

# **Cookbook for MERCER HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Summer Fruit Salad

NO IMAGE

<b>Servings:</b>	250.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	5.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.29
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 5.00 Ounce

#### Amount Per Serving

<b>Calories</b>	23.68
<b>Fat</b>	0.09g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	3.58mg
<b>Carbohydrates</b>	6.18g

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

# Broc/Cali/Tom/Car. Cup

NO IMAGE

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

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.98
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

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

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<b>Vitamin A</b>	8292.09IU	<b>Vitamin C</b>	9.26mg
<b>Calcium</b>	26.83mg	<b>Iron</b>	0.72mg

# Side Salad

NO IMAGE

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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.48
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

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



<b>Protein</b>	9.15g
<b>Vitamin A</b> 12747.90IU	<b>Vitamin C</b> 14.05mg
<b>Calcium</b> 249.98mg	<b>Iron</b> 1.31mg

# Refried Beans

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5209

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	4 #10 CAN		293962
SPICE CHILI POWDER MILD 16Z TRDE	3 Tablespoon		331473
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	2 Teaspoon		518331
SPICE ONION POWDER 19Z TRDE	2 Teaspoon		126993
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Cup		191043

## Preparation Instructions

Directions:

1. Clean top of Cans-CCP

### SLE Components

Amount Per Serving

<b>Meat</b>	1.03
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.26

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	149.48
<b>Fat</b>	2.44g
<b>SaturatedFat</b>	0.72g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.20mg
<b>Sodium</b>	566.45mg
<b>Carbohydrates</b>	23.92g
<b>Fiber</b>	6.23g
<b>Sugar</b>	1.03g
<b>Protein</b>	8.57g
<b>Vitamin A</b> 38.40IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 54.69mg	<b>Iron</b> 2.21mg

# Mashed Potatoes (Instant)



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

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

<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.25

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

# Carrot Sticks



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

<b>Vitamin A</b>	156.38IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	0.36mg	<b>Iron</b>	0.01mg

# Beans Baked MTG

NO IMAGE

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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.23



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

# Steamed Broccoli

NO IMAGE

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

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

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

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

# Dinner Roll

NO IMAGE

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

<b>Meat</b>	0.00
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 1.00 Each

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

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

# Chicken Alfredo

NO IMAGE

<b>Servings:</b>	54.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6197

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 1/2 Pound	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
Tap Water for Recipes	72 Ounce	Hot 190° or above	000001WTR
SAUCE ALFREDO FZ 6-5 JTM	5 Pound	Thawed	155661
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	1 Cup		421812
PASTA PENNE RIGATE 51 WGRAIN 2-10	3 Pound		221482

## Preparation Instructions

Directions:

1. Preheat Convection oven to 300°
2. Lightly Spray bottom and sides of 4" hotel pan with pan spray

3. pour Alfredo in the middle of pan
4. Add hot water and whisk ingredients
5. Add Dry pasta and mix well
6. Cover pan with foil
7. Remove pan after 30 Min and blend chicken, and Mozzarella
8. cover and bake for 10 min

CCP:

keep all cold foods 41° or under

keep all frozen foods 0° or under

and keep all hot foods at 135° to 145°

## SLE Components

Amount Per Serving

<b>Meat</b>	1.52
<b>Grain</b>	0.89
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 3.00 Cup

### Amount Per Serving

<b>Calories</b>	217.14		
<b>Fat</b>	7.58g		
<b>SaturatedFat</b>	3.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.53mg		
<b>Sodium</b>	434.22mg		
<b>Carbohydrates</b>	23.04g		
<b>Fiber</b>	1.78g		
<b>Sugar</b>	3.32g		
<b>Protein</b>	13.95g		
<b>Vitamin A</b>	193.92IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	171.98mg	<b>Iron</b>	4.57mg

# Canned Fruit Pineapple Chunk



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

<b>SLE Components</b>	
Amount Per Serving	
<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00



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

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

# Chilled Peaches



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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 0.50 Cup

---

**Amount Per Serving**

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

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<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Canned Fruit Mandarin Oranges



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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	1.83
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

<b>Vitamin A</b>	16.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	4.00mg

# Pears Canned

NO IMAGE

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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.78
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

# Oranges MTG

NO IMAGE

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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	1.01
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 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



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

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Peas , Frozen

NO IMAGE

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

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

**Nutrition Facts**

Servings Per Recipe: 42.00

Serving Size: 0.50 Cup

**Amount Per Serving**

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

# Grapes Red MTG



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

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 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



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

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

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	105.00		
<b>Fat</b>	0.40g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.20mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	1.30g		
<b>Vitamin A</b>	75.52IU	<b>Vitamin C</b>	10.27mg
<b>Calcium</b>	5.90mg	<b>Iron</b>	0.31mg

# Carrot/Celery Cup



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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00



<b>RedVeg</b>	0.96
<b>OtherVeg</b>	0.66
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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

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<b>Vitamin A</b>	11625.75IU	<b>Vitamin C</b>	4.65mg
<b>Calcium</b>	58.80mg	<b>Iron</b>	0.89mg

# Corn



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

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

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.11

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

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

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<b>Vitamin A</b>	82.39IU	<b>Vitamin C</b>	0.54mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.08mg

# Potato Wedges

NO IMAGE

<b>Servings:</b>	160.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 3.00 Ounce

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

# Creamy Cole Slaw



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

<b>SLE Components</b>	
Amount Per Serving	
<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

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

# Lettuce, Tomatoes, Trim

NO IMAGE

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

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

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



# MC Special

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6423

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	<b>CONVECTION</b> 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. <b>MICROWAVE</b> 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.	152121
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce		722110
RICE BRN PERFECTED 25 UBEN	1/2 Cup		146404

## Preparation Instructions

1. sprinkle taco seasoning on frozen chicken, 2. bake chicken at 375° for 10-12min 3. cook rice 4. steam queso to internal temp of 165° is met for 15 sec. Directions, place 4oz of rice in the bottom of a 12oz bowl. place chicken in on an angel, and spoon 2oz of cheese over top of chicken and cheese.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.50
<b>Grain</b>	4.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	578.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	5.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	753.00mg		
<b>Carbohydrates</b>	75.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	37.00g		

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<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	222.00mg	<b>Iron</b>	1.44mg

# Sub Combo/ Ham

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6430

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM BUFFET SHAVE 2-11AVG HRML	3 1/2 Ounce		533408
CHEESE AMER 160CT SLCD 4-5 GCHC	28 Gram		271411
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

## Preparation Instructions

Directions:

Place 3.5oz slices of ham and 2 slices of cheese on each hoagie bun

If sandwiches or wraps are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	7.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	1795.00
<b>Fat</b>	131.50g
<b>SaturatedFat</b>	86.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	393.75mg
<b>Sodium</b>	6305.00mg
<b>Carbohydrates</b>	47.25g
<b>Fiber</b>	3.00g

<b>Sugar</b>	9.25g
<b>Protein</b>	90.00g
<b>Vitamin A</b> 5600.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 2180.00mg	<b>Iron</b> 2.43mg

# Hot Dog on WG Bun



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6432

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GFS	100 Each		517830
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	100 Each	BOIL boil to internal temp of 165	570662

## Preparation Instructions

Directions:  
WASH HANDS.  
1. Place 1 hot dog in each bun.  
Convection oven: 350°F  
Conventional oven: 400°F  
CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.  
2. Serve within 3 hours.  
3. Serve with ketchup packet (optional).  
CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.  
Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate  
Updated January 2016  
Notes:

SLE Components	
Amount Per Serving	
<b>Meat</b>	2.00

<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	250.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	415.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	11.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	110.67mg	<b>Iron</b>	1.60mg

# Turkey and Cheese Box

NO IMAGE

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

<b>Meat</b>	0.00
<b>Grain</b>	4.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.33
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

**Amount Per Serving**

<b>Calories</b>	651.93		
<b>Fat</b>	30.83g		
<b>SaturatedFat</b>	6.40g		
<b>Trans Fat</b>	0.14g		
<b>Cholesterol</b>	33.50mg		
<b>Sodium</b>	1172.00mg		
<b>Carbohydrates</b>	83.83g		
<b>Fiber</b>	11.33g		
<b>Sugar</b>	21.33g		
<b>Protein</b>	13.37g		
<b>Vitamin A</b>	15855.69IU	<b>Vitamin C</b>	3.05mg
<b>Calcium</b>	215.31mg	<b>Iron</b>	3.59mg



# Sausage and Biscuit

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	<b>BAKE</b> 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	<b>BAKE</b> 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

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	240.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.44mg

# Biscuit and Gravy

NO IMAGE

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

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

# Yogurt Grab and Go #2

NO IMAGE

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

<b>Meat</b>	0.00
<b>Grain</b>	2.25
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 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



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

<b>Meat</b>	0.00
<b>Grain</b>	2.25
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	535.00
<b>Fat</b>	4.40g
<b>SaturatedFat</b>	1.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	446.20mg
<b>Carbohydrates</b>	118.00g

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



# Ham & Cheese Wrap Box



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-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	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
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

<b>Meat</b>	3.00
<b>Grain</b>	2.75
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	642.25		
<b>Fat</b>	24.30g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.50mg		
<b>Sodium</b>	1552.30mg		
<b>Carbohydrates</b>	86.00g		
<b>Fiber</b>	14.70g		
<b>Sugar</b>	22.50g		
<b>Protein</b>	27.05g		
<b>Vitamin A</b>	15.31IU	<b>Vitamin C</b>	2.21mg
<b>Calcium</b>	458.70mg	<b>Iron</b>	2.88mg

# CLT Box



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	<p><b>CONVECTION</b> 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><b>MICROWAVE</b> 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><b>READY TO EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.</p>	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

<b>Meat</b>	2.50
<b>Grain</b>	2.75
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	723.53		
<b>Fat</b>	27.66g		
<b>SaturatedFat</b>	9.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.00mg		
<b>Sodium</b>	1155.81mg		
<b>Carbohydrates</b>	86.88g		
<b>Fiber</b>	15.31g		
<b>Sugar</b>	22.25g		
<b>Protein</b>	38.51g		
<b>Vitamin A</b>	1023.39IU	<b>Vitamin C</b>	7.88mg
<b>Calcium</b>	396.82mg	<b>Iron</b>	3.22mg

# Tuna Salad Sandwich Box

NO IMAGE

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-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	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
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

<b>Meat</b>	0.33
<b>Grain</b>	2.03
<b>Fruit</b>	0.01
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.10
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>			578.59
<b>Fat</b>			10.51g
<b>SaturatedFat</b>			0.78g
<b>Trans Fat</b>			0.00g
<b>Cholesterol</b>			217.95mg
<b>Sodium</b>			1869.43mg
<b>Carbohydrates</b>			35.64g
<b>Fiber</b>			3.48g
<b>Sugar</b>			8.72g
<b>Protein</b>			81.43g
<b>Vitamin A</b>	58.37IU	<b>Vitamin C</b>	0.71mg
<b>Calcium</b>	92.80mg	<b>Iron</b>	6.13mg