

# **Cookbook for MERCER HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Summer Fruit Salad

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

## Ingredients

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

## Preparation Instructions

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.30
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 5.00 Ounce

Amount Per Serving			
<b>Calories</b>	23.68		
<b>Fat</b>	0.09g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.58mg		
<b>Carbohydrates</b>	6.18g		
<b>Fiber</b>	0.41g		
<b>Sugar</b>	5.54g		
<b>Protein</b>	0.32g		
<b>Vitamin A</b>	49.62IU	<b>Vitamin C</b>	67.90mg
<b>Calcium</b>	5.21mg	<b>Iron</b>	0.09mg

# Broc/Cali/Tom/Car. Cup

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

## Ingredients

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

## Preparation Instructions

CCP:

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

Portion:

1oz Broccoli

1oz Cauliflower

2oz Grape Tomato

2oz Baby Carrots

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

### SLE Components

Amount Per Serving

<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

Amount Per Serving

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

<b>Sugar</b>			7.54g
<b>Protein</b>			1.14g
<b>Vitamin A</b>	8292.09IU	<b>Vitamin C</b>	9.26mg
<b>Calcium</b>	26.83mg	<b>Iron</b>	0.72mg



# Side Salad

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	234.18		
<b>Fat</b>	15.29g		
<b>SaturatedFat</b>	5.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	375.62mg		
<b>Carbohydrates</b>	17.24g		
<b>Fiber</b>	4.44g		
<b>Sugar</b>	10.28g		
<b>Protein</b>	9.15g		
<b>Vitamin A</b>	12747.90IU	<b>Vitamin C</b>	14.05mg
<b>Calcium</b>	249.98mg	<b>Iron</b>	1.31mg

# Refried Beans

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

## Ingredients

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

## Preparation Instructions

Directions:

1. Clean top of Cans-CCP

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

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

# Mashed Potatoes (Instant)

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

## Ingredients

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

## Preparation Instructions

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

CCP:

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

### SLE Components

Amount Per Serving

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

### 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

# Carrot Sticks

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

## Ingredients

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

## Preparation Instructions

Directions:

clean carrots hold in cooler

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

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

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

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

<b>Calories</b>	0.40		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.88mg		
<b>Carbohydrates</b>	0.09g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	156.38IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	0.36mg	<b>Iron</b>	0.01mg

# Beans Baked MTG

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

## Ingredients

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

## Preparation Instructions

Directions:

WASH HANDS.

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

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

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

Updated December 2013

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

# Steamed Broccoli

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

## Ingredients

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

## Preparation Instructions

Directions:

Place frozen broccoli in 4 inch serving pan

Add seasoning and Margarine

Place in steam oven for 10 minutes or till

CCP: Heat to 135° F or higher.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	42.48		
<b>Fat</b>	1.12g		
<b>SaturatedFat</b>	0.22g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	4.48g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	9.34IU	<b>Vitamin C</b>	30.00mg

**Calcium** 20.00mg **Iron** 0.00mg



# Salad Mixed Green MTG

<b>Servings:</b>	25.00	<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-5214

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	25 1/4 Cup		305812
TOMATO RANDOM 2 25 MRKN	1 3/4 Pound		508616
CUCUMBER SELECT 24CT MRKN	2 1/2 Pound		418439

## Preparation Instructions

Directions:

WASH HANDS.

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

1. Place washed lettuce into a mixing bowl.
2. Core and dice tomatoes.
3. Slice cucumbers into 1/4" slices.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

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>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.07
<b>OtherVeg</b>	0.88
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	89.91		
<b>Fat</b>	0.12g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.51mg		
<b>Carbohydrates</b>	18.40g		
<b>Fiber</b>	8.50g		
<b>Sugar</b>	9.31g		
<b>Protein</b>	8.46g		
<b>Vitamin A</b>	152.85IU	<b>Vitamin C</b>	3.01mg

**Calcium** 137.84mg **Iron** 3.07mg

# Tuna Salad Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5215

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHNK LT POUCH 6-43Z STARK	43 Ounce		852554
ONION VIDALIA SWT 10 P/L	5 5/24 Ounce		558133
CELERY STALK 24 SZ 6CT MRKN	1 Ounce		170895
PICKLE DILL SLCD HAMB 4-1GAL GFS	4 11/16 Ounce		149195
EGG HARD CKD PLD DRY PK 12-12CT PAP	4 1/6 Each		853800
DRESSING SALAD LT 4-1GAL GFS	53/74 Ounce		429422

## Preparation Instructions

Directions:

Drain and flake tuna.

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

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

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

Portion is 1 sandwich

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	0.33
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.04
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	428.17
<b>Fat</b>	4.36g
<b>SaturatedFat</b>	0.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	235.04mg
<b>Sodium</b>	1803.78mg
<b>Carbohydrates</b>	0.89g
<b>Fiber</b>	0.13g

<b>Sugar</b>			0.60g
<b>Protein</b>			90.52g
<b>Vitamin A</b>	22.55IU	<b>Vitamin C</b>	0.44mg
<b>Calcium</b>	7.02mg	<b>Iron</b>	5.15mg

# Rice Brown

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5230

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PERFECTED 25 UBEN	5 1/2 Pound		146404
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	2/3 Cup		184622

## Preparation Instructions

Directions:

WASH HANDS.

1. Use Directions Indicated on bag
2. Mix 5.5 pounds of rice and 5 quarts of water with 3/4 cup of butter and mix
3. put in hotel pan cove and steam for 25 minutes

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

Child Nutrition: #8 scoop (1/2 cup) provides= 1 oz eq grain

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.10
<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: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	107.01		
<b>Fat</b>	2.33g		
<b>SaturatedFat</b>	0.30g		
<b>Trans Fat</b>	0.02g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	19.80g		
<b>Fiber</b>	1.10g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.20g		
<b>Vitamin A</b>	12.52IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.20mg

# 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-5235

## Ingredients

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

## Preparation Instructions

Directions:

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

CCP:

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

Toss any extras.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 1.00 Each

#### 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

# biscuits

<b>Servings:</b>	216.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5238

## Ingredients

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

## Preparation Instructions

Direction:

**BAKE**

1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. \* LEAVE ABOUT 1

4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

CCP:

Wash and dry hands and put on new disposable gloves

Keep product to 0° or below until time of need

Keep hot food hot at 135°

### SLE Components

Amount Per Serving

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 216.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	0.79		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.76mg		
<b>Carbohydrates</b>	0.10g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.19mg	<b>Iron</b>	0.01mg

# Philly Cheese Steak

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

## Ingredients

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

## Preparation Instructions

### PREPARATION

Prep Time: 25 min.

- 1.Heat Seasoned Beef Steak with diced onions and diced green peppers in oven on sheet pan for 8 - 10 minutes at 350°F.
- 2.Heat Queso Blanco in steamer or water bath to 145°F for 15 seconds and hold hot at 145°F or higher. (HACCP)
- 3.Blend Seasoned Beef Steak, diced onions, diced green peppers
4. Put a garnish of the Queso cheese

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

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

### SLE Components

Amount Per Serving

<b>Meat</b>	0.58
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	210.88
<b>Fat</b>	5.98g
<b>SaturatedFat</b>	2.63g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	14.74mg
<b>Sodium</b>	368.86mg
<b>Carbohydrates</b>	30.19g
<b>Fiber</b>	3.24g

<b>Sugar</b>			4.97g
<b>Protein</b>			10.06g
<b>Vitamin A</b>	161.79IU	<b>Vitamin C</b>	8.12mg
<b>Calcium</b>	147.86mg	<b>Iron</b>	2.05mg

# Taco Seasoning

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Tablespoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5243

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CHILI POWDER MILD 16Z TRDE	6 Teaspoon		331473
SPICE ONION POWDER 19Z TRDE	3 Teaspoon		126993
SPICE GARLIC POWDER 21Z TRDE	4 Teaspoon		224839
SPICE PEPR RED CAYENNE GRND 16Z TRDE	3 Teaspoon		225088
SPICE CUMIN GRND 15Z TRDE	3 Teaspoon		273945
SPICE PAPRIKA 16Z TRDE	4 Teaspoon		518331

## Preparation Instructions

mix and store in a airtight container

CCP:

Wash and dry hands and put on disposable gloves

store in a cool dry area no temps over 70°

### 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 Tablespoon

#### Amount Per Serving

<b>Calories</b>	46.40		
<b>Fat</b>	1.60g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	736.00mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	4.80g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.60g		
<b>Vitamin A</b>	8880.96IU	<b>Vitamin C</b>	2.40mg

**Calcium** 26.40mg      **Iron** 5.92mg

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# Chicken Alfredo

<b>Servings:</b>	54.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6183

## Ingredients

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

## Preparation Instructions

Directions:

1. Preheat Convection oven to 300°
2. Lightly Spray bottom and sides of 4" hotel pan with pan spray
3. pour Alfredo in the middle of pan
4. Add hot water and wisk ingredients
5. Add Dry pasta and mix well
6. Cover pan with foil
7. Remove pan after 30 Min and blend chicken, and Mozzarella
8. cover and bake for 10 min

CCP:

keep all cold foods 41° or under

keep all frozen foods 0° or under  
and keep all hot foods at 135° to 145°

## SLE Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 0.75 Cup

### Amount Per Serving

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

# Chicken Alfredo

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

## Ingredients

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

## Preparation Instructions

Directions:

1. Preheat Convection oven to 300°
2. Lightly Spray bottom and sides of 4" hotel pan with pan spray
3. pour Alfredo in the middle of pan
4. Add hot water and wisk ingredients
5. Add Dry pasta and mix well
6. Cover pan with foil
7. Remove pan after 30 Min and blend chicken, and Mozzarella
8. caver and bake for 10 min

CCP:

keep all cold foods 41° or under



keep all frozen foods 0° or under  
and keep all hot foods at 135°to 145°

## SLE Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 3.00 Cup

### Amount Per Serving

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

# Canned Fruit Pineapple Chunk

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

## Ingredients

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

## Preparation Instructions

Directions:

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

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

WASH HANDS.

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

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

4. Serve using a 4 oz spoodle.

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

Updated October 201

## 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

# Chilled Peaches

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

## Ingredients

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

## Preparation Instructions

Directions:

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

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

WASH HANDS.

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

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

4. Serve using a 4 oz spoodle.

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

Updated October 201

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

<b>Protein</b>	1.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Canned Fruit Mandarin Oranges

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

## Ingredients

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

## Preparation Instructions

Directions:

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

Open Can fruit

place under refrigeration

Serve with 4 oz spoodle

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 0.50 Cup

Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	22.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	16.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	4.00mg

# Pears Canned

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

## Ingredients

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

## Preparation Instructions

Directions:

WASH HANDS.

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

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

4. Serve using a 4z spoodle.

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

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

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

# Oranges MTG

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

## Ingredients

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

## Preparation Instructions

Directions:

WASH HANDS.

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

1. Cut orange into 4 wedges. Serve.

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

Child Nutrition: 1 orange = 1/2c fruit

Updated October 2013

Notes:

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 138.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	89.08		
<b>Fat</b>	0.51g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	21.21g		
<b>Fiber</b>	4.55g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.92g		
<b>Vitamin A</b>	418.14IU	<b>Vitamin C</b>	88.17mg
<b>Calcium</b>	72.72mg	<b>Iron</b>	0.16mg



# Applesauce Unsweetened MTG

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

## Ingredients

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

## Preparation Instructions

Directions:

WASH HANDS.

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Peas , Frozen

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

## Ingredients

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

## Preparation Instructions

Directions:

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

Pour 4 oz of melted Margarine over peas

Store in refregator till time to steam.

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

Hold in steam table

CCP: Hold at 135° F or higher.

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.02

### Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 0.50 Cup

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

# Broccoli Steamed MTG

<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-6216

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 KE	51 Pound		359010
SEASONING GARLIC HRB NO SALT 19Z TRDE	5 Tablespoon		565164
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1/2 Cup		184622

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. add spice and butter
3. Steam for 8-10 min

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

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

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

Child Nutrition: 4 oz spoodle provides= 1/2 cup dark green 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>	0.51
<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>	28.38
<b>Fat</b>	1.12g
<b>SaturatedFat</b>	0.22g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.20mg
<b>Carbohydrates</b>	2.64g

<b>Fiber</b>	1.02g		
<b>Sugar</b>	1.02g		
<b>Protein</b>	0.51g		
<b>Vitamin A</b>	9.34IU	<b>Vitamin C</b>	15.30mg
<b>Calcium</b>	10.20mg	<b>Iron</b>	0.00mg

# Grapes Red MTG

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

## Ingredients

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

## Preparation Instructions

Directions:

WASH HANDS.

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

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

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

2. Portion into serving dishes using 4 oz spoodle.

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

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	28.13		
<b>Fat</b>	0.13g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.83mg		
<b>Carbohydrates</b>	7.33g		
<b>Fiber</b>	0.37g		
<b>Sugar</b>	6.67g		
<b>Protein</b>	0.27g		
<b>Vitamin A</b>	42.00IU	<b>Vitamin C</b>	1.68mg
<b>Calcium</b>	5.88mg	<b>Iron</b>	0.12mg

# Banana

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

## Ingredients

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

## Preparation Instructions

Directions:

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

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

# Sausage Pattie GFS#483152

<b>Servings:</b>	250.00	<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-6221

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	<b>BAKE</b> Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000

## Preparation Instructions

Directions:

Lay sausage

On sheet pan

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

Hold Till serving Time

CCP: Hold at 135° F or higher.

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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: 250.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		0.28	
<b>Fat</b>		0.02g	
<b>SaturatedFat</b>		0.01g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.10mg	
<b>Sodium</b>		1.04mg	
<b>Carbohydrates</b>		0.00g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		0.03g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.08mg	<b>Iron</b>	0.00mg

# Chicken Pattie on Bun, Spicy

<b>Servings:</b>	150.00	<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-6238

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	150 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	150 Each		517810

## Preparation Instructions

Directions:

Remove Chicken from freezer lay on sheet pans

Return to freezer till cooking time

Remove from freezer to oven

Cook at 375° for 8-10 min

Cook to 165° for 15 seconds

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

Place patties in serving pans and place on lines

Assemble Sandwichsas customers come through serving line

1 Spicy chicken pattie

1 Hamburger bun

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

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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: 150.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	400.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	525.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	8.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.00g

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<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	3.78mg

# Chicken Pattie on Bun,

<b>Servings:</b>	150.00	<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-6240

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	150 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	150 Each		517810

## Preparation Instructions

Directions:

Remove Chicken from freezer lay on sheet pans

Return to freezer till cooking time

Remove from freezer to oven

Cook to 165° for 15 seconds

Cook at 375° for 8-10 Min

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

Place patties in serving pans and place on lines

Assemble Sandwiches as customers come through serving line

1 chicken pattie

1 Hamburger bun

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

Notes:

### 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>	0.00
<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: 1.00 Each			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	370.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	585.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	19.00g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	75.00mg	<b>Iron</b>	3.08mg
<hr/>			

# Cheese Burger

<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-6244

## Ingredients

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

## Preparation Instructions

Directions:

WASH HANDS.

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

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

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

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	282.60		
<b>Fat</b>	13.90g		
<b>SaturatedFat</b>	6.20g		
<b>Trans Fat</b>	0.48g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	409.40mg		
<b>Carbohydrates</b>	20.50g		
<b>Fiber</b>	4.80g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	19.60g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 135.00mg **Iron** 2.16mg

# Taco Bar

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6289

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
TACO FILLING BEEF REDC FAT 6-5 COMM	317 Fluid Ounce		722330
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Pound		191043
RICE BRN PERFECTED 25 UBEN	400 Ounce		146404

## Preparation Instructions

Directions:

WASH HANDS.

1. In a combi oven, steam beef and and keep bags sealed, open as needed

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. individual bags of chips and open.

4. Serve.

Child Nutrition: 1 Each provides=

2.0 oz meat/meat alternate, 2.0 oz eq grains

Updated October 2013

Notes:

1 bag of chips

3.17oz of taco meat

2 oz scoop of rice

cheese to garnish

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	5.98
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		651.27	
<b>Fat</b>		13.20g	
<b>SaturatedFat</b>		3.05g	
<b>Trans Fat</b>		0.29g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		461.90mg	
<b>Carbohydrates</b>		109.46g	
<b>Fiber</b>		7.73g	
<b>Sugar</b>		2.00g	
<b>Protein</b>		26.02g	
<b>Vitamin A</b>	725.00IU	<b>Vitamin C</b>	5.40mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	3.13mg

# Carrot/Celery Cup

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

## Ingredients

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

## Preparation Instructions

Wash Hands:

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

CCP:

keep all Vegetable under 41°

do not keep out more than 4hrs

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.96
<b>OtherVeg</b>	0.66
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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



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

# Corn

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

## Ingredients

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

## Preparation Instructions

Directions:

WASH HANDS.

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

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

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

3. Serve using a 4 oz spoodle.

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

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

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

<b>Protein</b>		0.67g	
<b>Vitamin A</b>	82.39IU	<b>Vitamin C</b>	0.54mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.08mg

# Meatball Sub

<b>Servings:</b>	168.00	<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-6301

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	30 Pound		785860
SAUCE PASTA LO SOD 6-6.5 HNZ	15 Pound		177092
BUN SUB SLCD WGRAIN 5 12-8CT GFS	168 Each		276142

## Preparation Instructions

KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F

### 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: 168.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	169.24		
<b>Fat</b>	2.49g		
<b>SaturatedFat</b>	0.66g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	1.61mg		
<b>Sodium</b>	278.93mg		
<b>Carbohydrates</b>	30.54g		
<b>Fiber</b>	3.40g		
<b>Sugar</b>	5.70g		
<b>Protein</b>	6.89g		
<b>Vitamin A</b>	134.15IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	86.43mg	<b>Iron</b>	2.37mg

# Potato Wedges

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

## Ingredients

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

## Preparation Instructions

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

1 case

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

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

# Creamy Cole Slaw

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

## Ingredients

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

## Preparation Instructions

Directions:

Combine dressing and slaw mix

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

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

Mix lightly before serving. Portion

Notes:

1: \*See Marketing Guide.

2: Special Tips:

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

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

### 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>	0.50
<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>	45.92		
<b>Fat</b>	2.80g		
<b>SaturatedFat</b>	0.42g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.80mg		
<b>Sodium</b>	78.56mg		
<b>Carbohydrates</b>	5.52g		
<b>Fiber</b>	0.64g		
<b>Sugar</b>	4.28g		
<b>Protein</b>	0.32g		
<b>Vitamin A</b>	336.00IU	<b>Vitamin C</b>	1.92mg

**Calcium** 12.80mg **Iron** 0.12mg

# Beans Baked

<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-6305

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD KTTL BRN SUGAR 6-10 HRTHSTN	1/2 Cup		822477

## Preparation Instructions

Directions:

WASH HANDS.

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

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

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

Updated December 2013

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	1.10		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.40mg		
<b>Carbohydrates</b>	0.22g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	0.07g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.40mg	<b>Iron</b>	0.01mg



# Lettuce, Tomatoes, Trim

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

## Ingredients

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

## Preparation Instructions

Directions:

Wash and clean lettuce leaves

place in serving pan hold in cooler till serving time

Batch serve

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

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

Hold in cooler till serving

Serve 2 slices =1/4 cup

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

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

1 leaf of lettuce

2 slices of tomatoe

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

1 lettuce leaf =1/2 cup

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

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

Notes:

### SLE Components

Amount Per Serving

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

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	34.07		
<b>Fat</b>	0.43g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.61mg		
<b>Carbohydrates</b>	7.33g		
<b>Fiber</b>	2.33g		
<b>Sugar</b>	5.05g		
<b>Protein</b>	1.73g		
<b>Vitamin A</b>	2165.86IU	<b>Vitamin C</b>	25.54mg
<b>Calcium</b>	21.44mg	<b>Iron</b>	0.57mg

# MC Special

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce		722110
RICE BRN PERFECTED 25 UBEN	1/2 Cup		146404

## Preparation Instructions

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

### SLE Components

Amount Per Serving

<b>Meat</b>	3.50
<b>Grain</b>	4.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

<b>Protein</b>	37.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	222.00mg	<b>Iron</b>	1.44mg

# Sub Combo/ Ham

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

## Ingredients

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

## Preparation Instructions

Directions:

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

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

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

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	1795.00
<b>Fat</b>	131.50g
<b>SaturatedFat</b>	86.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	393.75mg
<b>Sodium</b>	6305.00mg
<b>Carbohydrates</b>	47.25g
<b>Fiber</b>	3.00g
<b>Sugar</b>	9.25g
<b>Protein</b>	90.00g
<b>Vitamin A</b> 5600.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 2180.00mg	<b>Iron</b> 2.43mg

# Hot Dog on WG Bun

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

## Ingredients

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

## Preparation Instructions

Directions:

WASH HANDS.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

Conventional oven: 400°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

3. Serve with ketchup packet (optional).

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

Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	250.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	415.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	4.00g

<b>Sugar</b>		5.00g	
<b>Protein</b>		11.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	110.67mg	<b>Iron</b>	1.60mg

# Chicken Fajitas

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

## Ingredients

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

## Preparation Instructions

Directions:

1. Get frozen chicken strips out of the freezer
2. in a tilt skillet on med-high heat place onions and peppers in and cook for about 5 min.
3. place frozen chicken in tilt skillet as well with all of the spices
4. then mix in frozen corn
5. cook in till internal temp. is reached of 165°

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

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

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

Serve 1 fajita.



## SLE Components

Amount Per Serving

<b>Meat</b>	1.70
<b>Grain</b>	1.29
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.03
<b>Legumes</b>	0.00
<b>Starch</b>	0.09

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.75 Ounce

### Amount Per Serving

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

# MC Titan Burger

<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-6443

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<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 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		300.00	
<b>Fat</b>		12.00g	
<b>SaturatedFat</b>		5.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		30.00mg	
<b>Sodium</b>		515.00mg	
<b>Carbohydrates</b>		33.00g	
<b>Fiber</b>		6.00g	
<b>Sugar</b>		8.00g	
<b>Protein</b>		17.00g	
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	2.52mg

# Turkey and Cheese 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-6567

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice		271411
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
6-2 PREM SMKD SLCD TURKEY 8482	3 1/5 Ounce		572632
CHIP HARV CHED 64-LSSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712440
APPLE, GRANNY SMITH, FRESH	1 Each	READY_TO_EAT	110543
CARROT BABY WHL CLEANED 12-2 RSS	4 Ounce		510637
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521
MAYONNAISE LT PKT 200- 12GM GFS	2 Each		188741
MUSTARD PKT 200-1/5Z HNZ	2 Each		109908

## Preparation Instructions

Directions:

Assemble Slice Deli Turkey 3.2 oz

cheese slice 2 each

Hoagie Bun 1 each

Assemble sandwich's using:

3.2 oz Deli Turkey

2 slices cheese

1 Hoagie Bun

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

Notes:

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Chef Salad

<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-6569

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 Cup		165761
SPINACH LEAF FLAT CLND 4-2.5 RSS	1 Cup		329401
CARROT SHRD MED 2-5 RSS	3 Fluid Ounce		313408
BROCCOLI FLORETS 6-4 GFS	3 Ounce		610902
TOMATO CHERRY 11 MRKN	1/2 Cup		569551
EGG HARD CKD PLD DRY PK 12-12CT PAP	2 Each		853800
CRAISINS SWTND DRD CRANBERRIES 1-25	1 Ounce		897420
DRESSING RNCH BTRMLK LT PKT 60-1.5Z	1 Each		483621
CHEESE CHED MLD SHRD FINE 4-5 GCHC	2 Ounce		191043
CRACKER SALTINE MINI WGRAIN 300-.39Z	4 Package		522150

## Preparation Instructions

Directions:

Wash and Clean all lettuce products

Cool in walk in

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

Cut and mix all lettuce products together for serve time

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

Serve 1 cup mixed salad lettuce products

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

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

1/4 cup other vegetable

Notes:

## SLE Components

### Amount Per Serving

<b>Meat</b>	4.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.59
<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

<b>Amount Per Serving</b>			
<b>Calories</b>		689.25	
<b>Fat</b>		36.70g	
<b>SaturatedFat</b>		13.05g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		400.00mg	
<b>Sodium</b>		1023.17mg	
<b>Carbohydrates</b>		55.09g	
<b>Fiber</b>		6.85g	
<b>Sugar</b>		13.59g	
<b>Protein</b>		34.30g	
<b>Vitamin A</b>	1349.70IU	<b>Vitamin C</b>	19.83mg
<b>Calcium</b>	647.41mg	<b>Iron</b>	5.06mg

# Taco Salad

<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-6573

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 1/2 Fluid Ounce		722330
LETTUCE ROMAINE HERITAGE BLND 4-2	2 Cup		165761
TOMATO CHERRY 11 MRKN	1/2 Cup		569551
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Ounce		191043
CHIP TORTL RND R/F 104- .88Z TOSTIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751

## Preparation Instructions

Directions:

CCP: Heat to 155° F or higher for 15 seconds. CCP: Hold for hot service at 135° F or higher.

keep cold foods cold 41° or cooler

### SLE Components

Amount Per Serving

<b>Meat</b>	2.21
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.64
<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>	380.96
<b>Fat</b>	19.11g
<b>SaturatedFat</b>	7.54g
<b>Trans Fat</b>	0.32g
<b>Cholesterol</b>	68.64mg
<b>Sodium</b>	606.79mg
<b>Carbohydrates</b>	29.20g
<b>Fiber</b>	6.48g
<b>Sugar</b>	5.88g
<b>Protein</b>	25.11g

<b>Vitamin A</b>	1761.85IU	<b>Vitamin C</b>	17.85mg
<b>Calcium</b>	296.09mg	<b>Iron</b>	2.88mg



# Grilled Chicken Salad

<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-6578

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 Cup		165761
SPINACH LEAF FLAT CLND 4-2.5 RSS	1 Cup		329401
CARROT BABY WHL CLEANED 12-2 RSS	2 Fluid Ounce		510637
TOMATO CHERRY 11 MRKN	3 Ounce		569551
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 1/2 Ounce		191043
CRACKER SALTINE MINI WGRAIN 300-.39Z	4 Package		522150
DRESSING RNCH BTRMLK LT PKT 60-1.5Z	1 Each		483621

## Preparation Instructions

Directions:

Wash and Clean all lettuce products

Cool in walk in

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

Cut and mix all lettuce products together for serve time

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

Serve 1 cup mixed salad lettuce products

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

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

1/4 cup other vegetable

Notes:

## SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	1.04
<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>	587.90
<b>Fat</b>	24.72g
<b>SaturatedFat</b>	8.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	105.00mg
<b>Sodium</b>	1122.58mg
<b>Carbohydrates</b>	48.38g
<b>Fiber</b>	5.08g
<b>Sugar</b>	9.13g
<b>Protein</b>	40.02g
<b>Vitamin A</b> 8831.07IU	<b>Vitamin C</b> 10.72mg
<b>Calcium</b> 504.31mg	<b>Iron</b> 4.22mg

# Chef Salad with ham

<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-6601

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 Cup		165761
SPINACH LEAF FLAT CLND 4-2.5 RSS	1 Cup		329401
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
HAM BUFFET SHAVE 2-11AVG HRML	3 1/2 Ounce	medium dice on ham	533408
CRACKER SALTINE MINI WGRAIN 300-.39Z	4 Package		522150
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 1/2 Ounce		191043
DRESSING RNCH BTRMLK LT PKT 60-1.5Z	1 Each		483621

## Preparation Instructions

Directions:

Wash and Clean all lettuce products

Cool in walk in

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

Cut and mix all lettuce products together for serve time

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

Serve 1 cup mixed salad lettuce products

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

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

1/4 cup other vegetable

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	1.31
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	546.44
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	9.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	88.75mg
<b>Sodium</b>	1980.00mg
<b>Carbohydrates</b>	46.45g
<b>Fiber</b>	3.14g
<b>Sugar</b>	10.39g
<b>Protein</b>	31.64g

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<b>Vitamin A</b>	450.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	466.63mg	<b>Iron</b>	3.64mg

# Seasonal Fresh Fruit

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	4.08
<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 Ounce

#### Amount Per Serving

<b>Calories</b>	457.03		
<b>Fat</b>	2.20g		
<b>SaturatedFat</b>	0.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	13.55mg		
<b>Carbohydrates</b>	119.02g		
<b>Fiber</b>	6.31g		
<b>Sugar</b>	107.68g		
<b>Protein</b>	4.42g		
<b>Vitamin A</b>	674.59IU	<b>Vitamin C</b>	39.57mg
<b>Calcium</b>	97.53mg	<b>Iron</b>	2.06mg

# 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-6673

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<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

# Mc Rib

<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-6676

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB BBQ HNY SMKY GRLLD 100CTPIER	1 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat on a pan for 11 minutes.Microwave: frozen product: microwave on high for 2 minutes.	451660
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

## Preparation Instructions

No Preparation Instructions available.

### 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 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	840.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	2.88mg



# Biscuit and Gravy

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Chicken 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-7434

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
<b>Grain</b>	2.13
<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>	265.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	595.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	4.50g
<b>Sugar</b>	2.00g

<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.00mg	<b>Iron</b>	2.08mg

# Colby Jack w/Toast

<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-7435

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<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>	230.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	165.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	123.00mg	<b>Iron</b>	2.08mg

# 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-7436

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<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>	466.60		
<b>Fat</b>	4.20g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	366.30mg		
<b>Carbohydrates</b>	105.00g		
<b>Fiber</b>	8.10g		
<b>Sugar</b>	55.00g		
<b>Protein</b>	8.30g		
<b>Vitamin A</b>	969.12IU	<b>Vitamin C</b>	5.89mg
<b>Calcium</b>	437.68mg	<b>Iron</b>	6.45mg

# Yogurt Grab and Go #2

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	1 Each		765020
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
JUICE BOX ORNG TANGR 100 40- 4.23FLZ	1 Each		698251
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
APPLE DELICIOUS RED 113CT MRKN	1 Each		197696

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		476.60	
<b>Fat</b>		6.20g	
<b>SaturatedFat</b>		1.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		5.00mg	
<b>Sodium</b>		426.30mg	
<b>Carbohydrates</b>		103.00g	
<b>Fiber</b>		9.10g	
<b>Sugar</b>		53.00g	
<b>Protein</b>		8.30g	
<b>Vitamin A</b>	1369.12IU	<b>Vitamin C</b>	10.69mg
<b>Calcium</b>	407.68mg	<b>Iron</b>	5.55mg

# Yogurt Grab and go #3

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	535.00
<b>Fat</b>	4.40g
<b>SaturatedFat</b>	1.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	446.20mg
<b>Carbohydrates</b>	118.00g
<b>Fiber</b>	8.10g
<b>Sugar</b>	65.00g
<b>Protein</b>	9.30g
<b>Vitamin A</b> 1475.52IU	<b>Vitamin C</b> 16.27mg
<b>Calcium</b> 305.90mg	<b>Iron</b> 6.61mg

# Colby Jack on toast

<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-7459

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<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>	230.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	165.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	123.00mg	<b>Iron</b>	2.08mg



# Breakfast Burrito

<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-7460

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
EGG SCRMBD CKD W/BCN & CHS 4-5 SNYFR	3 1/2 Ounce		391902

## Preparation Instructions

1. Wash and dry Hands
2. keep frozen food at 0° or below
3. cook food to 165°
4. hold at 135° or higher

### 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: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	380.00		
<b>Fat</b>	20.75g		
<b>SaturatedFat</b>	9.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	297.50mg		
<b>Sodium</b>	637.00mg		
<b>Carbohydrates</b>	31.75g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	548.80IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	158.72mg	<b>Iron</b>	3.45mg

# Ham & Cheese Wrap Box

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice		722360
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
TURKEY HAM SLCD 12-1 JENNO	3 Slice		556121
CHIP NACHO REDC FAT 72- 1Z DORITOS	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
CARROT SNACK CLEANED 200-1Z RSS	2 Package		613967
APPLE DELICIOUS RED 113CT MRKN	1 Each		197696
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

## Preparation Instructions

Directions:

Assemble Slice Deli Turkey Jennie-O

6 slices = 2oz

2cheese slice=1oz

Wrap 1 each

Wrap in Paperstore in refg

CCP: Hold at 135° F or higher.

Assemble sandwich's using:

3.2 oz Deli Turkey

3 slices cheese

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

Notes:

## SLE Components

Amount Per Serving

<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>	694.10		
<b>Fat</b>	24.45g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.50mg		
<b>Sodium</b>	1553.30mg		
<b>Carbohydrates</b>	100.00g		
<b>Fiber</b>	17.10g		
<b>Sugar</b>	32.50g		
<b>Protein</b>	27.30g		
<b>Vitamin A</b>	69.12IU	<b>Vitamin C</b>	6.79mg
<b>Calcium</b>	464.68mg	<b>Iron</b>	2.99mg

# CLT Box

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
TOMATO SLCD 1/4 5 RSS	2 Slice		786535
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Piece		702595
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Ounce		191043
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
APPLE DELICIOUS RED 113CT MRKN	1 Each		197696
CARROT SNACK CLEANED 200-1Z RSS	2 Package		613967
RANCH LT DIP CUP 100- 1Z FLAVOR FRESH	1 Each		499521

## Preparation Instructions

No Preparation Instructions available.

## SLE Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	775.38
<b>Fat</b>	27.81g
<b>SaturatedFat</b>	9.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	95.00mg
<b>Sodium</b>	1156.81mg
<b>Carbohydrates</b>	100.88g
<b>Fiber</b>	17.71g
<b>Sugar</b>	32.25g
<b>Protein</b>	38.76g
<b>Vitamin A</b> 1077.20IU	<b>Vitamin C</b> 12.47mg
<b>Calcium</b> 402.80mg	<b>Iron</b> 3.33mg

# Tuna Salad Sandwich Box

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHNK LT POUCH 6-43Z STARK	68 1/2 Ounce		852554
ONION VIDALIA SWT 10 P/L	10 Ounce		558133
CELERY STALK 24 SZ 6CT MRKN	5 Ounce		170895
PICKLE DILL SLCD HAMB 4-1GAL GFS	9 Ounce		149195
EGG HARD CKD PLD DRY PK 12-12CT PAP	8 Each		853800
DRESSING SALAD LT 4-1GAL GFS	1 3/8 Quart		429422
BUN SUB SLCD WGRAIN 5 12-8CT GFS	48 Each		276142
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
APPLE DELICIOUS RED 113CT MRKN	1 Each		197696
CARROT SNACK CLEANED 200-1Z RSS	2 Package		613967
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

## Preparation Instructions

Directions:

Drain and flake tuna.

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

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

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

Portion is 1 sandwich (2 halves).

Notes:

1: \* See Marketing Guide

## SLE Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	579.67		
<b>Fat</b>	10.51g		
<b>SaturatedFat</b>	0.78g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	217.95mg		
<b>Sodium</b>	1869.45mg		
<b>Carbohydrates</b>	35.93g		
<b>Fiber</b>	3.53g		
<b>Sugar</b>	8.93g		
<b>Protein</b>	81.44g		
<b>Vitamin A</b>	59.49IU	<b>Vitamin C</b>	0.81mg
<b>Calcium</b>	92.92mg	<b>Iron</b>	6.13mg

# Beef & Cheese Nacho

<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-7803

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 8/47 Ounce		722330
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690
CHIP TORTL RND YEL 5-1.5 KE	1 9/100 Ounce		163020

## Preparation Instructions

Steam taco meat

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

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

If desired, garnish with chopped green peppers, chopped tomatoes, and chopped green chili peppers.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.09
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<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>			1860.08
<b>Fat</b>			68.85g
<b>SaturatedFat</b>			13.79g
<b>Trans Fat</b>			0.29g
<b>Cholesterol</b>			65.00mg
<b>Sodium</b>			2060.89mg
<b>Carbohydrates</b>			258.80g
<b>Fiber</b>			25.98g
<b>Sugar</b>			12.00g
<b>Protein</b>			46.78g
<b>Vitamin A</b>	645.00IU	<b>Vitamin C</b>	5.00mg
<b>Calcium</b>	853.60mg	<b>Iron</b>	6.32mg



# Yogurt and Cheese

<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-7806

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	240.00		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	460.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	320.00mg	<b>Iron</b>	0.80mg

# Cucumbers, Sliced

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

## Ingredients

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

## Preparation Instructions

Directions:

Wash and slice cucumbers

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

Place on serving line at beginning of service

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

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

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

<b>Calories</b>	3.90		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.50mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.15g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	0.15g		
<b>Vitamin A</b>	27.30IU	<b>Vitamin C</b>	0.73mg
<b>Calcium</b>	4.16mg	<b>Iron</b>	0.08mg

# Corn

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

## Ingredients

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

## Preparation Instructions

Directions:

WASH HANDS.

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

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

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

3. Serve using a 4 oz spoodle.

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

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	42.55
<b>Fat</b>	2.46g
<b>SaturatedFat</b>	0.45g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.12mg
<b>Carbohydrates</b>	4.70g
<b>Fiber</b>	0.45g

<b>Sugar</b>			0.45g
<b>Protein</b>			0.67g
<b>Vitamin A</b>	41.07IU	<b>Vitamin C</b>	0.54mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.08mg

# Green beans

<b>Servings:</b>	22.00	<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-7964

## Ingredients

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

## Preparation Instructions

WASH HANDS.

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

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

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

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

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	208.36
<b>Fat</b>	2.55g
<b>SaturatedFat</b>	0.51g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1298.18mg
<b>Carbohydrates</b>	37.45g
<b>Fiber</b>	18.55g
<b>Sugar</b>	18.55g

<b>Protein</b>		9.27g	
<b>Vitamin A</b>	1875.77IU	<b>Vitamin C</b>	33.38mg
<b>Calcium</b>	185.46mg	<b>Iron</b>	6.68mg

# Tomato Cup

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<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: 1.00

Serving Size: 1.00 Each

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

# Milk, Variety

<b>Servings:</b>	5.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	8.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9003

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Low Fat White Milk	1 Pint		13871
.5 pint 1% chocolate milk	1 Pint		
1% Strawberry Milk	1 Pint		
Prairie Farms Lactose Free Milk Carton	1 Pint		
Prairie Farms Skim White Milk Carton	1 Pint		

## Preparation Instructions

Place in milk cooler to keep an internal temperature of 35 degrees.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.60
<b>Grain</b>	0.40
<b>Fruit</b>	0.20
<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: 5.00

Serving Size: 8.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	102.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.00mg		
<b>Sodium</b>	134.00mg		
<b>Carbohydrates</b>	14.80g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	4.00IU	<b>Vitamin C</b>	0.80mg
<b>Calcium</b>	12.00mg	<b>Iron</b>	0.00mg



# Grapes Red

<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-12448

## Ingredients

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

## Preparation Instructions

Directions:

WASH HANDS.

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

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

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

2. Portion into serving dishes using 4 oz spoodle.

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

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	28.13		
<b>Fat</b>	0.13g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.83mg		
<b>Carbohydrates</b>	7.33g		
<b>Fiber</b>	0.37g		
<b>Sugar</b>	6.67g		
<b>Protein</b>	0.27g		
<b>Vitamin A</b>	42.00IU	<b>Vitamin C</b>	1.68mg
<b>Calcium</b>	5.88mg	<b>Iron</b>	0.12mg

# Oranges

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12449

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	101 Cup		198021

## Preparation Instructions

Directions:

WASH HANDS.

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

1. Cut orange into 4 wedges. Serve.

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

Child Nutrition: 1 orange = 1/2c fruit

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	89.08		
<b>Fat</b>	0.51g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	21.21g		
<b>Fiber</b>	4.55g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.92g		
<b>Vitamin A</b>	418.14IU	<b>Vitamin C</b>	88.17mg
<b>Calcium</b>	72.72mg	<b>Iron</b>	0.16mg

# Banana

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12450

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	100 Each		197769

## Preparation Instructions

Directions:

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

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