

Cookbook for GL

Created by HPS Menu Planner

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SLIDER - SAUSAGE, EGG & CHEESE



Servings:	81.00	Category:	Entree
Serving Size:	1.00 SLIDER	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-1908

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD CN 1.5Z 10 JDF	81 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891
EGG SCRMBD PTY RND 3.5 165-1.25Z GFS	81 Each		592625
CHEESE AMER 160CT SLCD R/F 6-5 LOL	81 Slice		722360
Whole Grain Rich Slammer Sliced	81 bun	BAKE	3939

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 81.00

Serving Size: 1.00 SLIDER

Amount Per Serving	
Calories	365.00
Fat	24.00g
SaturatedFat	8.25g
Trans Fat	0.00g
Cholesterol	132.50mg
Sodium	750.00mg
Carbohydrates	19.00g

Fiber	1.00g		
Sugar	2.50g		
Protein	15.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	118.00mg	Iron	6.36mg

TOASTED CHEESE 800



Servings:	175.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1912

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	700 Slice		722360
24 oz. Whole Grain Rich Sandwich Bread	175 Slice	BAKE	1292

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 175.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	210.00		
Fat	9.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	920.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	388.00mg	Iron	4.00mg

453 TURKEY CHEESE BUN



Servings:	5.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1913

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun-CORRECT	5 bun		3474
CHEESE AMER 160CT SLCD R/F 6-5 LOL	5 Slice		722360
TURKEY BRST SLCD RED SOD 6-2 JENNO	15 Slice		183161

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	235.00
Fat	5.00g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	740.00mg
Carbohydrates	26.00g
Fiber	2.00g
Sugar	3.50g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 102.00mg **Iron** 8.36mg

1048 HAM CHEESE BUN

NO IMAGE

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1914

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun-CORRECT	4 bun		3474
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice		722360
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	8 Slice	READY_TO_EAT	100187

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	249.00		
Fat	8.00g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	43.50mg		
Sodium	904.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	5.50g		
Protein	18.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 102.00mg **Iron** 8.00mg

799 SNACK KIDS MIX WG LUNCH

NO IMAGE

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1915

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	12 Each		786801
YOGURT VAN L/F PARFPR 6-4 YOPL	48 Ounce		811500
SNACK MUNCHIE MIX 104-SSV QUAK	12 Package		251670

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	270.00		
Fat	7.25g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	432.50mg		
Carbohydrates	37.50g		
Fiber	2.50g		
Sugar	17.00g		
Protein	12.50g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	328.00mg	Iron	3.70mg

CHICKEN PATTY ON BUN



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1936

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun-CORRECT	200 bun		3474
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	200 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.	281622

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	410.00
Fat	17.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	630.00mg
Carbohydrates	41.00g
Fiber	5.00g

Sugar			4.00g
Protein			21.00g
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	9.80mg

SPICY CHICKEN PATTY ON BUN



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1937

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun-CORRECT	100 bun		3474
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	410.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	630.00mg
Carbohydrates	42.00g
Fiber	5.00g

Sugar			4.00g
Protein			20.00g
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	10.70mg

CHEESEBURGER

NO IMAGE

Servings:	175.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1944

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun-CORRECT	175 bun		3474
CHEESE AMER 160CT SLCD R/F 6-5 LOL	175 Slice		722360
BEEF PTY FLAMEBR 210-2.4Z	175 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	205030

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 175.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	305.00
Fat	12.00g
SaturatedFat	4.75g
Trans Fat	0.50g
Cholesterol	42.50mg
Sodium	690.00mg
Carbohydrates	27.00g
Fiber	3.00g

Sugar			3.50g
Protein			20.50g
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	122.00mg	Iron	9.80mg

BACON & TOAST

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-2764

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD 3-100CT GFS	300 Slice		874124
24 oz. Whole Grain Rich Sandwich Bread	200 Slice		1292

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	200.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	350.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	8.00mg

771 EZ JAMMER



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3062

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1		786801
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	1		630302

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	350.00		
Fat	19.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	420.00mg		
Carbohydrates	29.00g		
Fiber	4.00g		
Sugar	12.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	278.00mg	Iron	2.70mg

BISCUIT & COUNTRY GRAVY



Servings:	48.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3723

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY 8-22Z TRIO	12 Cup		478377
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	48 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

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 310.00

Fat 10.00g

SaturatedFat 4.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1100.00mg

Carbohydrates 50.00g

Fiber 3.00g

Sugar 10.00g

Protein 8.00g

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

Calcium 120.00mg **Iron** 1.08mg

BISCUIT & SAUSAGE GRAVY

NO IMAGE

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3724

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	12 Cup		464694
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	48 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

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 260.00

Fat 16.00g

SaturatedFat 6.50g

Trans Fat 0.00g

Cholesterol 15.00mg

Sodium 620.00mg

Carbohydrates 24.00g

Fiber 3.00g

Sugar 2.00g

Protein 6.00g

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

Calcium 40.00mg **Iron** 1.08mg