

# **Cookbook for AURORA-HIGH SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

**Beef & Cheese Nachos**

**Beans Baked MTG**

**Fries Sweet Potato Crinkle MTG**

**Hamburger Deluxe**

**Hot Dog on WG Bun MTG**

**Salad Spinach Side MTG**

**Sandwich Chicken Patty MTG**

**Scoops Fiesta MTG**

**Sandwich Turkey Burger MTG**

**Taco Walking MTG**

**Toasted Cheese Sandwich**

**Beans Green Sesame MTG**

**Spaghetti with Meatballs**

**Cauliflower Parslied MTG**

**Turkey & Cheese Sub on Pretzel Bun**

**Chicken Nuggets K-8**

**Beef & Cheese Nachos**

**chicken and gravy**

**chicken and gravy**

**Beef & Cheese Nachos**

**Beef & Cheese Nachos**

**Salad Spinach Side MTG**

**Hamburger Deluxe**

**Cauliflower Parslied MTG**

**grilled chicken**

**Salad Spinach Side MTG**

**everyday vegetable and fruit**

**Fries Sweet Potato Crinkle MTG**

**Large Salad**

**MEATBALL HOAGIE**

**Salad Spinach Side MTG**

**RO -High School Bosc**

**Steamed Carrots**

**Thanksgiving Turkey Dinner**

**Black Bean and Corn Relish**

**RO- Chicken Fajita Burrito with Peppers & Onions**

**SALAD BAR DAILY**

**Chicken Alfredo Pasta**

**Cocoa Cherry Bar and String Cheese**

**799 SNACK KIDS MIX WG LUNCH**

**Sausage and Biscuit**

**Yogurt Grab and Go #1**

**Ham & Cheese Wrap Box**

**Broc/Cali/Tom/Car. Cup**

**Mashed Potatoes (Instant)**

**Canned Fruit Pineapple Chunk**

**Applesauce Unsweetened MTG**

**Canned Fruit Peaches Sliced**

**Canned Fruit Mandarin Oranges**

**Pears Canned**

**Dinner Roll**

**Chicken Alfredo Pasta**

**Chicken Alfredo Pasta**

**Bat Snack**

**Baked Sweet Potato and Apples**

**Cheeseburger/Fries**

**Beef Steakburger**

**Beef Steakburger**

**Garden Salad**

**Everyday Fruit & Vegetable Salad Bar**

**Variety of Milk**

**SALAD BAR DAILY**

# Beef & Cheese Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-329

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 Ounce	722330
TORTILLA YELLOW RND 40-2Z BRRLOFUN	1 Package	682210
CHEESE CHED MLD SHRD 4-5# COMM	1/4 Cup	150250

## Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO 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. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz (1/3 cup or #12 scoop) and 1/4 cup shredded cheese.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 485.43

**Fat** 24.64g

**SaturatedFat** 9.20g

**Trans Fat** 0.27g

**Cholesterol** 63.12mg

**Sodium** 686.25mg

**Carbohydrates** 45.73g

**Fiber** 5.89g

**Sugar** 1.89g

**Protein** 23.11g

**Vitamin A** 910.41IU **Vitamin C** 4.73mg

**Calcium** 241.80mg **Iron** 2.89mg

# Beans Baked MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-330

## Ingredients

Description	Measurement	DistPart #
BEAN BAKED 6-10 BUSH	4 Gallon	520098

## Preparation Instructions

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 135oF.

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

Updated December 2013

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 179.20

**Fat** 1.28g

**Saturated Fat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 704.00mg

**Carbohydrates** 37.12g

**Fiber** 6.40g

**Sugar** 15.36g

**Protein** 7.68g

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

**Calcium** 51.20mg **Iron** 2.30mg

# Fries Sweet Potato Crinkle MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-331

## Ingredients

Description	Measurement	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	19 3/4 Pound	628100

## Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3.17 oz svg = 1/2 c. red/orange vegetable

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	119.62
<b>Fat</b>	4.49g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	179.43mg
<b>Carbohydrates</b>	16.95g
<b>Fiber</b>	2.99g
<b>Sugar</b>	4.98g
<b>Protein</b>	1.99g
<b>Vitamin A</b> 3488.96IU	<b>Vitamin C</b> 2.39mg
<b>Calcium</b> 19.94mg	<b>Iron</b> 0.36mg

# Hamburger Deluxe

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-332

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	100 Each	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each	517810
TOMATO 6X6 LRG 10 MRKN	20 Cup	199001
LETTUCE ICEBERG FS 4-6CT MRKN	100 Ounce	307769
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package	571720
MAYONNAISE LT 4-1GAL GFS	1 3/5 Fluid Ounce	429406

## Preparation Instructions

WASH HANDS.

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

1. Cook beef patty as directed on package.
2. Layer patty, lettuce, tomato, ketchup, mustard and mayo 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 2013

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 327.28

**Fat** 15.11g

**Saturated Fat** 5.02g

**Trans Fat** 1.00g

**Cholesterol** 35.32mg

**Sodium** 438.40mg

**Carbohydrates** 33.53g

**Fiber** 7.44g

**Sugar** 7.03g



<b>Protein</b>	17.32g
<b>Vitamin A</b> 399.88IU	<b>Vitamin C</b> 4.93mg
<b>Calcium</b> 93.60mg	<b>Iron</b> 2.98mg

# Hot Dog on WG Bun MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-333

## Ingredients

Description	Measurement	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GFS	100 Each	517830
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	100 Each	570662
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package	571720

## Preparation Instructions

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 260.00

**Fat** 12.50g

**Saturated Fat** 4.00g

**Trans Fat** 0.00g

**Cholesterol** 50.00mg

**Sodium** 500.00mg

**Carbohydrates** 28.00g

**Fiber** 4.00g

**Sugar** 7.00g

<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.67mg	<b>Iron</b> 1.60mg

# Salad Spinach Side MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-334

## Ingredients

Description	Measurement	DistPart #
SPINACH BABY CLND 2-2 RSS	6 1/4 Gallon	560545
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	199001
CUCUMBER SELECT 6CT MRKN	30 Cup	592323

## Preparation Instructions

WASH HANDS.

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

1. Place spinach into a mixing bowl.
2. Core and dice tomatoes.
3. Chop cucumbers.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

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

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 10.09

**Fat** 0.06g

**SaturatedFat** 0.01g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 26.07mg

**Carbohydrates** 2.20g

**Fiber** 1.28g

**Sugar** 0.73g

<b>Protein</b>	1.23g		
<b>Vitamin A</b>	143.83IU	<b>Vitamin C</b>	2.53mg
<b>Calcium</b>	34.03mg	<b>Iron</b>	1.09mg

# Sandwich Chicken Patty MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-335

## Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each	517810
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	558061
TOMATO 6X6 LRG 10 MRKN	20 Cup	199001
LETTUCE ICEBERG FS 4-6CT MRKN	100 Ounce	307769

## Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN. 1. Cook chicken patty as directed on package.

2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.

3. Serve.

4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable Updated October 2013

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 386.48

**Fat** 15.08g

**SaturatedFat** 2.52g

**Trans Fat** 0.00g

**Cholesterol** 25.00mg

**Sodium** 591.80mg

**Carbohydrates** 43.40g

**Fiber** 9.44g

**Sugar** 6.00g

**Protein** 19.32g

**Vitamin A** 299.88IU

**Vitamin C** 4.93mg

**Calcium** 88.60mg **Iron** 3.18mg

# Scoops Fiesta MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-336

## Ingredients

Description	Measurement	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Package	696871
TACO FILLING BEEF 4-5 GFS	11 1/4 Pound	776548
BEAN PINTO 6-10 GCHC	1 3/5 Gallon	261475
BEAN KIDNY RD DK LO SOD 6-10 P/L	1 3/5 Gallon	598002
CARROT JUMBO 10 P/L	25 Cup	592293
TOMATO ROMA DCD 3/8 2-5 RSS	1 3/5 Ounce	786543
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 3/5 Gallon	451730
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Cup	191043

## Preparation Instructions

Wash Hands

Wash all fresh, unpackaged produce under running water. Drain well.

1. Mix together meat, beans, carrots and tomatoes.

CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.

2. Pour contents of an .875 oz. bag of Baked Tostitos Scoops on a serving plate. Add 1 3/8 cup of the chili mixture, and cover with shredded cheese, lettuce and other desired toppings.

CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

Optional: Create a walking taco by serving the chili mixture and toppings (cheese, lettuce and optional toppings) in the .875 oz bag of Baked Tostitos Scoops. Pull open the bag from the top or cut open along one side and spoon in chili mixture and add toppings.

1 Serving provides: 1.25 oz eq grain, 1.5 oz meat/meat alternate, 1/2 cup red/orange vegetable, 1/2 cup beans/legumes vegetable and 1/8 cup dark green vegetable

Updated March 2012

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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**Amount Per Serving**



<b>Calories</b>	341.55		
<b>Fat</b>	11.61g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	21.00mg		
<b>Sodium</b>	507.04mg		
<b>Carbohydrates</b>	42.47g		
<b>Fiber</b>	11.39g		
<b>Sugar</b>	3.23g		
<b>Protein</b>	16.25g		
<b>Vitamin A</b>	6717.87IU	<b>Vitamin C</b>	1.41mg
<b>Calcium</b>	175.22mg	<b>Iron</b>	3.13mg

# Sandwich Turkey Burger MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-337

## Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each	517810
TURKEY BRGR FLAMEBR 90-2.5Z ADV	100 Each	897690
TOMATO 6X6 LRG 10 MRKN	20 Cup	199001
LETTUCE ICEBERG FS 4-6CT MRKN	1 Ounce	307769

## Preparation Instructions

WASH HANDS.

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

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	276.58		
<b>Fat</b>	11.08g		
<b>SaturatedFat</b>	2.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	366.85mg		
<b>Carbohydrates</b>	29.42g		
<b>Fiber</b>	6.45g		
<b>Sugar</b>	5.01g		
<b>Protein</b>	19.32g		
<b>Vitamin A</b>	399.88IU	<b>Vitamin C</b>	4.93mg

**Calcium** 63.70mg **Iron** 2.62mg

# Taco Walking MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-338

## Ingredients

Description	Measurement	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Package	696871
TACO FILLING BEEF 4-5 GFS	12 1/2 Pound	776548
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Cup	191043
SALSA 103Z 6-10 REDG	7 Pound	452841
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 3/5 Ounce	242489

## Preparation Instructions

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 248.86

**Fat** 11.75g

<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.50mg
<b>Sodium</b>	437.73mg
<b>Carbohydrates</b>	24.52g
<b>Fiber</b>	3.02g
<b>Sugar</b>	1.76g
<b>Protein</b>	10.75g
<b>Vitamin A</b> 207.91IU	<b>Vitamin C</b> 1.49mg
<b>Calcium</b> 123.85mg	<b>Iron</b> 1.30mg

# Toasted Cheese Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-339

## Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 1/2 Cup	191205
BREAD WGRAIN HNY WHT 16-24Z GFS	200 Slice	204822
CHEESE AMER 160CT SLCD 6-5 COMM	200 Slice	150260

## Preparation Instructions

### Directions:

- 1: Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
- 2: Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
- 3: Top each slice of bread with 2 slices (2 oz) of cheese.
- 4: Cover with remaining bread slices.
- 5: Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
- 6: Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE
- 6: CCP: Heat to 140° F or higher.
- 7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

### Notes:

- 1: Comments:
- 2: \*See Marketing Guide.

## Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	304.00
<b>Fat</b>	13.64g
<b>SaturatedFat</b>	6.68g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.20mg
<b>Sodium</b>	711.60mg

<b>Carbohydrates</b>	37.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 396.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 230.00mg	<b>Iron</b> 2.16mg

# Beans Green Sesame MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-340

## Ingredients

Description	Measurement	DistPart #
BEAN GREEN BUSHEL 26 P/L	30 Cup	857424
OIL SESAME PURE 10-56Z ROLN	1 1/4 Tablespoon	348630
OIL OLIVE PURE 4-3LTR GFS	1 1/4 Tablespoon	432061
SALT SEA 36Z TRDE	2 Teaspoon	748590
SPICE SESAME SEED HULLED 19Z TRDE	1 1/4 Tablespoon	513806

## Preparation Instructions

WASH HANDS.

1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.
2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

CCP: Hot hold for service at 135°F or above.

Note: Boil beans within 1 hour of service.

They tend to overheat and turn grey after 1 hour

School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 13.23

**Fat** 0.41g

**SaturatedFat** 0.08g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 45.98mg

**Carbohydrates** 2.40g

**Fiber** 0.90g

**Sugar** 1.20g

**Protein** 0.60g



<b>Vitamin A</b>	227.70IU	<b>Vitamin C</b>	4.03mg
<b>Calcium</b>	12.21mg	<b>Iron</b>	0.34mg

# Spaghetti with Meatballs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-341

## Ingredients

Description	Measurement	DistPart #
PASTA SPAG 51 WGRAIN 2-10	2 Ounce	221460
MEATBALL CKD .65Z 6-5 COMM	4 Each	785860
SAUCE MARINARA A/P 6-10 REDPK	4 Ounce	592714

## Preparation Instructions

Cook pasta according to package directions.

Meatballs: Place frozen meatballs in sauce, cover and heat in oven at 375 F for approximately 30-40 minutes. Alternatively, heat in steamer. Heat until internal temperature of meatballs reaches 155 F for 15 seconds or longer.

Serve 1 cup of spaghetti, 1/2 cup marinara, and 4 meatballs.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	418.14
<b>Fat</b>	13.36g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	673.14mg
<b>Carbohydrates</b>	54.57g
<b>Fiber</b>	7.86g
<b>Sugar</b>	9.71g
<b>Protein</b>	21.86g
<b>Vitamin A</b> 559.29IU	<b>Vitamin C</b> 9.57mg
<b>Calcium</b> 106.86mg	<b>Iron</b> 3.80mg

# Cauliflower Parslied MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-342

## Ingredients

Description	Measurement	DistPart #
CAULIFLOWER 6-4 GFS	30 Cup	610882
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	3/4 Cup	299405
SPICE PARSLEY FLAKES 11Z TRDE	3/4 Cup	513989

## Preparation Instructions

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 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. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

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

Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 18.00

**Fat** 1.32g

**SaturatedFat** 0.84g

**Trans Fat** 0.00g

**Cholesterol** 3.60mg

**Sodium** 6.00mg

**Carbohydrates** 1.20g

**Fiber** 0.60g

**Sugar** 0.60g

**Protein** 0.60g

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

**Calcium** 6.06mg **Iron** 0.00mg

# Turkey & Cheese Sub on Pretzel Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-343

## Ingredients

Description	Measurement	DistPart #
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each	500162
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Ounce	244190
American Cheese Sliced RF	1/2 Ounce	666204

## Preparation Instructions

Assemble bagel sandwich place 2 oz. sliced turkey and 1 slice of American Cheese on a pretzel bun.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 214.17

**Fat** 5.00g

**SaturatedFat** 1.96g

**Trans Fat** 0.00g

**Cholesterol** 18.75mg

**Sodium** 268.33mg

**Carbohydrates** 29.50g

**Fiber** 3.00g

**Sugar** 2.25g

**Protein** 12.42g

**Vitamin A** 15.00IU **Vitamin C** 0.00mg

**Calcium** 70.00mg **Iron** 1.92mg

# Chicken Nuggets K-8

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2808

## Ingredients

Description	Measurement	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	500 1 each	558040

## Preparation Instructions

### HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

### SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00 Each

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**Amount Per Serving**

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**Calories** 240.00

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**Fat** 14.00g

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**SaturatedFat** 2.50g

---

**Trans Fat** 0.00g

---

**Cholesterol** 20.00mg

---

**Sodium** 470.00mg

---

**Carbohydrates** 16.00g

---

**Fiber** 3.00g

---

**Sugar** 1.00g

---

**Protein** 13.00g

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**Vitamin A** 100.00IU      **Vitamin C** 0.00mg

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**Calcium** 39.00mg      **Iron** 2.00mg

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# Beef & Cheese Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2810

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 6 oz spoodle	722330
TORTILLA YELLOW RND 40-2Z BRRLOFUN	1 Package	682210
CHEESE CHED MLD SHRD 4-5# COMM	1/4 Cup	150250
LETTUCE AMER BLND MXD 4-5 RSS	1	451720
Beans, Refried, Low sodium, canned	1	100362
RICE MEXICAN FIESTA 6-25.9Z UBEN	1	473006
1 % White Milk	1	
APPLE, RED DELICIOUS, FRESH	1	100514

## Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO 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. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz (1/3 cup or #12 scoop) and 1/4 cup shredded cheese.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 1041.13

**Fat** 27.94g

**SaturatedFat** 10.70g

**Trans Fat** 0.27g

**Cholesterol** 78.12mg

**Sodium** 1915.35mg

**Carbohydrates** 149.73g



<b>Fiber</b>	18.56g		
<b>Sugar</b>	24.23g		
<b>Protein</b>	50.48g		
<b>Vitamin A</b>	1600.36IU	<b>Vitamin C</b>	24.85mg
<b>Calcium</b>	321.60mg	<b>Iron</b>	6.58mg

# chicken and gravy

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2813

## Ingredients

Description	Measurement	DistPart #
Green Beans cnd	1 1/2 c	100307
LETTUCE BLND ROMAINE 4-5 CULVR	1	817541
POTATO MASHED DELUX 4-6# SIMPLYPOT	1 1/2c	836762
DRESSING ITALIAN FF 200-12GM HHL	1 12gm	582530
CHICKEN GRAVY	1	12913
1/2 pint milk chocolate skim	1	
Pears, Sliced, Extra Light Syrup, Canned	1	100224

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00

#### Amount Per Serving

**Calories** 5.27

**Fat** 0.22g

**SaturatedFat** 0.14g

**Trans Fat** 0.00g

**Cholesterol** 0.60mg

**Sodium** 14.50mg

**Carbohydrates** 0.73g

**Fiber** 0.12g

**Sugar** 0.30g

**Protein** 0.09g

**Vitamin A** 0.00IU **Vitamin C** 0.01mg

**Calcium** 1.23mg **Iron** 0.01mg

# chicken and gravy

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2814

## Ingredients

Description	Measurement	DistPart #
Green Beans cnd	1 1/2 c	100307
LETTUCE BLND ROMAINE 4-5 CULVR	1	817541
POTATO MASHED DELUX 4-6# SIMPLYPOT	1 1/2c	836762
DRESSING ITALIAN FF 200-12GM HHL	1 12gm	582530
CHICKEN GRAVY	1	12913
1/2 pint milk chocolate skim	1	
Pears, Sliced, Extra Light Syrup, Canned	1	100224

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00

#### Amount Per Serving

**Calories** 5.27

**Fat** 0.22g

**SaturatedFat** 0.14g

**Trans Fat** 0.00g

**Cholesterol** 0.60mg

**Sodium** 14.50mg

**Carbohydrates** 0.73g

**Fiber** 0.12g

**Sugar** 0.30g

**Protein** 0.09g

**Vitamin A** 0.00IU **Vitamin C** 0.01mg

**Calcium** 1.23mg **Iron** 0.01mg

# Beef & Cheese Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2825

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 6 oz spoodle	722330
TORTILLA YELLOW RND 40-2Z BRRLOFUN	1 Package	682210
CHEESE CHED MLD SHRD 4-5# COMM	1/4 Cup	150250
LETTUCE AMER BLND MXD 4-5 RSS	1	451720
Beans, Refried, Low sodium, canned	1	100362
RICE MEXICAN FIESTA 6-25.9Z UBEN	1	473006
1 % White Milk	1	
APPLE, RED DELICIOUS, FRESH	1	100514

## Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO 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. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz (1/3 cup or #12 scoop) and 1/4 cup shredded cheese.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 1041.13

**Fat** 27.94g

**SaturatedFat** 10.70g

**Trans Fat** 0.27g

**Cholesterol** 78.12mg

**Sodium** 1915.35mg

**Carbohydrates** 149.73g

<b>Fiber</b>	18.56g		
<b>Sugar</b>	24.23g		
<b>Protein</b>	50.48g		
<b>Vitamin A</b>	1600.36IU	<b>Vitamin C</b>	24.85mg
<b>Calcium</b>	321.60mg	<b>Iron</b>	6.58mg

# Beef & Cheese Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2826

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 6 oz spoodle	722330
TORTILLA YELLOW RND 40-2Z BRRLOFUN	1 Package	682210
CHEESE CHED MLD SHRD 4-5# COMM	1/4 Cup	150250
LETTUCE AMER BLND MXD 4-5 RSS	1	451720
Beans, Refried, Low sodium, canned	1	100362
RICE MEXICAN FIESTA 6-25.9Z UBEN	1	473006
1 % White Milk	1	
APPLE, RED DELICIOUS, FRESH	1	100514

## Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO 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. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz (1/3 cup or #12 scoop) and 1/4 cup shredded cheese.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 1041.13

**Fat** 27.94g

**SaturatedFat** 10.70g

**Trans Fat** 0.27g

**Cholesterol** 78.12mg

**Sodium** 1915.35mg

**Carbohydrates** 149.73g

<b>Fiber</b>	18.56g		
<b>Sugar</b>	24.23g		
<b>Protein</b>	50.48g		
<b>Vitamin A</b>	1600.36IU	<b>Vitamin C</b>	24.85mg
<b>Calcium</b>	321.60mg	<b>Iron</b>	6.58mg

# Salad Spinach Side MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2845

## Ingredients

Description	Measurement	DistPart #
SPINACH BABY CLND 2-2 RSS	6 1/4 Gallon	560545
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	199001
CUCUMBER SELECT 6CT MRKN	30 Cup	592323

## Preparation Instructions

WASH HANDS.

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

1. Place spinach into a mixing bowl.
2. Core and dice tomatoes.
3. Chop cucumbers.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

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

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 10.09

**Fat** 0.06g

**SaturatedFat** 0.01g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 26.07mg

**Carbohydrates** 2.20g

**Fiber** 1.28g

**Sugar** 0.73g



<b>Protein</b>	1.23g		
<b>Vitamin A</b>	143.83IU	<b>Vitamin C</b>	2.53mg
<b>Calcium</b>	34.03mg	<b>Iron</b>	1.09mg

# Hamburger Deluxe

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2846

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	100 Each	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each	517810
TOMATO 6X6 LRG 10 MRKN	20 Cup	199001
LETTUCE ICEBERG FS 4-6CT MRKN	100 Ounce	307769
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package	571720
MAYONNAISE LT 4-1GAL GFS	1 3/5 Quart	429406

## Preparation Instructions

WASH HANDS.

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

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo 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 2013

,

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 352.07

**Fat** 16.10g

**Saturated Fat** 5.02g

**Trans Fat** 1.00g

**Cholesterol** 45.24mg

**Sodium** 487.98mg

**Carbohydrates** 37.49g

**Fiber** 7.44g

**Sugar** 8.02g

<b>Protein</b>	17.32g
<b>Vitamin A</b> 399.88IU	<b>Vitamin C</b> 4.93mg
<b>Calcium</b> 93.60mg	<b>Iron</b> 2.98mg

# Cauliflower Parslied MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2847

## Ingredients

Description	Measurement	DistPart #
CAULIFLOWER 6-4 GFS	30 Cup	610882
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	3/4 Cup	299405
SPICE PARSLEY FLAKES 11Z TRDE	3/4 Cup	513989

## Preparation Instructions

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 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. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

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

,Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 18.00

**Fat** 1.32g

**SaturatedFat** 0.84g

**Trans Fat** 0.00g

**Cholesterol** 3.60mg

**Sodium** 6.00mg

**Carbohydrates** 1.20g

**Fiber** 0.60g

<b>Sugar</b>	0.60g		
<b>Protein</b>	0.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.06mg	<b>Iron</b>	0.00mg

# grilled chicken

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2848

## Ingredients

Description	Measurement	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	152121

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Each

#### Amount Per Serving

<b>Calories</b>	1.20		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.60mg		
<b>Sodium</b>	3.20mg		
<b>Carbohydrates</b>	0.01g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.22g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.20mg	<b>Iron</b>	0.01mg

# Salad Spinach Side MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3098

## Ingredients

Description	Measurement	DistPart #
Baby Spinach	1	15R76
Grape Tomatoes	1	749041
CUCUMBER 6CT	1	626742

## Preparation Instructions

Directions:

WASH HANDS.

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

1. Place spinach into a mixing bowl.
2. Core and dice tomatoes.
3. Chop cucumbers.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

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

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

Notes:

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

**Calories** 0.15

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.35mg

<b>Carbohydrates</b>	0.02g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# everyday vegetable and fruit

<b>Servings:</b>	75.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3231

## Ingredients

Description	Measurement	DistPart #
CARROTS, CHL, BABY, WHL PEEL 100/3 OZ PG	3 Serving	812540
SALAD COLESLAW SUPER 3-2 RSS	1 Serving	667611
APPLE, RED DELICIOUS, FRESH	1 Piece	100514
BROCCOLI & CAULIF COMBO 2-3 RSS	1 11/100 Ounce	283339
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	4 Ounce	597380
BEAN BLACK FIESTA TACO 6-10 BUSH	1 Serving	581180
LETTUCE ROMAINE HERITAGE BLND 4-2	2 Serving	165761
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4 Ounce	863880
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	2 Piece	696831
CHEESE STRING MOZZ IW 168-1Z LOL	1 Piece	786580

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00

#### Amount Per Serving

**Calories** 12.48

**Fat** 0.17g

**SaturatedFat** 0.05g

**Trans Fat** 0.00g

**Cholesterol** 0.20mg

**Sodium** 23.42mg

**Carbohydrates** 2.29g

**Fiber** 0.32g

**Sugar** 0.79g

<b>Protein</b>	0.43g		
<b>Vitamin A</b>	432.38IU	<b>Vitamin C</b>	3.63mg
<b>Calcium</b>	7.76mg	<b>Iron</b>	0.12mg

# Fries Sweet Potato Crinkle MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3315

## Ingredients

Description	Measurement	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	19 3/4 Pound	628100

## Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3.17 oz svg = 1/2 c. red/orange vegetable

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	119.62		
<b>Fat</b>	4.49g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	179.43mg		
<b>Carbohydrates</b>	16.95g		
<b>Fiber</b>	2.99g		
<b>Sugar</b>	4.98g		
<b>Protein</b>	1.99g		
<b>Vitamin A</b>	3488.96IU	<b>Vitamin C</b>	2.39mg
<b>Calcium</b>	19.94mg	<b>Iron</b>	0.36mg

# Large Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 1 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4200

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	4 Cup	735787
HAM SLCD .5Z 4-2.5 GFS	1/4 Slice	294187
TURKEY BRST SLCD HNY RSTD 6-2 GFS	1/4 Ounce	457140
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
CUCUMBER SELECT 6CT MRKN	1/4 Cup	592323
PEPPERS GREEN LRG 5 MRKN	1/4 Cup	592315
TOMATO GRAPE SWT 10 MRKN	6 Cup	129631
RADISH CLEANED 2-3 RSS	1/4 Cup	233986

## Preparation Instructions

Prepare salad per each persons order. Using 4 cups of romaine lettuce.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 1 salad

#### Amount Per Serving

<b>Calories</b>	369.08
<b>Fat</b>	11.77g
<b>SaturatedFat</b>	6.66g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.13mg
<b>Sodium</b>	331.68mg
<b>Carbohydrates</b>	54.81g
<b>Fiber</b>	18.35g
<b>Sugar</b>	32.19g
<b>Protein</b>	18.89g
<b>Vitamin A</b> 29430.91IU	<b>Vitamin C</b> 302.57mg
<b>Calcium</b> 403.06mg	<b>Iron</b> 6.34mg

# MEATBALL HOAGIE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4201

## Ingredients

Description	Measurement	DistPart #
SNACK FRT .9Z 6-40CT WELCHS	1 Each	244711
MEATBALL CKD 1Z ITAL 10 FONT	4 Each	504149
CHIP POT REG CRISP BKD 60-.875Z LAYS	1 Package	714230
SAUCE MARINARA 6-10 FULLRD	1/4 Cup	358946
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	1/4 Cup	421812
BUN SUB SLCD 6 12-6CT GCHC	1 Each	219670

## Preparation Instructions

WASH HANDS.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	806.67
<b>Fat</b>	36.83g
<b>SaturatedFat</b>	11.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	1848.33mg
<b>Carbohydrates</b>	85.33g
<b>Fiber</b>	4.67g
<b>Sugar</b>	18.00g
<b>Protein</b>	38.00g
<b>Vitamin A</b> 2091.67IU	<b>Vitamin C</b> 75.70mg
<b>Calcium</b> 413.33mg	<b>Iron</b> 6.14mg

# Salad Spinach Side MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4202

## Ingredients

Description	Measurement	DistPart #
SPINACH BABY CLND 2-2 RSS	6 1/4 Gallon	560545
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	199001
CUCUMBER SELECT 6CT MRKN	30 Cup	592323

## Preparation Instructions

WASH HANDS.

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

1. Place spinach into a mixing bowl.
2. Core and dice tomatoes.
3. Chop cucumbers.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

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

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 10.09

**Fat** 0.06g

**SaturatedFat** 0.01g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 26.07mg

**Carbohydrates** 2.20g

**Fiber** 1.28g

**Sugar** 0.73g

<b>Protein</b>	1.23g		
<b>Vitamin A</b>	143.83IU	<b>Vitamin C</b>	2.53mg
<b>Calcium</b>	34.03mg	<b>Iron</b>	1.09mg

# RO -High School BoscOs

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4203

## Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD WGRAIN 7 108CT	2 Each	235421

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 2.00

#### Amount Per Serving

<b>Calories</b>	350.00
<b>Fat</b>	13.33g
<b>SaturatedFat</b>	6.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.33mg
<b>Sodium</b>	533.33mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.33g
<b>Sugar</b>	3.33g
<b>Protein</b>	23.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 521.67mg	<b>Iron</b> 1.67mg



# Steamed Carrots

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4204

## Ingredients

Description	Measurement	DistPart #
CARROT FZ 30 COMM	1/2 Cup	150390

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	0.54		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.48mg		
<b>Sodium</b>	0.86mg		
<b>Carbohydrates</b>	0.12g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.06g		
<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

# Thanksgiving Turkey Dinner

<b>Servings:</b>	107.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4205

## Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	28 Pound	653171
POTATO PRLS EXCEL 12-28Z BAMER	5 1/2 Pound	613738
Whole Grain Dinner Roll	1 bun	1591

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 107.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 203.77

**Fat** 5.71g

**SaturatedFat** 1.51g

**Trans Fat** 0.00g

**Cholesterol** 45.29mg

**Sodium** 924.14mg

**Carbohydrates** 18.59g

**Fiber** 1.18g

**Sugar** 0.01g

**Protein** 20.49g

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

**Calcium** 11.75mg **Iron** 0.71mg

# Black Bean and Corn Relish

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4206

## Ingredients

Description	Measurement	DistPart #
SALSA PICO DE GALLO 6-32Z ITALR	1 Gallon	434526
SPICE CILANTRO 4Z TRDE	3/4 Cup	565903
CORN WHL KERNEL STD GRADE 6-10 KE	1 Gallon	244805
BEANS BLACK LO SOD 6-10 BUSH	1 Gallon	231981

## Preparation Instructions

Mix all ingredients together and refridgerate overnight. Cup in individual 2 oz cups for salads

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

**Calories** 70.39

**Fat** 0.48g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 297.45mg

**Carbohydrates** 14.08g

**Fiber** 2.56g

**Sugar** 2.88g

**Protein** 2.88g

**Vitamin A** 383.63IU **Vitamin C** 7.29mg

**Calcium** 19.20mg **Iron** 0.58mg

# RO- Chicken Fajita Burrito with Peppers & Onions

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4207

## Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 1/2 Ounce	150160
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340
PEPPERS & ONION FLME RSTD 6-2.5	1/4 Cup	847208
CHEESE CHED MLD SHRD 4-5# COMM	1/4 Cup	150250
LETTUCE SHRD 3/8 CUT 4-5 RSS	13/100 Cup	678791
SOUR CREAM L/F 4-5 RGNLBRND	2 Tablespoon	534331

## Preparation Instructions

1. CONVECTION Appliances vary, adjust accordingly. Convection Oven: 5-8 minutes in a single layer at 400°F from frozen. CCP: Hold hot at 135 F or higher
2. Cook Peppers & onions according to directions. CCP: Hold hot at 135F or higher
3. Top 10" tortilla with #12 scoop meat, #16 scoop cheese & #16 scoop peppers & onions
4. Offer with shredded lettuce & sour cream

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 448.60

**Fat** 22.43g

**SaturatedFat** 11.67g

**Trans Fat** 0.00g

**Cholesterol** 106.67mg

**Sodium** 867.06mg

**Carbohydrates** 37.62g

**Fiber** 1.43g

**Sugar** 3.43g

**Protein** 26.43g

<b>Vitamin A</b>	319.84IU	<b>Vitamin C</b>	0.89mg
<b>Calcium</b>	293.30mg	<b>Iron</b>	2.14mg

# SALAD BAR DAILY

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4466

## Ingredients

Description	Measurement	DistPart #
SPINACH BABY CLND 2-2 RSS	2 1/2 Ounce	560545
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	4 Ounce	510562
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4 Ounce	863880
GRAPE RED SDLSS 5 P/L	3 1/20 Ounce	596914
JUICE DRAGON PUNCH ECO 70-4FLZ	4 Ounce	510571
CARROT CELERY STIX COMBO 2-5 RSS	6 Each	302198
LETTUCE LEAF GRN SAND FLLT 4-2 P/L	2 1/25 Ounce	877510
BEAN GARBANZO LO SOD 6-10 P/L	1/2 Cup	597991
EGG HARD CKD PLD BIB 4-2.5 GFS	1 Each	229431
APPLE BABY GALA 10	1 Each	220300
LETTUCE ICEBERG 24CT P/L	2 15/79 Cup	840401
ROUND BKFST UBR IW 126-2.2Z RICH	1 Each	129001
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
TOMATO GRAPE ORGNC 12 PINTS	6 Each	762740
HUMMUS CUP RSTD RED PEPPER 120-3Z	3 Ounce	601133
PEPPERS GREEN LRG 5 MRKN	1/2 Cup	592315
PEAS FZ 30 COMM	1/2 Cup	110510
BREAD PANINI 192-.82Z PILLS	1 Piece	831161
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/2 Cup	732451

## Preparation Instructions

No Preparation Instructions available.

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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### Amount Per Serving

<b>Calories</b>	1761.11
<b>Fat</b>	24.53g
<b>SaturatedFat</b>	9.31g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	205.00mg
<b>Sodium</b>	2125.56mg
<b>Carbohydrates</b>	342.56g
<b>Fiber</b>	65.84g
<b>Sugar</b>	208.34g
<b>Protein</b>	67.89g
<b>Vitamin A</b> 78416.85IU	<b>Vitamin C</b> 369.15mg
<b>Calcium</b> 1512.39mg	<b>Iron</b> 32.92mg

# Chicken Alfredo Pasta

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.93 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4645

## Ingredients

Description	Measurement	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	1 83/100 Serving	155661
CHIX FAJT 30 COMM	3 Ounce	154900
CHEESE MOZZ SHRD 30 COMM	1 Ounce	150620
PASTA ROTINI 2-10 KE	2 Ounce	635511

## Preparation Instructions

After mixing all together place in 4" steam table pan sprayed with Pan Coating. Bake until reached temperature of 165 degrees.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.93 Ounce

#### Amount Per Serving

**Calories** 16.29

**Fat** 0.69g

**SaturatedFat** 0.41g

**Trans Fat** 0.00g

**Cholesterol** 3.57mg

**Sodium** 48.73mg

**Carbohydrates** 1.34g

**Fiber** 0.04g

**Sugar** 0.37g

**Protein** 1.13g

**Vitamin A** 20.46IU **Vitamin C** 0.00mg

**Calcium** 17.69mg **Iron** 0.04mg



# Cocoa Cherry Bar and String Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4677

## Ingredients

Description	Measurement	DistPart #
Cocoa Cherry Nutrition Bar	1 Each	P879
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	255.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 198.00mg	<b>Iron</b> 0.00mg

# 799 SNACK KIDS MIX WG LUNCH

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4704

## Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	811500
SNACK MUNCHIE MIX 104-SSV QUAK	12 Package	251670
JUICE DRAGON PUNCH ECO 70-4FLZ	4 Ounce	510571

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 12.00  
Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	140.00
<b>Fat</b>	3.81g
<b>SaturatedFat</b>	0.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.04mg
<b>Sodium</b>	212.71mg
<b>Carbohydrates</b>	23.04g
<b>Fiber</b>	2.04g
<b>Sugar</b>	7.25g
<b>Protein</b>	2.88g
<b>Vitamin A</b> 208.33IU	<b>Vitamin C</b> 10.00mg
<b>Calcium</b> 54.83mg	<b>Iron</b> 2.88mg

# Sausage and Biscuit

<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-7991

## Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	109000
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	237390

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<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

# Yogurt Grab and Go #1

<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-7992

## Ingredients

Description	Measurement	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	1 Each	765020
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	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.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	414.75
<b>Fat</b>	4.05g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	365.30mg
<b>Carbohydrates</b>	91.00g
<b>Fiber</b>	5.70g
<b>Sugar</b>	45.00g
<b>Protein</b>	8.05g
<b>Vitamin A</b> 915.31IU	<b>Vitamin C</b> 1.31mg
<b>Calcium</b> 431.70mg	<b>Iron</b> 6.34mg

# 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-7993

## Ingredients

Description	Measurement	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	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:

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 642.25

**Fat** 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

# Broc/Cali/Tom/Car. Cup

<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-7994

## Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	6 1/4 Pound	510637
TOMATO GRAPE SWT 10 MRKN	6 1/4 Pound	129631
BROCCOLI & CAULIF COMBO 2-3 RSS	7 1/2 Pound	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)

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

**Calories** 103.84

**Fat** 6.19g

**Saturated Fat** 0.03g

**Trans Fat** 0.00g

**Cholesterol** 5.00mg

**Sodium** 176.54mg

**Carbohydrates** 12.63g

**Fiber** 2.66g

**Sugar** 7.54g

<b>Protein</b>	1.14g		
<b>Vitamin A</b>	8292.09IU	<b>Vitamin C</b>	9.26mg
<b>Calcium</b>	26.83mg	<b>Iron</b>	0.72mg



# 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-7995

## Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	6 1/4 Each	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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

### Amount Per Serving

<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

# 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-7996

## Ingredients

Description	Measurement	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

### 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

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.12mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# 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-7997

## Ingredients

Description	Measurement	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.

### 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

# Canned Fruit Peaches Sliced

<b>Servings:</b>	168.00	<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-7998

## Ingredients

Description	Measurement	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

### Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 0.36

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.06mg

**Carbohydrates** 0.08g

**Fiber** 0.01g

**Sugar** 0.08g

<b>Protein</b>		0.01g	
<b>Vitamin A</b>	1.19IU	<b>Vitamin C</b>	0.01mg
<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-7999

## Ingredients

Description	Measurement	DistPart #
ORANGES MAND IN JCE 6-10 GFS	180 .50 cup	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:

### 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

<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-8000

## Ingredients

Description	Measurement	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:

### 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



# Dinner Roll

<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-8001

## Ingredients

Description	Measurement	DistPart #
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	180 Each	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.

### 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

# Chicken Alfredo Pasta

<b>Servings:</b>	54.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.93 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8540

## Ingredients

Description	Measurement	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	5 Pound	155661
CHIX FAJT 30 COMM	3 1/2 Pound	154900
CHEESE MOZZ SHRD 30 COMM	10 Ounce	150620
PASTA ROTINI 2-10 KE	3 Pound	635511

## Preparation Instructions

After mixing all together place in 4" steam table pan sprayed with Pan Coating. Bake until reached temperature of 165 degrees.

### Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 4.93 Ounce

#### Amount Per Serving

<b>Calories</b>	215.71		
<b>Fat</b>	7.01g		
<b>SaturatedFat</b>	3.97g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.60mg		
<b>Sodium</b>	519.42mg		
<b>Carbohydrates</b>	23.07g		
<b>Fiber</b>	0.89g		
<b>Sugar</b>	4.12g		
<b>Protein</b>	14.58g		
<b>Vitamin A</b>	179.11IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	154.79mg	<b>Iron</b>	0.80mg

# Chicken Alfredo Pasta

<b>Servings:</b>	54.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.93 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8541

## Ingredients

Description	Measurement	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	5 Pound	155661
CHIX FAJT 30 COMM	3 1/2 Pound	154900
CHEESE MOZZ SHRD 30 COMM	10 Ounce	150620
PASTA ROTINI 2-10 KE	3 Pound	635511

## Preparation Instructions

After mixing all together place in 4" steam table pan sprayed with Pan Coating. Bake until reached temperature of 165 degrees.

### Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 4.93 Ounce

#### Amount Per Serving

<b>Calories</b>	215.71		
<b>Fat</b>	7.01g		
<b>SaturatedFat</b>	3.97g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.60mg		
<b>Sodium</b>	519.42mg		
<b>Carbohydrates</b>	23.07g		
<b>Fiber</b>	0.89g		
<b>Sugar</b>	4.12g		
<b>Protein</b>	14.58g		
<b>Vitamin A</b>	179.11IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	154.79mg	<b>Iron</b>	0.80mg

# Bat Snack

<b>Servings:</b>	75.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8823

## Ingredients

Description	Measurement	DistPart #
MARSHMALLOW MINI 12-1 GFS	1 Cup	191736
CHOC CHIPS SMISWT MINI 4000/4-4 GFS	1 Tablespoon	283630
PRETZEL TWIST MINI 9-32Z GFS	1 Each	405180

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00

#### Amount Per Serving

**Calories** 3.00

**Fat** 0.05g

**SaturatedFat** 0.03g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.57mg

**Carbohydrates** 0.63g

**Fiber** 0.01g

**Sugar** 0.43g

**Protein** 0.04g

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

**Calcium** 0.11mg **Iron** 0.01mg

# Baked Sweet Potato and Apples

<b>Servings:</b>	75.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8983

## Ingredients

Description	Measurement	DistPart #
Sweet Potatoes, Extra Light Syrup, canned	1 1/2 cup	100317
Apples, Golden Delicious, Sliced, Grade A, IQF	1	884770

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.00

#### Amount Per Serving

**Calories** 1.37

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.41mg

**Carbohydrates** 0.33g

**Fiber** 0.03g

**Sugar** 0.19g

**Protein** 0.00g

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

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

# Cheeseburger/Fries

<b>Servings:</b>	260.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9061

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	1 Each	100650
FRIES 5/16 R/C 6-5 FLVLS	1 Ounce	789402
TOMATO 5X6 XL 5 MRKN	1 Slice	438197
LETTUCE LEAF BTTR BRGR 2-5 RSS	1 Piece	416593
PEAS & CARROT 30 GFS	1 Cup	285730
Diced Peaches CND 6-10	1 Cup	100220
1 % Chocolate Milk	1 1 cup	1% Choc
.5 pint FF White milk	1	

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 260.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	2.62		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.23mg		
<b>Sodium</b>	2.99mg		
<b>Carbohydrates</b>	0.32g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.20g		
<b>Protein</b>	0.12g		
<b>Vitamin A</b>	9.27IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	0.41mg	<b>Iron</b>	0.01mg

# Beef Steakburger

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9471

## Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
TOMATO 5X6 XL 5 MRKN	1 Cup	438197
LETTUCE SALAD SEP BAGS 4-5 RSS	1 Ounce	242071
BUN HAMB SLCD 4 10-12CT GFS	1 Each	763233

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00

#### Amount Per Serving

<b>Calories</b>	3.84		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.60mg		
<b>Sodium</b>	3.81mg		
<b>Carbohydrates</b>	0.36g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.09g		
<b>Protein</b>	0.25g		
<b>Vitamin A</b>	14.99IU	<b>Vitamin C</b>	0.26mg
<b>Calcium</b>	0.58mg	<b>Iron</b>	0.04mg

# Beef Steakburger

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9472

## Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
TOMATO 5X6 XL 5 MRKN	1 Cup	438197
LETTUCE SALAD SEP BAGS 4-5 RSS	1 Ounce	242071
BUN HAMB SLCD 4 10-12CT GFS	1 Each	763233

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00

#### Amount Per Serving

<b>Calories</b>	3.84		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.60mg		
<b>Sodium</b>	3.81mg		
<b>Carbohydrates</b>	0.36g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.09g		
<b>Protein</b>	0.25g		
<b>Vitamin A</b>	14.99IU	<b>Vitamin C</b>	0.26mg
<b>Calcium</b>	0.58mg	<b>Iron</b>	0.04mg



# Garden Salad

<b>Servings:</b>	75.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9668

## Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD SEP BAGS 4-5 RSS	2 Cup	242071
CARROT SNACK CLEANED 200-1Z RSS	1 Ounce	613967
TOMATO 5X6 XL 5 MRKN	1/2 Cup	438197
SPINACH BABY CLND 2-2 RSS	1 Cup	560545
BEAN GARBANZO 6-10 GCHC	1 Cup	118753
PEAS FRZN 30	1 Cup	100350
DRESSING RNCH FF 200-12GM HNZ	1 Each	261432
DRESSING ITAL LT PKT 102-1Z LTHSE	1 Each	140931

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	4.16		
<b>Fat</b>	0.09g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.58mg		
<b>Carbohydrates</b>	0.70g		
<b>Fiber</b>	0.21g		
<b>Sugar</b>	0.27g		
<b>Protein</b>	0.19g		
<b>Vitamin A</b>	10.03IU	<b>Vitamin C</b>	0.17mg
<b>Calcium</b>	2.12mg	<b>Iron</b>	0.03mg

# Everyday Fruit & Vegetable Salad Bar

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10912

## Ingredients

Description	Measurement	DistPart #
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	680130
BEAN BLACK FIESTA TACO 6-10 BUSH	1/2 Cup	581180
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	4 Fluid Ounce	597380
SPINACH LEAF FLAT CLND 4-2.5 RSS	1 Cup	329401
Mandarin Oranges, Pineapple Tidbits, Diced Pears	1/2 Cup	
APPLE BABY GALA 10	1 Each	220300
EGG HARD CKD PLD BIB 4-2.5 GFS	1 Each	229431
CARROT BABY WHL CLEANED 12-2 RSS	1 Cup	510637
TOMATO GRAPE ORGNC 12 PINTS	1 Cup	762740
HUMMUS CUP RSTD RED PEPPER 120-3Z	3 Ounce	601133
BREAD PANINI 192-.82Z PILLS	1 Piece	831161
PEPPERS GREEN LRG 5 MRKN	1/2 Cup	592315
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/2 Cup	732451
PEPPERS BAN RING MILD 4-1GAL GFS	1/2 Cup	466220
PEAS FRZN 30	1/2 Cup	100350

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 75.00  
Serving Size: 0.00 Serving

#### Amount Per Serving

**Calories** 10.35

<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.73mg
<b>Sodium</b>	50.18mg
<b>Carbohydrates</b>	1.74g
<b>Fiber</b>	0.27g
<b>Sugar</b>	0.86g
<b>Protein</b>	0.42g
<b>Vitamin A</b> 691.08IU	<b>Vitamin C</b> 5.24mg
<b>Calcium</b> 3.18mg	<b>Iron</b> 0.10mg

# Variety of Milk

<b>Servings:</b>	75.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11583

## Ingredients

Description	Measurement	DistPart #
1 % Chocolate Milk	1 Carton	1% Choc
.5 pint FF White milk	1 Carton	

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	3.20		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.33mg		
<b>Sodium</b>	4.13mg		
<b>Carbohydrates</b>	0.41g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.27g		
<b>Protein</b>	0.21g		
<b>Vitamin A</b>	0.13IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	0.40mg	<b>Iron</b>	0.00mg

# SALAD BAR DAILY

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12326

## Ingredients

Description	Measurement	DistPart #
SPINACH BABY CLND 2-2 RSS	2 1/2 Ounce	560545
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	4 Ounce	510562
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4 Ounce	863880
GRAPE RED SDLSS 5 P/L	3 1/20 Ounce	596914
JUICE DRAGON PUNCH ECO 70-4FLZ	4 Ounce	510571
CARROT CELERY STIX COMBO 2-5 RSS	6 Each	302198
LETTUCE LEAF GRN SAND FLLT 4-2 P/L	2 1/25 Ounce	877510
BEAN GARBANZO LO SOD 6-10 P/L	1/2 Cup	597991
EGG HARD CKD PLD BIB 4-2.5 GFS	1 Each	229431
APPLE BABY GALA 10	1 Each	220300
LETTUCE ICEBERG 24CT P/L	2 15/79 Cup	840401
ROUND BKFST UBR IW 126-2.2Z RICH	1 Each	129001
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
TOMATO GRAPE ORGNC 12 PINTS	6 Each	762740
HUMMUS CUP RSTD RED PEPPER 120-3Z	3 Ounce	601133
PEPPERS GREEN LRG 5 MRKN	1/2 Cup	592315
PEAS FZ 30 COMM	1/2 Cup	110510
BREAD PANINI 192-.82Z PILLS	1 Piece	831161
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/2 Cup	732451

## Preparation Instructions

No Preparation Instructions available.

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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### Amount Per Serving

<b>Calories</b>	1761.11
<b>Fat</b>	24.53g
<b>SaturatedFat</b>	9.31g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	205.00mg
<b>Sodium</b>	2125.56mg
<b>Carbohydrates</b>	342.56g
<b>Fiber</b>	65.84g
<b>Sugar</b>	208.34g
<b>Protein</b>	67.89g
<b>Vitamin A</b> 78416.85IU	<b>Vitamin C</b> 369.15mg
<b>Calcium</b> 1512.39mg	<b>Iron</b> 32.92mg