

# **Cookbook for AURORA-HIGH SCHOOL**

**Created by HPS Menu Planner**

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**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 | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| TACO FILLING BEEF REDC FAT 6-5#<br>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.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 485.43   |                  |        |
| <b>Fat</b>           | 24.64g   |                  |        |
| <b>SaturatedFat</b>  | 9.20g    |                  |        |
| <b>Trans Fat</b>     | 0.27g    |                  |        |
| <b>Cholesterol</b>   | 63.12mg  |                  |        |
| <b>Sodium</b>        | 686.25mg |                  |        |
| <b>Carbohydrates</b> | 45.73g   |                  |        |
| <b>Fiber</b>         | 5.89g    |                  |        |
| <b>Sugar</b>         | 1.89g    |                  |        |
| <b>Protein</b>       | 23.11g   |                  |        |
| <b>Vitamin A</b>     | 910.41IU | <b>Vitamin C</b> | 4.73mg |
| <b>Calcium</b>       | 241.80mg | <b>Iron</b>      | 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 | Prep Instructions | 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

### 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>  | 0.64 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 179.20   |                  |        |
| <b>Fat</b>           | 1.28g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 704.00mg |                  |        |
| <b>Carbohydrates</b> | 37.12g   |                  |        |
| <b>Fiber</b>         | 6.40g    |                  |        |
| <b>Sugar</b>         | 15.36g   |                  |        |
| <b>Protein</b>       | 7.68g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 51.20mg  | <b>Iron</b>      | 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  | Prep Instructions | 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

### 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>   | 0.50 |
| <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 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       | Prep Instructions   | DistPart # |
|---|-------------------|---|------------|
| BEEF PTY CKD W/SOY<br>CN 90-2.5Z GFS      | 100 Each          | <b>BAKE</b><br>From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 100650     |
| BUN HAMB SLCD<br>WHEAT WHL 4 10-12<br>GFS | 100 Each          |   | 517810     |
| TOMATO 6X6 LRG 10<br>MRKN                 | 20 Cup            | 1 Slice   | 199001     |
| LETTUCE ICEBERG FS<br>4-6CT MRKN          | 100 Ounce         | 1 Leaf  | 307769     |
| KETCHUP PKT 1000-<br>9GM FOH CRWNCOLL     | 100 Package       |   | 571720     |
| MAYONNAISE LT 4-<br>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

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.10 |



|                 |      |
|-----------------|------|
| <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 Serving

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**Amount Per Serving**

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 327.28   |
| <b>Fat</b>           | 15.11g   |
| <b>SaturatedFat</b>  | 5.02g    |
| <b>Trans Fat</b>     | 1.00g    |
| <b>Cholesterol</b>   | 35.32mg  |
| <b>Sodium</b>        | 438.40mg |
| <b>Carbohydrates</b> | 33.53g   |
| <b>Fiber</b>         | 7.44g    |
| <b>Sugar</b>         | 7.03g    |
| <b>Protein</b>       | 17.32g   |

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|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <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 | 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    |                   | 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

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <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 Serving

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 260.00   |
| <b>Fat</b>           | 12.50g   |
| <b>SaturatedFat</b>  | 4.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 50.00mg  |
| <b>Sodium</b>        | 500.00mg |
| <b>Carbohydrates</b> | 28.00g   |
| <b>Fiber</b>         | 4.00g    |
| <b>Sugar</b>         | 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  | Prep Instructions | DistPart # |
|---------------------------|--------------|-------------------|------------|
| SPINACH BABY CLND 2-2 RSS | 6 1/4 Gallon |                   | 560545     |
| TOMATO 6X6 LRG 10 MRKN    | 8 1/2 Cup    | +/- 7 lbs         | 199001     |
| CUCUMBER SELECT 6CT MRKN  | 30 Cup       | +/- 10 lbs        | 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

### 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> | 0.15 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |         |
|----------------------|---------|
| <b>Calories</b>      | 10.09   |
| <b>Fat</b>           | 0.06g   |
| <b>SaturatedFat</b>  | 0.01g   |
| <b>Trans Fat</b>     | 0.00g   |
| <b>Cholesterol</b>   | 0.00mg  |
| <b>Sodium</b>        | 26.07mg |
| <b>Carbohydrates</b> | 2.20g   |
| <b>Fiber</b>         | 1.28g   |
| <b>Sugar</b>         | 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 | Prep Instructions | 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      | 1 slice           | 199001     |
| LETTUCE ICEBERG FS 4-6CT MRKN       | 100 Ounce   | 1 leaf            | 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

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 3.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.10 |
| <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 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 386.48   |                  |        |
| <b>Fat</b>           | 15.08g   |                  |        |
| <b>SaturatedFat</b>  | 2.52g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 591.80mg |                  |        |
| <b>Carbohydrates</b> | 43.40g   |                  |        |
| <b>Fiber</b>         | 9.44g    |                  |        |
| <b>Sugar</b>         | 6.00g    |                  |        |
| <b>Protein</b>       | 19.32g   |                  |        |
| <b>Vitamin A</b>     | 299.88IU | <b>Vitamin C</b> | 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  | Prep Instructions | 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

### SLE Components

Amount Per Serving

|              |      |
|--------------|------|
| <b>Meat</b>  | 0.00 |
| <b>Grain</b> | 1.25 |



|                 |      |
|-----------------|------|
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.26 |
| <b>Legumes</b>  | 0.51 |
| <b>Starch</b>   | 0.00 |

### 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 | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| BUN HAMB SLCD<br>WHEAT WHL 4 10-12<br>GFS | 100 Each    |   | 517810     |
| TURKEY BRGR<br>FLAMEBR 90-2.5Z ADV        | 100 Each    | <b>BAKE</b><br>From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 897690     |
| TOMATO 6X6 LRG 10<br>MRKN                 | 20 Cup      | 1 slice   | 199001     |
| LETTUCE ICEBERG FS<br>4-6CT MRKN          | 1 Ounce     | 1 leaf  | 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

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.10 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |

Starch

0.00

## 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 |
| <b>Calcium</b> 63.70mg    | <b>Iron</b> 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  | Prep Instructions | 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      | READY_TO_EAT      | 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

### SLE Components

Amount Per Serving

|              |      |
|--------------|------|
| <b>Meat</b>  | 0.00 |
| <b>Grain</b> | 1.25 |
| <b>Fruit</b> | 0.00 |

|                 |      |
|-----------------|------|
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.19 |
| <b>OtherVeg</b> | 0.01 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 248.86   |
| <b>Fat</b>           | 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 | Prep Instructions | 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.

### SLE Components

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 304.00

**Fat** 13.64g

**SaturatedFat** 6.68g

**Trans Fat** 0.00g

**Cholesterol** 32.20mg

**Sodium** 711.60mg

**Carbohydrates** 37.00g

**Fiber** 4.00g

**Sugar** 7.00g

**Protein** 11.00g

**Vitamin A** 396.00IU      **Vitamin C** 0.00mg

**Calcium** 230.00mg      **Iron** 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      | Prep Instructions   | DistPart # |
|--------------------------------------|------------------|---|------------|
| BEAN GREEN BUSHEL<br>26 P/L          | 30 Cup           | +/- 10 lbs  | 857424     |
| OIL SESAME PURE 10-<br>56Z ROLN      | 1 1/4 Tablespoon | <b>SAUTE</b><br>Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way. | 348630     |
| OIL OLIVE PURE 4-3LTR<br>GFS         | 1 1/4 Tablespoon |   | 432061     |
| SALT SEA 36Z TRDE                    | 2 Teaspoon       |   | 748590     |
| SPICE SESAME SEED<br>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

### 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 |



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                           |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 13.23                   |
| <b>Fat</b>                | 0.41g                   |
| <b>SaturatedFat</b>       | 0.08g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 0.00mg                  |
| <b>Sodium</b>             | 45.98mg                 |
| <b>Carbohydrates</b>      | 2.40g                   |
| <b>Fiber</b>              | 0.90g                   |
| <b>Sugar</b>              | 1.20g                   |
| <b>Protein</b>            | 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 | Prep Instructions    | 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     | READY_TO_EAT<br>None | 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.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 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 | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| CAULIFLOWER 6-4 GFS                 | 30 Cup      | +/- 17 lbs        | 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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 18.00  |                  |        |
| <b>Fat</b>           | 1.32g  |                  |        |
| <b>SaturatedFat</b>  | 0.84g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 3.60mg |                  |        |
| <b>Sodium</b>        | 6.00mg |                  |        |
| <b>Carbohydrates</b> | 1.20g  |                  |        |
| <b>Fiber</b>         | 0.60g  |                  |        |
| <b>Sugar</b>         | 0.60g  |                  |        |
| <b>Protein</b>       | 0.60g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 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 | Prep Instructions | 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.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.17 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 214.17   |                  |        |
| <b>Fat</b>           | 5.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.96g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 18.75mg  |                  |        |
| <b>Sodium</b>        | 268.33mg |                  |        |
| <b>Carbohydrates</b> | 29.50g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 2.25g    |                  |        |
| <b>Protein</b>       | 12.42g   |                  |        |
| <b>Vitamin A</b>     | 15.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 70.00mg  | <b>Iron</b>      | 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 | Prep Instructions  | DistPart # |
|------------------------------------|-------------|--|------------|
| CHIX CHUNKS BRD WGRAIN<br>.66Z 4-7 | 500 1 each  | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8 - 10 minutes at 400°F from frozen.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>8-10 minutes at 350°F on breaded, fried, light coloring setting for rational from frozen.<br>Cook till temp reaches 135 for 15 seconds.<br>Batch cook item and put in 4 inch full pan for serving.<br>5 pc = 2mt 1 grain | 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.

## SLE Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00 Each

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 240.00   |                  |        |
| <b>Fat</b>           | 14.00g   |                  |        |
| <b>SaturatedFat</b>  | 2.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 470.00mg |                  |        |
| <b>Carbohydrates</b> | 16.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 13.00g   |                  |        |
| <b>Vitamin A</b>     | 100.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 39.00mg  | <b>Iron</b>      | 2.00mg |

# 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    | Prep Instructions   | 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              | <b>BAKE</b><br>Open can and heat according to recipe or instructions on can | 100362     |
| RICE MEXICAN FIESTA 6-25.9Z UBEN     | 1              |   | 473006     |
| 1 % White Milk                       | 1              |   |            |
| APPLE, RED DELICIOUS, FRESH          | 1              | READY_TO_EAT  | 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.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.59 |
| <b>Grain</b>    | 4.75 |
| <b>Fruit</b>    | 2.00 |
| <b>GreenVeg</b> | 0.00 |



|                 |      |
|-----------------|------|
| <b>RedVeg</b>   | 5.12 |
| <b>OtherVeg</b> | 1.25 |
| <b>Legumes</b>  | 0.25 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

|                      |           |
|----------------------|-----------|
| <b>Calories</b>      | 1041.13   |
| <b>Fat</b>           | 27.94g    |
| <b>SaturatedFat</b>  | 10.70g    |
| <b>Trans Fat</b>     | 0.27g     |
| <b>Cholesterol</b>   | 78.12mg   |
| <b>Sodium</b>        | 1915.35mg |
| <b>Carbohydrates</b> | 149.73g   |
| <b>Fiber</b>         | 18.56g    |
| <b>Sugar</b>         | 24.23g    |
| <b>Protein</b>       | 50.48g    |

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|                  |           |                  |         |
|------------------|-----------|------------------|---------|
| <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 | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Green Beans cnd                          | 1 1/2 c     | BAKE              | 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           | BAKE              | 12913      |
| 1/2 pint milk chocolate skim             | 1           | BAKE              |            |
| Pears, Sliced, Extra Light Syrup, Canned | 1           | READY_TO_EAT      | 100224     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 5.27    |                  |        |
| <b>Fat</b>           | 0.22g   |                  |        |
| <b>SaturatedFat</b>  | 0.14g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.60mg  |                  |        |
| <b>Sodium</b>        | 14.50mg |                  |        |
| <b>Carbohydrates</b> | 0.73g   |                  |        |
| <b>Fiber</b>         | 0.12g   |                  |        |
| <b>Sugar</b>         | 0.30g   |                  |        |
| <b>Protein</b>       | 0.09g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.01mg |
| <b>Calcium</b>       | 1.23mg  | <b>Iron</b>      | 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 | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Green Beans cnd                          | 1 1/2 c     | BAKE              | 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           | BAKE              | 12913      |
| 1/2 pint milk chocolate skim             | 1           | BAKE              |            |
| Pears, Sliced, Extra Light Syrup, Canned | 1           | READY_TO_EAT      | 100224     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 5.27    |                  |        |
| <b>Fat</b>           | 0.22g   |                  |        |
| <b>SaturatedFat</b>  | 0.14g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.60mg  |                  |        |
| <b>Sodium</b>        | 14.50mg |                  |        |
| <b>Carbohydrates</b> | 0.73g   |                  |        |
| <b>Fiber</b>         | 0.12g   |                  |        |
| <b>Sugar</b>         | 0.30g   |                  |        |
| <b>Protein</b>       | 0.09g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.01mg |
| <b>Calcium</b>       | 1.23mg  | <b>Iron</b>      | 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    | Prep Instructions  | DistPart # |
|--------------------------------------|----------------|--|------------|
| TACO FILLING BEEF REDC FAT 6-5# COMM | 3 6 oz spoodle |  | 722330     |
| TORTILLA YELLOW RND 40-22 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              | BAKE<br>Open can and heat according to recipe or instructions on can | 100362     |
| RICE MEXICAN FIESTA 6-25.9Z UBEN     | 1              |  | 473006     |
| 1 % White Milk                       | 1              |  |            |
| APPLE, RED DELICIOUS, FRESH          | 1              | READY_TO_EAT   | 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.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.59 |
| <b>Grain</b>    | 4.75 |
| <b>Fruit</b>    | 2.00 |
| <b>GreenVeg</b> | 0.00 |

|                 |      |
|-----------------|------|
| <b>RedVeg</b>   | 5.12 |
| <b>OtherVeg</b> | 1.25 |
| <b>Legumes</b>  | 0.25 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

|                      |           |
|----------------------|-----------|
| <b>Calories</b>      | 1041.13   |
| <b>Fat</b>           | 27.94g    |
| <b>SaturatedFat</b>  | 10.70g    |
| <b>Trans Fat</b>     | 0.27g     |
| <b>Cholesterol</b>   | 78.12mg   |
| <b>Sodium</b>        | 1915.35mg |
| <b>Carbohydrates</b> | 149.73g   |
| <b>Fiber</b>         | 18.56g    |
| <b>Sugar</b>         | 24.23g    |
| <b>Protein</b>       | 50.48g    |

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|                  |           |                  |         |
|------------------|-----------|------------------|---------|
| <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    | Prep Instructions   | 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              | <b>BAKE</b><br>Open can and heat according to recipe or instructions on can | 100362     |
| RICE MEXICAN FIESTA 6-25.9Z UBEN     | 1              |   | 473006     |
| 1 % White Milk                       | 1              |   |            |
| APPLE, RED DELICIOUS, FRESH          | 1              | READY_TO_EAT  | 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.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.59 |
| <b>Grain</b>    | 4.75 |
| <b>Fruit</b>    | 2.00 |
| <b>GreenVeg</b> | 0.00 |

|                 |      |
|-----------------|------|
| <b>RedVeg</b>   | 5.12 |
| <b>OtherVeg</b> | 1.25 |
| <b>Legumes</b>  | 0.25 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

---

**Amount Per Serving**

|                      |           |
|----------------------|-----------|
| <b>Calories</b>      | 1041.13   |
| <b>Fat</b>           | 27.94g    |
| <b>SaturatedFat</b>  | 10.70g    |
| <b>Trans Fat</b>     | 0.27g     |
| <b>Cholesterol</b>   | 78.12mg   |
| <b>Sodium</b>        | 1915.35mg |
| <b>Carbohydrates</b> | 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  | Prep Instructions | DistPart # |
|---------------------------|--------------|-------------------|------------|
| SPINACH BABY CLND 2-2 RSS | 6 1/4 Gallon |                   | 560545     |
| TOMATO 6X6 LRG 10 MRKN    | 8 1/2 Cup    | +/- 7 lbs         | 199001     |
| CUCUMBER SELECT 6CT MRKN  | 30 Cup       | +/- 10 lbs        | 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

### 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> | 0.15 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |         |
|----------------------|---------|
| <b>Calories</b>      | 10.09   |
| <b>Fat</b>           | 0.06g   |
| <b>SaturatedFat</b>  | 0.01g   |
| <b>Trans Fat</b>     | 0.00g   |
| <b>Cholesterol</b>   | 0.00mg  |
| <b>Sodium</b>        | 26.07mg |
| <b>Carbohydrates</b> | 2.20g   |
| <b>Fiber</b>         | 1.28g   |
| <b>Sugar</b>         | 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 | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| BEEF PTY CKD W/SOY<br>CN 90-2.5Z GFS      | 100 Each    | <b>BAKE</b><br>From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 100650     |
| BUN HAMB SLCD<br>WHEAT WHL 4 10-12<br>GFS | 100 Each    |   | 517810     |
| TOMATO 6X6 LRG 10<br>MRKN                 | 20 Cup      | 1 Slice   | 199001     |
| LETTUCE ICEBERG FS<br>4-6CT MRKN          | 100 Ounce   | 1 Leaf  | 307769     |
| KETCHUP PKT 1000-<br>9GM FOH CRWNCOLL     | 100 Package |   | 571720     |
| MAYONNAISE LT 4-<br>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

,

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |

|                 |      |
|-----------------|------|
| <b>RedVeg</b>   | 0.10 |
| <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 Serving

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**Amount Per Serving**

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 352.07   |                  |        |
| <b>Fat</b>           | 16.10g   |                  |        |
| <b>SaturatedFat</b>  | 5.02g    |                  |        |
| <b>Trans Fat</b>     | 1.00g    |                  |        |
| <b>Cholesterol</b>   | 45.24mg  |                  |        |
| <b>Sodium</b>        | 487.98mg |                  |        |
| <b>Carbohydrates</b> | 37.49g   |                  |        |
| <b>Fiber</b>         | 7.44g    |                  |        |
| <b>Sugar</b>         | 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 | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| CAULIFLOWER 6-4 GFS                 | 30 Cup      | +/- 17 lbs        | 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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

|                           |        |
|---------------------------|--------|
| <b>Amount Per Serving</b> |        |
| <b>Calories</b>           | 18.00  |
| <b>Fat</b>                | 1.32g  |
| <b>SaturatedFat</b>       | 0.84g  |
| <b>Trans Fat</b>          | 0.00g  |
| <b>Cholesterol</b>        | 3.60mg |
| <b>Sodium</b>             | 6.00mg |
| <b>Carbohydrates</b>      | 1.20g  |
| <b>Fiber</b>              | 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 | Prep Instructions   | DistPart # |
|---------------------------------------|-------------|---|------------|
| CHIX BRST GRLLD CKD<br>NAE 3Z 2-5 TYS | 1 Each      | <b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>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.<br><b>MICROWAVE</b><br>Appliances vary, adjust accordingly.<br>Microwave<br>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     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.03 |
| <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>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### 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 | Prep Instructions | DistPart # |
|----------------|-------------|-------------------|------------|
| Baby Spinach   | 1           | BAKE              | 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:

### SLE Components

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.15   |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.35mg |                  |        |
| <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    | Prep Instructions  | 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        | READY_TO_EAT   | 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        | READY_TO_EAT<br>Remove from freezer and let sit out a short time before eating   | 863880     |
| BREAD ULTRA LOCO WGRAIN 6.5 12-12CT      | 2 Piece        | THAW<br>Ultra Loco Bread is fully baked but performs best if slightly warmed<br>/u2022For best results thaw out to room temperature prior to heating<br>/u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen<br>/u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen | 696831     |
| CHEESE STRING MOZZ IW 168-1Z LOL         | 1 Piece        |  | 786580     |

## Preparation Instructions

No Preparation Instructions available.

## SLE Components

### Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.01 |
| <b>Grain</b>    | 0.05 |
| <b>Fruit</b>    | 0.02 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.03 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.01 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           |          | 12.48            |        |
| <b>Fat</b>                |          | 0.17g            |        |
| <b>SaturatedFat</b>       |          | 0.05g            |        |
| <b>Trans Fat</b>          |          | 0.00g            |        |
| <b>Cholesterol</b>        |          | 0.20mg           |        |
| <b>Sodium</b>             |          | 23.42mg          |        |
| <b>Carbohydrates</b>      |          | 2.29g            |        |
| <b>Fiber</b>              |          | 0.32g            |        |
| <b>Sugar</b>              |          | 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  | Prep Instructions   | DistPart # |
|---------------------------------------|--------------|---|------------|
| FRIES SWT POT DP GROOVE<br>7/16 6-2.5 | 19 3/4 Pound | DEEP_FRY<br>FILL BASKET ONE HALF FULL (1.5 LBS) WITH<br>FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1<br>4 TO 2 3<br>4 MINUTES. | 628100     |

## Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3: 1.7 oz svg = 1/2 c. red/orange vegetable

### 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>   | 0.50 |
| <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 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 | Prep Instructions | 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.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.09 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 2.00 |
| <b>RedVeg</b>   | 6.00 |
| <b>OtherVeg</b> | 0.38 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

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

## Preparation Instructions

WASH HANDS.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

|                           |           |
|---------------------------|-----------|
| <b>Amount Per Serving</b> |           |
| <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  | Prep Instructions | DistPart # |
|---------------------------|--------------|-------------------|------------|
| SPINACH BABY CLND 2-2 RSS | 6 1/4 Gallon |                   | 560545     |
| TOMATO 6X6 LRG 10 MRKN    | 8 1/2 Cup    | +/- 7 lbs         | 199001     |
| CUCUMBER SELECT 6CT MRKN  | 30 Cup       | +/- 10 lbs        | 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

### 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> | 0.15 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |         |
|----------------------|---------|
| <b>Calories</b>      | 10.09   |
| <b>Fat</b>           | 0.06g   |
| <b>SaturatedFat</b>  | 0.01g   |
| <b>Trans Fat</b>     | 0.00g   |
| <b>Cholesterol</b>   | 0.00mg  |
| <b>Sodium</b>        | 26.07mg |
| <b>Carbohydrates</b> | 2.20g   |
| <b>Fiber</b>         | 1.28g   |
| <b>Sugar</b>         | 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 | Prep Instructions  | DistPart # |
|---------------------------------------|-------------|--|------------|
| BREADSTICK CHS STFD<br>WGRAIN 7 108CT | 2 Each      | <p><b>CONVECTION</b><br/>Convection Oven</p> <ol style="list-style-type: none"><li>1. Preheat oven to 400° F.</li><li>2. Place Bosco Sticks on a baking sheet.</li><li>3. THAWED: 7-9 minutes.</li><li>4. Let stand 2 minutes before serving.</li></ol> <p><b>CAUTION: FILLING MAY BE HOT!</b><br/>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>DEEP_FRY</b><br/>Deep Fry</p> <ol style="list-style-type: none"><li>1. Preheat oil to 350° F.</li><li>2. THAWED ONLY: 1-2 minutes.</li><li>3. Let stand 2 minutes before serving.</li></ol> <p><b>CAUTION: FILLING MAY BE HOT!</b><br/>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b><br/>Thawing Instructions</p> <ol style="list-style-type: none"><li>1. Thaw before baking.</li><li>2. Keep Bosco Sticks covered while thawing.</li><li>3. Bosco Sticks may be thawed in packaging.</li><li>4. Bosco Sticks have 8 days shelf life when refrigerated</li></ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> | 235421     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <b>Grain</b>    | 2.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |

|                |      |
|----------------|------|
| <b>Legumes</b> | 0.00 |
| <b>Starch</b>  | 0.00 |

|                             |          |                  |        |
|-----------------------------|----------|------------------|--------|
| <b>Nutrition Facts</b>      |          |                  |        |
| Servings Per Recipe: 150.00 |          |                  |        |
| Serving Size: 2.00          |          |                  |        |
| <b>Amount Per Serving</b>   |          |                  |        |
| <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 | Prep Instructions | DistPart # |
|-------------------|-------------|-------------------|------------|
| CARROT FZ 30 COMM | 1/2 Cup     |                   | 150390     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.50 |
| <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

| 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 | Prep Instructions  | DistPart # |
|-----------------------------------|-------------|--|------------|
| TURKEY & GRAVY CKD<br>4-7 JENNO   | 28 Pound    | 4 oz by weight   | 653171     |
| POTATO PRLS EXCEL<br>12-28Z BAMER | 5 1/2 Pound | RECONSTITUTE<br>1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. | 613738     |
| Whole Grain Dinner Roll           | 1 bun       | READY_TO_EAT   | 1591       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.68 |
| <b>Grain</b>    | 0.01 |
| <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>   | 0.59 |

### Nutrition Facts

Servings Per Recipe: 107.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 203.77   |                  |        |
| <b>Fat</b>           | 5.71g    |                  |        |
| <b>SaturatedFat</b>  | 1.51g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 45.29mg  |                  |        |
| <b>Sodium</b>        | 924.14mg |                  |        |
| <b>Carbohydrates</b> | 18.59g   |                  |        |
| <b>Fiber</b>         | 1.18g    |                  |        |
| <b>Sugar</b>         | 0.01g    |                  |        |
| <b>Protein</b>       | 20.49g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 11.75mg  | <b>Iron</b>      | 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 | Prep Instructions | 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    | rinsed            | 244805     |
| BEANS BLACK LO SOD 6-10 BUSH      | 1 Gallon    | Rinse             | 231981     |

## Preparation Instructions

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

### 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>  | 0.08 |
| <b>Starch</b>   | 0.16 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 70.39    |                  |        |
| <b>Fat</b>           | 0.48g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 297.45mg |                  |        |
| <b>Carbohydrates</b> | 14.08g   |                  |        |
| <b>Fiber</b>         | 2.56g    |                  |        |
| <b>Sugar</b>         | 2.88g    |                  |        |
| <b>Protein</b>       | 2.88g    |                  |        |
| <b>Vitamin A</b>     | 383.63IU | <b>Vitamin C</b> | 7.29mg |
| <b>Calcium</b>       | 19.20mg  | <b>Iron</b>      | 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  | Prep Instructions | DistPart # |
|-------------------------------------|--------------|-------------------|------------|
| CHIX STRP FAJT SEAS FC 8-4.99 TYS   | 2 1/2 Ounce  | #12 scoop = 2.5oz | 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      | #16 scoop         | 150250     |
| LETTUCE SHRD 3/8 CUT 4-5 RSS        | 13/100 Cup   | Garnish           | 678791     |
| SOUR CREAM L/F 4-5 RGNLBRND         | 2 Tablespoon | #30 scoop         | 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

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.67 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.15 |
| <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>      | 448.60   |
| <b>Fat</b>           | 22.43g   |
| <b>SaturatedFat</b>  | 11.67g   |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 106.67mg |
| <b>Sodium</b>        | 867.06mg |
| <b>Carbohydrates</b> | 37.62g   |
| <b>Fiber</b>         | 1.43g    |
| <b>Sugar</b>         | 3.43g    |
| <b>Protein</b>       | 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  | Prep Instructions   | DistPart # |
|--|--------------|---|------------|
| SPINACH BABY<br>CLND 2-2 RSS                 | 2 1/2 Ounce  |   | 560545     |
| JUICE WANGO<br>MANGO ECO 70-<br>4FLZ JUICE4U | 4 Ounce      | READY_TO_EAT<br>Thaw when ready to use keeping used portion in refrigeration upto 14 days                         | 510562     |
| SLUSHIE STRAWB-<br>KW 84-4.4FLZ<br>SIDEKICKS | 4 Ounce      | READY_TO_EAT<br>Remove from freezer and let sit out a short time before eating                                    | 863880     |
| GRAPE RED SDLSS<br>5 P/L                     | 3 1/20 Ounce | 14=1/2  | 596914     |
| JUICE DRAGON<br>PUNCH ECO 70-<br>4FLZ        | 4 Ounce      | VEG JUICE<br>READY_TO_EAT<br>Thaw before serving. Any unused thawed portions can be refrigerated for upto 14 days | 510571     |
| CARROT CELERY<br>STIX COMBO 2-5<br>RSS       | 6 Each       |   | 302198     |
| LETTUCE LEAF<br>GRN SAND FLLT 4-<br>2 P/L    | 2 1/25 Ounce | 2.04=1CUP   | 877510     |
| BEAN GARBANZO<br>LO SOD 6-10 P/L             | 1/2 Cup      |   | 597991     |
| EGG HARD CKD<br>PLD BIB 4-2.5 GFS            | 1 Each       |   | 229431     |
| APPLE BABY GALA<br>10                        | 1 Each       |   | 220300     |
| LETTUCE ICEBERG<br>24CT P/L                  | 2 15/79 Cup  |   | 840401     |
| ROUND BKFST UBR<br>IW 126-2.2Z RICH          | 1 Each       |   | 129001     |



| Description                             | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| CHEESE STRING<br>MOZZ IW 168-1Z<br>LOL  | 1 Each      |  | 786580     |
| TOMATO GRAPE<br>ORGNC 12 PINTS          | 6 Each      | red  | 762740     |
| HUMMUS CUP<br>RSTD RED PEPPER<br>120-3Z | 3 Ounce     |  | 601133     |
| PEPPERS GREEN<br>LRG 5 MRKN             | 1/2 Cup     | other  | 592315     |
| PEAS FZ 30 COMM                         | 1/2 Cup     | starch   | 110510     |
| BREAD PANINI 192-<br>.82Z PILLS         | 1 Piece     | MICROWAVE<br>Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours. | 831161     |
| BROCCOLI FLORET<br>BITE SIZE 2-3 RSS    | 1/2 Cup     |  | 732451     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|          |      |
|----------|------|
| Meat     | 2.75 |
| Grain    | 2.50 |
| Fruit    | 1.25 |
| GreenVeg | 0.50 |
| RedVeg   | 0.00 |
| OtherVeg | 2.75 |
| Legumes  | 0.00 |
| Starch   | 0.50 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

| Amount Per Serving |            |
|--------------------|------------|
| Calories           | 1761.11    |
| Fat                | 24.53g     |
| SaturatedFat       | 9.31g      |
| Trans Fat          | 0.00g      |
| Cholesterol        | 205.00mg   |
| Sodium             | 2125.56mg  |
| Carbohydrates      | 342.56g    |
| Fiber              | 65.84g     |
| Sugar              | 208.34g    |
| Protein            | 67.89g     |
| Vitamin A          | 78416.85IU |
| Vitamin C          | 369.15mg   |
| Calcium            | 1512.39mg  |
| Iron               | 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      | Prep Instructions                         | 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          | Mix Cheese with Pasta, Chicken, and Sauce | 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.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.15 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.93 Ounce

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 16.29   |                  |        |
| <b>Fat</b>           | 0.69g   |                  |        |
| <b>SaturatedFat</b>  | 0.41g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 3.57mg  |                  |        |
| <b>Sodium</b>        | 48.73mg |                  |        |
| <b>Carbohydrates</b> | 1.34g   |                  |        |
| <b>Fiber</b>         | 0.04g   |                  |        |
| <b>Sugar</b>         | 0.37g   |                  |        |
| <b>Protein</b>       | 1.13g   |                  |        |
| <b>Vitamin A</b>     | 20.46IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 17.69mg | <b>Iron</b>      | 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 | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| Cocoa Cherry Nutrition Bar          | 1 Each      | THAW AND SERVE    | P879       |
| CHEESE STRING MOZZ LT IW 168-1Z LOL | 1 Each      |                   | 786801     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### 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 | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| CHEESE STRING MOZZ LT IW<br>168-1Z LOL | 1 Each      |   | 786801     |
| YOGURT VAN L/F PARFPR 6-4<br>YOPL      | 4 Ounce     | READY_TO_EAT<br>Ready to use with pouch & serving tip.  | 811500     |
| SNACK MUNCHIE MIX 104-SSV<br>QUAK      | 12 Package  |   | 251670     |
| JUICE DRAGON PUNCH ECO<br>70-4FLZ      | 4 Ounce     | READY_TO_EAT<br>Thaw before serving. Any unused thawed portions<br>can be refrigerated for upto 14 days | 510571     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.17 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.17 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Package

|                           |          |                  |         |
|---------------------------|----------|------------------|---------|
| <b>Amount Per Serving</b> |          |                  |         |
| <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 | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| SAUSAGE PTY CKD<br>250-1.2Z COMM         | 1 Each      | BAKE<br>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<br>WGRAIN 216-2.1Z<br>RICH | 1 Each      | BAKE<br>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.<br>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 |

### 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   |

**Calcium** 60.00mg **Iron** 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 | Prep Instructions  | DistPart # |
|---------------------------------------|-------------|--|------------|
| YOGURT VAR PK N/F 48-4Z LTN FIT       | 1 Each      |  | 765020     |
| CEREAL COCOA PUFFS WGRAIN R/S 96CT    | 1 Each      | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 270401     |
| JUICE BOX APPL 100 40-4.23FLZ         | 1 Each      |  | 698744     |
| PASTRY POP-TART WGRAIN STRAWB 120-1CT | 1 Piece     |  | 695890     |
| APPLE DELICIOUS RED 113CT MRKN        | 1 Each      |  | 197696     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# 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 | 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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 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

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <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  |
| <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 | Prep Instructions   | DistPart # |
|---------------------------------------|-------------|---|------------|
| POTATO PRLS EXCEL 12-26.5Z SMART SERV | 6 1/4 Each  | RECONSTITUTE<br>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 |

### 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 |

**Calcium** 0.80mg **Iron** 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 | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| PINEAPPLE CHUNKS IN JCE 6-10 GFS | 1/2 Cup     |                   | 189952     |

## Preparation Instructions

Directions:

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

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

WASH HANDS.

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

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

4. Serve using a 4 oz spoodle.

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

Updated October 201

## SLE Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 103.00

Serving Size: 0.50 Cup

Amount Per Serving

|                      |        |
|----------------------|--------|
| <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 |

# 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 | 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 |



# 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 | 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>    | 0.00 |
| <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: 168.00

Serving Size: 0.50 Cup

Amount Per Serving

|                      |        |
|----------------------|--------|
| <b>Calories</b>      | 0.36   |
| <b>Fat</b>           | 0.00g  |
| <b>SaturatedFat</b>  | 0.00g  |
| <b>Trans Fat</b>     | 0.00g  |
| <b>Cholesterol</b>   | 0.00mg |
| <b>Sodium</b>        | 0.06mg |
| <b>Carbohydrates</b> | 0.08g  |
| <b>Fiber</b>         | 0.01g  |
| <b>Sugar</b>         | 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 | 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

|                      |          |                       |         |
|----------------------|----------|-----------------------|---------|
| <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 | 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 |
| <b>Starch</b>   | 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 |

# 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 | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| DOUGH ROLL DNNR<br>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

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <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 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 | Prep Instructions  | DistPart # |
|--------------------------|-------------|--|------------|
| SAUCE ALFREDO FZ 6-5 JTM | 5 Pound     | Heat Alfredo Sauce to 165 degrees  | 155661     |
| CHIX FAJT 30 COMM        | 3 1/2 Pound | Thaw Chicken prior to using. Add Chicken to Cooked Pasta and Alfredo Sauce             | 154900     |
| CHEESE MOZZ SHRD 30 COMM | 10 Ounce    | Mix Cheese with Pasta, Chicken, and Sauce  | 150620     |
| PASTA ROTINI 2-10 KE     | 3 Pound     | Boil in water according to package directions. Add Alfredo Sauce, Chicken, and, Cheese | 635511     |

## Preparation Instructions

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 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 | Prep Instructions  | DistPart # |
|--------------------------|-------------|--|------------|
| SAUCE ALFREDO FZ 6-5 JTM | 5 Pound     | Heat Alfredo Sauce to 165 degrees  | 155661     |
| CHIX FAJT 30 COMM        | 3 1/2 Pound | Thaw Chicken prior to using. Add Chicken to Cooked Pasta and Alfredo Sauce             | 154900     |
| CHEESE MOZZ SHRD 30 COMM | 10 Ounce    | Mix Cheese with Pasta, Chicken, and Sauce  | 150620     |
| PASTA ROTINI 2-10 KE     | 3 Pound     | Boil in water according to package directions. Add Alfredo Sauce, Chicken, and, Cheese | 635511     |

## Preparation Instructions

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 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  | Prep Instructions | 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.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 3.00   |                  |        |
| <b>Fat</b>           | 0.05g  |                  |        |
| <b>SaturatedFat</b>  | 0.03g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.57mg |                  |        |
| <b>Carbohydrates</b> | 0.63g  |                  |        |
| <b>Fiber</b>         | 0.01g  |                  |        |
| <b>Sugar</b>         | 0.43g  |                  |        |
| <b>Protein</b>       | 0.04g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.11mg | <b>Iron</b>      | 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 | Prep Instructions                 | DistPart # |
|--|-------------|-----------------------------------|------------|
| Sweet Potatoes, Extra Light Syrup, canned      | 1 1/2 cup   | BAKE<br>Open cans, drain and bake | 100317     |
| Apples, Golden Delicious, Sliced, Grade A, IQF | 1           |                                   | 884770     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.00

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 1.37   |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.41mg |                  |        |
| <b>Carbohydrates</b> | 0.33g  |                  |        |
| <b>Fiber</b>         | 0.03g  |                  |        |
| <b>Sugar</b>         | 0.19g  |                  |        |
| <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 |

# 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 | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| BEEF PTY CKD<br>W/SOY CN 90-2.5Z<br>GFS | 1 Each      | <b>BAKE</b><br>From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.   | 100650     |
| FRIES 5/16 R/C 6-5<br>FLVLS             | 1 Ounce     | <b>CONVECTION</b><br>PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. <b>CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</b><br><b>DEEP_FRY</b><br>FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1<br>2 TO 3 MINUTES. <b>DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1<br/>2 TO 3 MINUTES.</b> | 789402     |
| TOMATO 5X6 XL 5<br>MRKN                 | 1 Slice     |  | 438197     |
| LETTUCE LEAF<br>BTTR BRGR 2-5<br>RSS    | 1 Piece     |  | 416593     |
| PEAS & CARROT<br>30 GFS                 | 1 Cup       |  | 285730     |
| Diced Peaches CND<br>6-10               | 1 Cup       | <b>BAKE</b>  | 100220     |
| 1 % Chocolate Milk                      | 1 1 cup     |  | 1% Choc    |
| .5 pint FF White milk                   | 1           |  |            |

## Preparation Instructions

No Preparation Instructions available.

## SLE Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 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 | Prep Instructions  | DistPart # |
|-----------------------------------|-------------|--|------------|
| BEEF STK BRGR<br>CHARB 160-3Z ADV | 1 Each      | <b>BAKE</b><br>From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 203260     |
| TOMATO 5X6 XL 5<br>MRKN           | 1 Cup       |  | 438197     |
| LETTUCE SALAD SEP<br>BAGS 4-5 RSS | 1 Ounce     |  | 242071     |
| BUN HAMB SLCD 4 10-<br>12CT GFS   | 1 Each      |  | 763233     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.03 |
| <b>Grain</b>    | 0.02 |
| <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: 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 | Prep Instructions  | DistPart # |
|-----------------------------------|-------------|--|------------|
| BEEF STK BRGR<br>CHARB 160-3Z ADV | 1 Each      | <b>BAKE</b><br>From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 203260     |
| TOMATO 5X6 XL 5<br>MRKN           | 1 Cup       |  | 438197     |
| LETTUCE SALAD SEP<br>BAGS 4-5 RSS | 1 Ounce     |  | 242071     |
| BUN HAMB SLCD 4 10-<br>12CT GFS   | 1 Each      |  | 763233     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.03 |
| <b>Grain</b>    | 0.02 |
| <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: 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 | Prep Instructions                     | 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       | BAKE                                  | 100350     |
| DRESSING RNCH FF 200-12GM HNZ     | 1 Each      |                                       | 261432     |
| DRESSING ITAL LT PKT 102-1Z LTHSE | 1 Each      | READY_TO_EAT<br>Open, pour and enjoy! | 140931     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### 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 |

**Calcium** 2.12mg **Iron** 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   | Prep Instructions  | DistPart # |
|--|---------------|--|------------|
| CHEESE COLBY JK<br>CUBE IW 200-1Z LOL                  | 1 Ounce       | mt/alt   | 680130     |
| BEAN BLACK<br>FIESTA TACO 6-10<br>BUSH                 | 1/2 Cup       |  | 581180     |
| JUICE<br>FRUITABLES+ GLD<br>RUSH 40-4.23FLZ            | 4 Fluid Ounce | fruit  | 597380     |
| SPINACH LEAF<br>FLAT CLND 4-2.5<br>RSS                 | 1 Cup         | dark green   | 329401     |
| Mandarin Oranges,<br>Pineapple Tidbits,<br>Diced Pears | 1/2 Cup       | READY_TO_EAT   |            |
| APPLE BABY GALA<br>10                                  | 1 Each        | fresh fruit  | 220300     |
| EGG HARD CKD<br>PLD BIB 4-2.5 GFS                      | 1 Each        | mt/alt   | 229431     |
| CARROT BABY<br>WHL CLEANED 12-2<br>RSS                 | 1 Cup         | red  | 510637     |
| TOMATO GRAPE<br>ORGNC 12 PINTS                         | 1 Cup         | red  | 762740     |
| HUMMUS CUP RSTD<br>RED PEPPER 120-3Z                   | 3 Ounce       | mt/alt   | 601133     |
| BREAD PANINI 192-<br>.82Z PILLS                        | 1 Piece       | <p><b>MICROWAVE</b><br/>                     Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.</p> | 831161     |



| Description                            | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| PEPPERS GREEN<br>LRG 5 MRKN            | 1/2 Cup     | other             | 592315     |
| BROCCOLI FLORET<br>BITE SIZE 2-3 RSS   | 1/2 Cup     | dr green          | 732451     |
| PEPPERS BAN<br>RING MILD 4-1GAL<br>GFS | 1/2 Cup     | other             | 466220     |
| PEAS FRZN 30                           | 1/2 Cup     | BAKE              | 100350     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.04 |
| <b>Grain</b>    | 0.01 |
| <b>Fruit</b>    | 0.02 |
| <b>GreenVeg</b> | 0.01 |
| <b>RedVeg</b>   | 0.06 |
| <b>OtherVeg</b> | 0.04 |
| <b>Legumes</b>  | 0.01 |
| <b>Starch</b>   | 0.01 |

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 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 | Prep Instructions | DistPart # |
|-----------------------|-------------|-------------------|------------|
| 1 % Chocolate Milk    | 1 Carton    |                   | 1% Choc    |
| .5 pint FF White milk | 1 Carton    |                   |            |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 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  | Prep Instructions   | DistPart # |
|--|--------------|---|------------|
| SPINACH BABY<br>CLND 2-2 RSS                 | 2 1/2 Ounce  |   | 560545     |
| JUICE WANGO<br>MANGO ECO 70-<br>4FLZ JUICE4U | 4 Ounce      | READY_TO_EAT<br>Thaw when ready to use keeping used portion in refrigeration upto 14 days                         | 510562     |
| SLUSHIE STRAWB-<br>KW 84-4.4FLZ<br>SIDEKICKS | 4 Ounce      | READY_TO_EAT<br>Remove from freezer and let sit out a short time before eating                                    | 863880     |
| GRAPE RED SDLSS<br>5 P/L                     | 3 1/20 Ounce | 14=1/2  | 596914     |
| JUICE DRAGON<br>PUNCH ECO 70-<br>4FLZ        | 4 Ounce      | VEG JUICE<br>READY_TO_EAT<br>Thaw before serving. Any unused thawed portions can be refrigerated for upto 14 days | 510571     |
| CARROT CELERY<br>STIX COMBO 2-5<br>RSS       | 6 Each       |   | 302198     |
| LETTUCE LEAF<br>GRN SAND FLLT 4-<br>2 P/L    | 2 1/25 Ounce | 2.04=1CUP   | 877510     |
| BEAN GARBANZO<br>LO SOD 6-10 P/L             | 1/2 Cup      |   | 597991     |
| EGG HARD CKD<br>PLD BIB 4-2.5 GFS            | 1 Each       |   | 229431     |
| APPLE BABY GALA<br>10                        | 1 Each       |   | 220300     |
| LETTUCE ICEBERG<br>24CT P/L                  | 2 15/79 Cup  |   | 840401     |
| ROUND BKFST UBR<br>IW 126-2.2Z RICH          | 1 Each       |   | 129001     |

| Description                             | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| CHEESE STRING<br>MOZZ IW 168-1Z<br>LOL  | 1 Each      |   | 786580     |
| TOMATO GRAPE<br>ORGNC 12 PINTS          | 6 Each      | red   | 762740     |
| HUMMUS CUP<br>RSTD RED PEPPER<br>120-3Z | 3 Ounce     |   | 601133     |
| PEPPERS GREEN<br>LRG 5 MRKN             | 1/2 Cup     | other   | 592315     |
| PEAS FZ 30 COMM                         | 1/2 Cup     | starch  | 110510     |
| BREAD PANINI 192-<br>.82Z PILLS         | 1 Piece     | <b>MICROWAVE</b><br>Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours. | 831161     |
| BROCCOLI FLORET<br>BITE SIZE 2-3 RSS    | 1/2 Cup     |   | 732451     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.75 |
| <b>Grain</b>    | 2.50 |
| <b>Fruit</b>    | 1.25 |
| <b>GreenVeg</b> | 0.50 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 2.75 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.50 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

| 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       |