Directions:

clean carrots hold in cooler

CCP: Hold for cold service at 41° F or lower.

Serve 6 sticks = 1/2 cup carrots in correct container

CCP: Hold for cold service at 41° F or lower.

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.40
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.88mg
Carbohydrates	0.09g
Fiber	0.03g
Sugar	0.05g
Protein	0.01g

Vitamin A	156.38IU	Vitamin C	0.03mg
Calcium	0.36mg	Iron	0.01mg

Steamed Broccoli

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5213

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING GARLIC HRB NO SALT 19Z TRDE	1/4 Cup		565164
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1/2 Cup		184622
BROCCOLI CUTS IQF 30 KE	100 Cup		359010

Preparation Instructions

Directions:

Place frozen broccoli in 4 inch serving pan

Add seasoning and Margarine

Place in steam oven for 10 minutes or till

CCP: Heat to 135° F or higher.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	42.48		
Fat	1.12g		
SaturatedFat	0.22g		
Trans Fat	0.01g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	4.48g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	9.34IU	Vitamin C	30.00mg
Calcium	20.00mg	Iron	0.00mg

Dinner Roll

NO IMAGE

Servings:	180.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5235

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	180 Each	Prepare sheet pans with parchment paper and pan spray, slack out over night in the cooler. Next day pull product out of cooler place in proof box for 2 hrs.	152131

Preparation Instructions

Directions:

1. Prepare Sheet pans with parchment paper and pan liners
2. Slack out product over night in cooler
3. Move from cooler to Proof Box for 2hrs
4. Bake at 375° for 10-12 min or in till golden brown.

CCP:

Wash hands and put in new disposable gloves, keep hot foods above 135°

Toss any extras.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	140.00
Fat	2.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	190.00mg
Carbohydrates	24.00g

Fiber	5.00g		
Sugar	3.00g		
Protein	6.00g		
Vitamin A	0.01IU	Vitamin C	4.99mg
Calcium	12.44mg	Iron	0.49mg

Canned Fruit Pineapple Chunk



Servings:	103.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GFS	1/2 Cup		189952

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 201

SLE Components	
Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 103.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	0.78		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.10mg		
Carbohydrates	0.17g		
Fiber	0.02g		
Sugar	0.17g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.12mg
Calcium	0.00mg	Iron	0.00mg

Chilled Peaches



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6201

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD XL/S 6-10 GFS	1/2 Cup		224448

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 201

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	13.00g
Protein	1.00g

Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.00mg

Canned Fruit Mandarin Oranges



Servings:	180.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6203

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE 6-10 GFS	180 .50 cup	BAKE	612448

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.83
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	120.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	28.00g
Fiber	0.00g
Sugar	22.00g
Protein	2.00g

Vitamin A	16.00IU	Vitamin C	60.00mg
Calcium	4.00mg	Iron	4.00mg

Pears Canned

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6205

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR SLCD XL/S 6-10 GFS	6 #10 CAN		262706

Preparation Instructions

Directions:

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

4. Serve using a 4z spoodle.

Child Nutrition: 4z spoodle = 1/2 c. fruit

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.78
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 108.64

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 15.52mg

Carbohydrates 26.38g

Fiber 1.55g

Sugar 23.28g

Protein 0.00g

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

Calcium 0.00mg **Iron** 0.00mg

Cheese Burger

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6244

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
CHEESE AMER 160CT SLCD 4-5 GCHC	1/100 Slice		271411
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook beef patty on heat steam at 350° for 10-12 min or till internal temp reaches 165°
2. Layer patty, and cheese slice. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	2.25
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	282.60		
Fat	13.90g		
SaturatedFat	6.20g		
Trans Fat	0.48g		
Cholesterol	47.50mg		
Sodium	409.40mg		
Carbohydrates	20.50g		
Fiber	4.80g		
Sugar	2.00g		
Protein	19.60g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	135.00mg	Iron	2.16mg

Carrot/Celery Cup



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6295

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	18 Pound		510637
CELERY STIX 4-3 RSS	18 Pound		781592
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

Wash Hands:

1. Get fresh Vegetable out of cooler
2. Wash Vegetable off
3. Portion 3oz of each in a 9 ounce clear cup (792220)
4. Place a ranch on top
5. Place dome lid on top (820360)
6. place back in cooler

CCP:

keep all Vegetable under 41°

do not keep out more than 4hrs

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.96
OtherVeg	0.66
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	42.35		
Fat	0.29g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	130.23mg		
Carbohydrates	9.40g		
Fiber	3.72g		
Sugar	5.19g		
Protein	1.07g		
Vitamin A	11625.75IU	Vitamin C	4.65mg
Calcium	58.80mg	Iron	0.89mg

Potato Wedges

NO IMAGE

Servings:	160.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6303

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	3 Ounce		174251

Preparation Instructions

Keep Frozen, cook at 375° for 10-12 min or 165° is reached or desired

1 case

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	0.78		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.91mg		
Carbohydrates	0.13g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.02mg
Calcium	0.00mg	Iron	0.00mg

Chicken Fajitas

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	4.75 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-6442

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJITA 6-5 GLDKST	13 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 8-10 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	802052
PEPPERS GREEN LRG 5 MRKN	3 Cup		592315
ONION VIDALIA SWT 10 P/L	1 1/2 Pound		558133
CORN CUT IQF 30 KE	3 3/25 Quart		283730
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Cup		184622
TORTILLA FLOUR ULTRGR 8 18-12CT	100 Each		882700
RICE BRN PERFECTED 25 UBEN	1/2 Cup	SIMMER PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404

Preparation Instructions

Directions:

1. Get frozen chicken strips out of the freezer
2. in a tilt skillet on med-high heat place onions and peppers in and cook for about 5 min.
3. place frozen chicken in tilt skillet as well with all of the spices

4. then mix in frozen corn

5. cook in till internal temp. is reached of 165°

Using a No. 8 scoop, portion 1/2 cup 2 1/3 tsp (about 4.2 oz) chicken mixture on a tortilla. Spread filling on half of tortilla, and fold in other half like a taco. Place 25 fajitas on each steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Critical Control Point: Hold for hot service at 140 °F or higher.

Serve 1 fajita.

SLE Components

Amount Per Serving

Meat	1.70
Grain	1.29
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.03
Legumes	0.00
Starch	0.09

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.75 Ounce

Amount Per Serving

Calories	271.30
Fat	9.17g
SaturatedFat	3.45g
Trans Fat	0.03g
Cholesterol	38.20mg
Sodium	438.96mg
Carbohydrates	36.24g
Fiber	4.55g
Sugar	2.83g
Protein	15.07g
Vitamin A 126.08IU	Vitamin C 4.37mg
Calcium 60.40mg	Iron 2.96mg

Yogurt and Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7806

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
CHEESE STRING MOZZ 168-1Z BONGARDS	1 Each		579050
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	240.00
Fat	7.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	460.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	10.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 320.00mg **Iron** 0.80mg

Cucumbers, Sliced



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	1/2 Cup	slice rounds	418439

Preparation Instructions

Directions:

Wash and slice cucumbers

CCP: Hold for cold service at 41° F or lower.

Place on serving line at beginning of service

Serve 1/2 cup in 4 oz boat or 5.5oz cup

CCP: Hold for cold service at 41° F or lower.

Notes:

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	3.90
Fat	0.05g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.50mg
Carbohydrates	1.00g
Fiber	0.15g
Sugar	0.50g

Protein	0.15g
Vitamin A 27.30IU	Vitamin C 0.73mg
Calcium 4.16mg	Iron 0.08mg

Corn



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7962

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	15 Pound		283730
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Cup		184622

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Serve using a 4 oz spoodle.

Child Nutrition: 1/2 cup serving provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	0.00
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Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.11

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	42.55
Fat	2.46g
SaturatedFat	0.45g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	1.12mg
Carbohydrates	4.70g
Fiber	0.45g
Sugar	0.45g
Protein	0.67g

Vitamin A	41.07IU	Vitamin C	0.54mg
Calcium	0.00mg	Iron	0.08mg

Green beans



Servings:	22.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7964

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	102 Ounce	1 can	221990
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1/4 Cup		184622
SPICE ONION POWDER 19Z TRDE	2 Teaspoon		126993
SPICE GARLIC POWDER 21Z TRDE	2 Teaspoon		224839
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Teaspoon		225037

Preparation Instructions

WASH HANDS.

1. Place vegetables and seasonings not more than 3-4 inches deep in stainless steel inset pans.
2. Cook vegetables in steamer for 6-7 minutes (5-6 psi) or 2-6 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Serve using a 4 oz spoodle or menued portion.

Child Nutrition: 4 oz spoodle provides= 1/2 cup starchy vegetable

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00

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

Nutrition Facts

Servings Per Recipe: 22.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	208.36
Fat	2.55g
SaturatedFat	0.51g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	1298.18mg
Carbohydrates	37.45g
Fiber	18.55g
Sugar	18.55g
Protein	9.27g

Vitamin A	1875.77IU	Vitamin C	33.38mg
Calcium	185.46mg	Iron	6.68mg

Tomato Cup



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7965

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY 11 MRKN	1/2 Cup		569551

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	16.20		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.50mg		
Carbohydrates	3.50g		
Fiber	1.10g		
Sugar	2.50g		
Protein	0.80g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	9.00mg	Iron	0.25mg