

Cookbook for ST JOHN'S HIGH SCHOOL

Created by HPS Menu Planner

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Taco Walking MTG

NO IMAGE

Servings:	150.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1359

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	10 1/2 Pound	READY_TO_EAT None	452841
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	150 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.	696871
Beef Taco Meat	18 3/4 Pound		682160
Cheese, Cheddar Reduced fat, Shredded	9 19/50 Pound		100012
LETTUCE ROMAINE CHOP 6-2 RSS	2 17/50 Gallon		735787

Preparation Instructions

Directions:

WASH HANDS.

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

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of

chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.25
Fruit	0.00
GreenVeg	0.12
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 2.00

Amount Per Serving

Calories	203.74		
Fat	8.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.01mg		
Sodium	402.76mg		
Carbohydrates	22.74g		
Fiber	1.25g		
Sugar	0.75g		
Protein	9.00g		
Vitamin A	1380.91IU	Vitamin C	8.98mg
Calcium	47.69mg	Iron	0.48mg

Corn Dog Nuggets



Servings:	200.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1378

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI .67Z 2-5 GCHC	6 Each	Basic Preparation FROZEN: FRY: 350 DEGREES F FOR 4-5 MINUTES. QTY: 4 CONVECTION OVEN: 350 DEGREES F FOR 8-10 MINUTES. QTY: FULL SHEET PAN CONVENTIONAL OVEN: 350 DEGREES F FOR 21- 23 MINUTES. QTY: FULL SHEET PAN MICROWAVE (1100 WATTS): HIGH: 45-55 SECONDS. QTY: 6 THAWED: NOT RECOMMENDED	210358

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 6.00

Amount Per Serving			
Calories	1.58		
Fat	0.09g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.34mg		
Sodium	3.68mg		
Carbohydrates	0.14g		
Fiber	0.01g		
Sugar	0.05g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.30mg **Iron** 0.01mg

Lasagna Roll Up

NO IMAGE

Servings:	150.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1380

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	Ready to use	645170
LASAGNA ROLL-UP CHS 53-3Z BERNI	1 Each	BAKE Preparation Type: Cooking Instructions Conventional Oven Instructions: Conventional Oven: Distribute 3 4 cup of room temperature sauce in the bottom of a 7 1 2" x 11" glass oven-safe baking dish that has been sprayed with non-stick cooking spray. Place 4 frozen (-10°F to +10°F) rollups in dish and cover with 3 4 cup room temperature sauce. Spread sauce evenly over pasta to cover. Cover dish tightly with aluminum foil that has been sprayed with non-stick cooking spray. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Preparation Notes: For food safety, follow these cooking instructions. Conventional Oven Instructions: Bake in a preheated 350°F conventional oven for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully remove foil.	180815
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/5 Ounce	Ready to use	852759

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
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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: 150.00
Serving Size: 1.00

Amount Per Serving

Calories	1.83
Fat	0.08g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.27mg
Sodium	3.49mg
Carbohydrates	0.17g
Fiber	0.01g
Sugar	0.03g
Protein	0.10g

Vitamin A	1.31IU	Vitamin C	0.01mg
Calcium	2.27mg	Iron	0.01mg

Soft Shell Taco

NO IMAGE

Servings:	150.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1391

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Basic Preparation PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce	Ready to use	150250
TORTILLA FLOUR 8 SFST 24-12CT GRSZ	1 Each	Ready to use	713330

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.04
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: 150.00

Serving Size: 2.00

Amount Per Serving	
Calories	4.20
Fat	0.28g
SaturatedFat	0.18g
Trans Fat	0.00g
Cholesterol	0.95mg
Sodium	7.96mg
Carbohydrates	0.19g

Fiber	0.02g		
Sugar	0.02g		
Protein	0.26g		
Vitamin A	10.73IU	Vitamin C	0.02mg
Calcium	5.61mg	Iron	0.02mg

Orange Chicken over Rice



Servings:	250.00	Category:	Entree
Serving Size:	3.93	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1393

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6- 7.2	3 40/43 Ounce	AUTHENTIC HEAT N SERVE TANGERINE CHICKEN. FULLY COOKED, NO MSG, ZERO TRANS FATS, AND LOW SODIUM. TANGERINE CHICKEN IS LIGHTLY BATTERED BONELESS CHICKEN CHUNK TOSSED W/ A TANGY SWEET SAUCE. ** K-12 SCHOOLS ** SERVE INDIVIDUALLY OR WITH FRIED RICE, WHITE RICE, OR VEGETABLE LO MEIN. heat to 165 degrees	791710
RICE BRN PERFECTED 25 UBEN	4 Ounce	Basic Preparation PER DIRECTIONS: BOIL WATER. ADD RICE,BUTTER OR MARGARINE & SALT. COVER TIGHTLY & SIMMER 20 MIN OR UNTIL LIQUID IS ABSORB-ED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING	146404

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.13
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 3.93

Amount Per Serving

Calories	11.65
Fat	0.11g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.18mg
Sodium	1.53mg
Carbohydrates	2.40g

Fiber	0.14g		
Sugar	0.05g		
Protein	0.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.03mg

Popcorn Chicken



Servings:	250.00	Category:	Entree
Serving Size:	10.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1394

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 10.00

Amount Per Serving			
Calories	0.11		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.02mg		
Sodium	0.24mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	0.01mg	Iron	0.00mg

Turkey Gravy over Mashed Potatoes



Servings:	250.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1395

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY 4-7	4 Ounce	Basic Preparation BOIL IN THE BAG: FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS OF PRODUCT IN BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 TO 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. STEAMER: PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN AND PLACE INTO STEAMER. HEAT FOR 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.	722460
POTATO PRLS EXCEL 12-26.5Z SMART SERV	4 3/25 Ounce	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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Legumes	0.00
Starch	0.01

Nutrition Facts			
Servings Per Recipe: 250.00			
Serving Size: 4.00			
Amount Per Serving			
Calories	2.23		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.20mg		
Sodium	4.17mg		
Carbohydrates	0.36g		
Fiber	0.02g		
Sugar	0.00g		
Protein	0.11g		
Vitamin A	0.05IU	Vitamin C	0.25mg
Calcium	0.21mg	Iron	0.01mg

Chicken Strips



Servings:	100.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1397

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP BRD WGRAIN 6-5.15	3 Each	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.	740820

Preparation Instructions

Appliances vary, adjust accordingly. Convection Oven: Preheat oven to 375 degrees F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered. Conventional Oven Preheat oven to 400F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 -13 minutes, uncovered.

Marketing Tips

SLE Components

Amount Per Serving

Meat	0.03
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

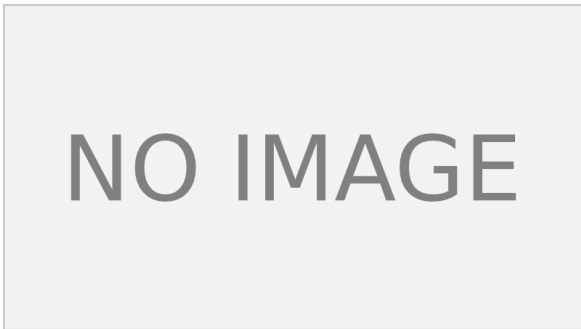
Servings Per Recipe: 100.00

Serving Size: 3.00

Amount Per Serving

Calories	1.90		
Fat	0.09g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	3.10mg		
Carbohydrates	0.11g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.01mg

Nacho Taco Meat & Cheese



Servings:	300.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1675

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND CKD 6-5 COMM	2 Ounce		135081
SAUCE CHS CHED MILD 6-10 THNKU	1 Ounce	Basic Preparation READY TO SERVE. STORE REFRIGERATED. RECOMMEND HEATING TO AROUND 140 DEGREES	563005

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.00

Amount Per Serving			
Calories	1.12		
Fat	0.07g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	6.97mg		
Carbohydrates	0.07g		
Fiber	0.00g		
Sugar	0.03g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.58mg	Iron	0.01mg

Ham & Egg Burrito

NO IMAGE

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3147

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 225- 2.1Z SNYFR	1	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	554470
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	1	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690120
TURKEY HAM 4- 10 COMM	1	replace with 656891	150460

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.13
Grain	0.05

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

Nutrition Facts

Servings Per Recipe: 20.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	11.26
Fat	0.59g
SaturatedFat	0.21g
Trans Fat	0.00g
Cholesterol	10.64mg
Sodium	25.00mg
Carbohydrates	0.75g
Fiber	0.05g
Sugar	0.05g
Protein	0.76g

Vitamin A	20.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	0.07mg

Chicken Bacon Ranch Wrap



Servings:	40.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3228

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 1 piece/ 135 grams	Ready To Serve	713340
BACON CKD THN SLCD 3-100CT GFS	1 1 piece/ 135 grams		874124
CHIX PULLED WHT & DRK BLND 2-5 TYS	1 1 oz	Ready to Serve	467802
CHEESE CHED MLD SHRD 4-5 LOL	1 1 oz	Ready to Serve	150250
DRESSING RNCH LT 4-1GAL LTHSE	1	READY_TO_EAT Open, pour and enjoy!	861850

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.12
Grain	0.06
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00

Amount Per Serving	
Calories	18.46
Fat	1.18g
SaturatedFat	0.70g
Trans Fat	0.00g
Cholesterol	3.69mg
Sodium	33.04mg
Carbohydrates	1.01g
Fiber	0.03g

Sugar			0.09g
Protein			1.01g
Vitamin A	28.10IU	Vitamin C	0.00mg
Calcium	21.27mg	Iron	0.07mg

Chili

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3270

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	1 6 oz.		344012

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00

Amount Per Serving

Calories	0.26		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	0.39mg		
Carbohydrates	0.03g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.02g		
Vitamin A	2.15IU	Vitamin C	0.03mg
Calcium	0.09mg	Iron	0.01mg

Ham and Cheese Wrap



Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3705

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM 2-7AVG JENNO	4 Slice	Thaw in cooler	434663
American Cheese Sliced RF	1 Slice		666204
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526

Preparation Instructions

4 slices ham 1 slice of cheese lay in the center of the tortilla shell and roll.

SLE Components

Amount Per Serving

Meat	0.03
Grain	0.04
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	7.35		
Fat	0.42g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.67mg		
Sodium	15.70mg		
Carbohydrates	0.61g		
Fiber	0.02g		
Sugar	0.04g		
Protein	0.28g		
Vitamin A	0.60IU	Vitamin C	0.02mg
Calcium	2.00mg	Iron	0.05mg

Club Wrap

NO IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3762

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1		713340
CHEESE CHED MLD SHRD 4-5# COMM	1		150250
DRESSING RNCH LT 4-1GAL LTHSE	1	READY_TO_EAT Open, pour and enjoy!	861850
TURKEY BRST SHRD CKD 4-5AVG JENNO	1		416042
SPINACH LEAF FLAT CLND 4-2.5 RSS	1		329401
TOMATO 6X6 LRG 10 MRKN	1		199001
BACON CKD THN SLCD 3-100CT GFS	1		874124

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.48
Grain	0.00
Fruit	0.00
GreenVeg	0.05
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00

Amount Per Serving

Calories 76.38

Fat 4.65g

SaturatedFat 2.78g

Trans Fat 0.00g

Cholesterol 14.12mg

Sodium 142.32mg

Carbohydrates 4.80g

Fiber 0.42g

Sugar 0.85g

Protein 4.33g

Vitamin A 269.94IU **Vitamin C** 2.47mg

Calcium 88.40mg **Iron** 0.34mg

Oriental Veggie Wrap

NO IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3764

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1		713340
DRESSING ASIAN SESM GINGR 4-1GAL GFS	1		166722
LETTUCE ROMAINE CHOP 6-2 RSS	1		735787
CUCUMBER SLCD 1/4 2-3 RSS	1		329517
CAULIFLOWER BITE SIZE 2-3 RSS	1		732486
BROCCOLI FLORET BITE SIZE 2-3 RSS	1		732451
CARROT MATCHSTICK SHRED 2-3 RSS	1		198161
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	1		124516

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.15
RedVeg	0.00
OtherVeg	0.10

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 10.00			
Serving Size: 1.00			
Amount Per Serving			
Calories	59.89		
Fat	2.37g		
SaturatedFat	0.77g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	109.00mg		
Carbohydrates	8.77g		
Fiber	1.14g		
Sugar	0.98g		
Protein	1.49g		
Vitamin A	560.28IU	Vitamin C	15.82mg
Calcium	14.10mg	Iron	0.74mg

Cheeseburger on a bun



Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3869

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	214880
Aunt Millie's 4" Whole Grain Hamburger Bun	100 Each	BAKE	3159
American Cheese Sliced RF	101 Slice		666204

Preparation Instructions

Directions:

WASH HANDS.

1. Cook beef patty as directed on package.
2. Layer patty, 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 2018

Notes:

SLE Components

Amount Per Serving

Meat	3.26
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: 100.00
Serving Size: 0.00

Amount Per Serving

Calories	355.35		
Fat	12.02g		
SaturatedFat	5.26g		
Trans Fat	0.50g		
Cholesterol	47.58mg		
Sodium	522.10mg		
Carbohydrates	2.01g		
Fiber	1.00g		
Sugar	0.51g		
Protein	18.54g		

Vitamin A	130.30IU	Vitamin C	0.00mg
Calcium	121.00mg	Iron	1.80mg

Bacon Cheeseburger wg/bun

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	0.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3870

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	214880
Aunt Millie's 4" Whole Grain Hamburger Bun	100 Each	BAKE	3159
American Cheese Sliced RF	100 Slice		666204
BACON TKY CKD 12- 50CT JENNO	100 Slice		834770

Preparation Instructions

Directions:

WASH HANDS.

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

1. Cook beef patty as directed on package.
2. Layer patty, Cheese and Bacon over bottom of roll. Top with remaining half of roll.
3. Serve.

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

Updated October 2018

Notes:



SLE Components

Amount Per Serving

Meat	4.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00 1 each

Amount Per Serving			
Calories		375.00	
Fat		13.50g	
SaturatedFat		5.25g	
Trans Fat		0.50g	
Cholesterol		52.50mg	
Sodium		615.00mg	
Carbohydrates		2.00g	
Fiber		1.00g	
Sugar		0.50g	
Protein		20.50g	
Vitamin A	130.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.80mg

Chef Salad

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 2 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3872

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	150 Cup		735787
SPINACH BABY 2-2	50 cup		618720
CARROT SHRD MED 2-5 RSS	25 Ounce		313408
TURKEY HAM DCD 2-5 JENNO	196 ounce		202150
TOMATO GRAPE/CHERRY 20	100 Ounce		609620
TURKEY BRST DCD 2-5	196 Ounce		451300
CUCUMBER 1-24CT P/L	100 Ounce		238653
CHEESE CHED MLD SHRD 4-5 LOL	100 Ounce		150250

Preparation Instructions

Directions:

Wash and Clean all lettuce products

Cool in walk in

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

Cut and mix all lettuce products together for serve time

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

Serve 1 cup mixed salad lettuce products

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

2 cup of lettuce mixture = 1/2 cup of 1/2 cup dark Green Subgroup

1/4 cup other vegetable

Notes:

SLE Components

Amount Per Serving

Meat	2.80
Grain	0.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 2 cup

Amount Per Serving

Calories	194.29
Fat	8.04g
SaturatedFat	4.23g
Trans Fat	0.00g
Cholesterol	74.20mg
Sodium	738.89mg
Carbohydrates	7.67g
Fiber	2.02g
Sugar	1.33g
Protein	21.68g
Vitamin A 7695.10IU	Vitamin C 47.64mg
Calcium 141.65mg	Iron 2.21mg

Turkey Goldfish Sandwich Lunch Pack



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9496

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Ounce	Layer 4 slices turkey	689541
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Ounce	1 slice Cheese	150260
BREAD GLDFSH HNY WGRAIN 1.5Z 10-12CT	2 Slice		215931
APPLE CHL SL 100/2 OZ PG	2 Ounce		747650
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package		745481
CARROTS, CHL, BABY, WHL PEEL 100/3 OZ PG	3 Ounce		812540

Preparation Instructions

Fold and layer 4 slices turkey and 1 slice American Cheese in between two slices Goldfish Bread. Package in sandwich bag add to Lunch Pack

SLE Components

Amount Per Serving

Meat	1.87
Grain	2.00
Fruit	2.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories 360.94

Fat 10.04g

SaturatedFat 3.50g

Trans Fat 0.00g

Cholesterol 36.47mg

Sodium 959.57mg

Carbohydrates 50.50g

Fiber 8.90g

Sugar 14.50g

Protein 21.43g

Vitamin A 11908.81IU **Vitamin C** 4.82mg

Calcium 205.62mg **Iron** 3.24mg

Beef stew over Mashed Potatoes

NO IMAGE

Servings:	250.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11112

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	4 3/25 Ounce	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
BEEF SOUS VIDE DCD CKD 6-5 JTM	2 Ounce		964512
CARROT, DICED 3/8" IQF FROZEN	1 Ounce		6328389
POTATO BAKER BABY WHL 6-2.5 RSTWRKS	1 Ounce		697990

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Starch

0.01

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 4.00

Amount Per Serving

Calories 2.48

Fat 0.03g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.15mg

Sodium 3.23mg

Carbohydrates 0.44g

Fiber 0.05g

Sugar 0.04g

Protein 0.11g

Vitamin A 0.06IU **Vitamin C** 0.25mg

Calcium 0.25mg **Iron** 0.01mg