

Cookbook for NORTH BRANCH ELEMENTARY SCHOOL

Created by HPS Menu Planner

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Cheesy Bread Sticks with Marinara

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Brunch for Lunch

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Refried Beans

Sweet n' Sour Chicken Over Brown Rice-100sv

Sweet and Sour Popcorn Chicken over Brown Rice

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Beef & Cheese Nachos

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Salad/Veggie Bar Salad

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Christmas Dinner Baked Ham w/Dinner Roll

Hamburger on WG Bun

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Chicken Breast on WG Bun

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Chicken Patty on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4142

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 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
Hamburger Bun, 3.5 inch, Whole Grain 18 oz/12 ct	1 Each	READY_TO_EAT	3354
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

Preparation Instructions

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.

Bring chicken patty to temperature and then put on bun and cover with plastic wrap. Put in warmer, till service. Serve with mayo pkg.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
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 1

Amount Per Serving

Calories 395.00

Fat 18.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 541.40mg

Carbohydrates 37.00g

Fiber 5.00g

Sugar 4.00g

Protein 19.00g

Vitamin A 0.00IU **Vitamin C** 2.00mg

Calcium 37.00mg **Iron** 10.00mg

Chicken Patty on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4143

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 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
Hamburger Bun, 3.5 inch, Whole Grain 18 oz/12 ct	1 Each	READY_TO_EAT	3354
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

Preparation Instructions

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.

Bring chicken patty to temperature and then put on bun and cover with plastic wrap. Put in warmer, till service.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
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 1

Amount Per Serving

Calories	395.00
Fat	18.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	541.40mg
Carbohydrates	37.00g

Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	2.00mg
Calcium	37.00mg	Iron	10.00mg

Chicken Patty on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4144

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 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 WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

Preparation Instructions

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.

Bring chicken patty to temperature and then put on bun and cover with plastic wrap. Put in warmer, till service. Serve with mayo pkg.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
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 1

Amount Per Serving

Calories 375.00

Fat 18.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 635.00mg

Carbohydrates 35.00g

Fiber 7.00g

Sugar 3.00g

Protein 18.00g

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

Calcium 75.00mg **Iron** 2.72mg

Chicken Breast Sandwich on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4145

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480

Preparation Instructions

Directions:

WASH HANDS.

1. Cook chicken patty as directed on package.
2. Layer patty on roll. Top with remaining half of roll.
3. Serve with mayo pkg.
4. Allow student to select condiment and vegetables of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat.

Notes:

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	330.00
Fat	11.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	415.00mg
Carbohydrates	34.00g

Fiber	8.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.16mg

Spaghetti Pasta w/Meat Sauce

Servings:	60.00	Category:	Entree
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4146

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 COMM	7 1/2 Pound	Brown beef crumbles in the oven with spices.	785840
ONION DEHY CHPD 15 P/L	1 1/4 Cup	Sprinkle over beef with spices before browning.	263036
SPICE GARLIC POWDER 21Z TRDE	1 1/4 Tablespoon		224839
SEASONING SPAGHETTI ITAL 12Z TRDE	1 1/4 Tablespoon		413453
SAUCE SPAGHETTI FCY 6-10 REDPK	3 7/11 #10 CAN		852759
PASTA SPAGHETTI 10 2-10 KE	7 1/2 Pound	Cook pasta with 2 teaspoons salt in steamer till almost al dente but still firm. Drain pasta, then add to sauce.	654560

Preparation Instructions

Directions:

Place ground beef in a hotel pan and brown in oven with spices and onions.

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

Add 3 # 10 cans of spaghetti sauce,

CCP: Heat to 165° F or higher for at least 15 seconds, then add hot pasta and heat and hold for service.

Place spaghetti sauce in 4" deep pans cover with with foil wrap place in warmer till serving time.

CCP: Hold at 135° F or higher.

Notes: 3/4 cup is a serving

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.34
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 6.00 1

Amount Per Serving

Calories	358.30
Fat	3.01g
SaturatedFat	0.80g
Trans Fat	0.00g
Cholesterol	27.00mg
Sodium	863.11mg
Carbohydrates	61.15g
Fiber	8.49g
Sugar	13.81g
Protein	24.47g
Vitamin A 1050.78IU	Vitamin C 10.72mg
Calcium 65.36mg	Iron 3.85mg

Wild Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4695

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS TOP N GO 21-1.4Z DORIT	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	865611
TACO FILLING BEEF REDC FAT 6-5# COMM	3 Ounce	Heat bagged taco meat in steamer till 165 for 15 seconds, 1/3 cup or #12 disher	722330
CHEESE CHED MLD SHRD 4-5# COMM	2 Tablespoon	1/8 cup	150250

Preparation Instructions

Directions:

WASH HANDS.

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

1. Cook taco meat in steamer till 165 for 15 seconds.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. To bag of Chips add #16 disher of taco meat, then add 1/4 cup of shredded cheese, 1/4 cup shredded lettuce, then salsa.

3. Serve.

Child Nutrition: 1 Each provides=

2 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	2.39
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	350.43		
Fat	16.14g		
SaturatedFat	5.70g		
Trans Fat	0.27g		
Cholesterol	48.12mg		
Sodium	651.25mg		
Carbohydrates	33.23g		
Fiber	3.89g		
Sugar	2.89g		
Protein	18.61g		
Vitamin A	760.41IU	Vitamin C	4.73mg
Calcium	188.30mg	Iron	2.29mg

Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4780

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	Bake according to instructions, bake till 165 for 15 seconds	536620
POTATO PRLS XTRA RICH 6-3.56 BAMER	1 Ounce	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 Tablespoon		552061
CORN 6-10 CMDTY	1/4 Cup	Steam corn till 165.	120483
CHEESE CHED MLD SHRD 4-5# COMM	1 Tablespoon	Sprinkle Cheddar Cheese on top, cover with plastic wrap and hold in warmer at 135-165.	150250
ROLL DNNR HNY WHE WGRAIN 1Z 10- 12CT	1 Each	READY_TO_EAT No baking necessary.	751701
MARGARINE SPREAD 600-5GM SMRT BAL	1 Each	READY_TO_EAT Ready to use.	620821

Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve
7. Serve with dinner roll and margarine cup.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.99

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	572.02
Fat	20.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	71.26mg
Sodium	884.80mg
Carbohydrates	67.32g
Fiber	6.47g
Sugar	5.25g
Protein	27.44g
Vitamin A 743.00IU	Vitamin C 1.00mg
Calcium 101.46mg	Iron 3.37mg

Spaghetti with Cheesy Garlic Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6837

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC GRANULATED 24Z TRDE	1/8 Teaspoon		513881
SEASONING SPAGHETTI ITAL 12Z TRDE	1/8 Teaspoon		413453
BEEF GRND CKD 6-5 COMM	1/8 Pound		135081
SAUCE SPAGHETTI FCY 6-10 REDPK	1/16 #10 CAN		852759
CHEESE PARM GRTD 12-1 PG	1/4 Tablespoon		164259
PASTA SPAGHETTI 10 2-10 KE	1/8 Pound		654560
BREADSTICK CHS WGRAIN 105-4Z	33/100 Each		723880

Preparation Instructions

Directions:

Place ground beef in a steam kettle or tilt skillet and water mash beef up, add spices and cook till done

CCP: Heat to 155° F or higher for at least 15 seconds

Add 5 # 10 cans of spaghetti sauce

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

Place spaghetti sauce in hotel pans cover with paper liner and seal with foil wrap place in warmer till serving time or add pasta if serving together

Add spaghetti pasta and hold at 135 or higher

CCP: Hold at 135° F or higher. Serve with Bread Stick.

Notes:

SLE Components

Amount Per Serving

Meat	2.74
Grain	1.74
Fruit	0.00
GreenVeg	0.00
RedVeg	1.33
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 6.00 Serving

Amount Per Serving

Calories	482.88
Fat	9.33g
SaturatedFat	3.56g
Trans Fat	0.00g
Cholesterol	65.05mg
Sodium	941.18mg
Carbohydrates	68.96g
Fiber	8.37g
Sugar	14.38g
Protein	31.55g

Vitamin A	1064.24IU	Vitamin C	10.60mg
Calcium	165.96mg	Iron	4.66mg

Beef & Cheese Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6854

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 Ounce	Use #12 scoop or 1/3 cup.	722330
TORTILLA YELLOW RND 40-2Z BRRLOFUN	1 Package		682210
CHEESE CHED MLD SHRD 4-5# COMM	1/4 Cup		150250
LETTUCE AMER BLND MXD 4-5 RSS	1 Cup		451720
Beans, Refried, Low sodium, canned	1 Ounce	BAKE Open can and heat according to recipe or instructions on can	100362
RICE MEXICAN FIESTA 6-25.9Z UBEN	1 Cup		473006
1 % White Milk	1 1 carton		
APPLE, RED DELICIOUS, FRESH	1 Each	READY_TO_EAT	100514

Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

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

SLE Components

Amount Per Serving

Meat	3.59
Grain	4.75
Fruit	2.00
GreenVeg	0.00

RedVeg	5.12
OtherVeg	1.25
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	1041.13
Fat	27.94g
SaturatedFat	10.70g
Trans Fat	0.27g
Cholesterol	78.12mg
Sodium	1915.35mg
Carbohydrates	149.73g
Fiber	18.56g
Sugar	24.23g
Protein	50.48g

Vitamin A	1600.36IU	Vitamin C	24.85mg
Calcium	321.60mg	Iron	6.58mg

Beef & Cheese Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6856

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 Ounce	Use #12 scoop or 1/3 cup.	722330
CHIP YEL RND TORTL 80-1.5Z BARREO FUN	1 Package		643621
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup	Heat cheese sauce in steamer, thin with milk.	135261
LETTUCE AMER BLND MXD 4-5 RSS	1 Cup		451720
Beans, Refried, Low sodium, canned	1 Ounce	BAKE Open can and heat according to recipe or instructions on can	100362
RICE MEXICAN FIESTA 6-25.9Z UBEN	1/2 Cup		473006
1 % White Milk	1 1 carton		
APPLE, RED DELICIOUS, FRESH	1 Each	READY_TO_EAT	100514

Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

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

SLE Components

Amount Per Serving

Meat	3.59
Grain	4.00
Fruit	2.00
GreenVeg	0.00

RedVeg	5.12
OtherVeg	1.25
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	864.28
Fat	22.54g
SaturatedFat	8.70g
Trans Fat	0.27g
Cholesterol	68.12mg
Sodium	1666.30mg
Carbohydrates	120.23g
Fiber	17.06g
Sugar	23.23g
Protein	45.13g

Vitamin A	960.39IU	Vitamin C	15.79mg
Calcium	312.70mg	Iron	4.74mg

Wild Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6865

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS TOP N GO 21-1.4Z DORIT	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	865611
TACO FILLING BEEF REDC FAT 6-5# COMM	2 Ounce	Heat bagged taco meat in steamer till 165 for 15 seconds, 1/3 cup or #12 disher	722330
CHEESE CHED MLD SHRD 4-5# COMM	2 Tablespoon	2 T.	150250

Preparation Instructions

Directions:

WASH HANDS.

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

1. Cook taco meat in steamer till 165 for 15 seconds.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. To bag of Chips add #16 disher of taco meat, then add 2 T. of shredded cheese, 1/4 cup shredded lettuce, then salsa.

3. Serve.

Child Nutrition: 1 Each provides=

2 oz meat/meat alternate, 2 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	315.28
Fat	14.59g
SaturatedFat	5.14g
Trans Fat	0.18g
Cholesterol	37.08mg
Sodium	559.16mg
Carbohydrates	31.65g
Fiber	3.26g
Sugar	2.26g
Protein	14.58g

Vitamin A	556.94IU	Vitamin C	3.15mg
Calcium	175.37mg	Iron	1.66mg

Wild Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6866

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803
TACO FILLING BEEF REDC FAT 6-5# COMM	3 Ounce	Heat bagged taco meat in steamer till 165 for 15 seconds, 1/3 cup or #12 disher	722330
CHEESE CHED MLD SHRD 4-5# COMM	2 Tablespoon	2 Tbsp.	150250

Preparation Instructions

Directions:

WASH HANDS.

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

1. Cook taco meat in steamer till 165 for 15 seconds.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. To bag of Chips add #16 disher of taco meat, then add 2 Tbsp of shredded cheese, 1/4 cup shredded lettuce, then salsa.

3. Serve.

Child Nutrition: 1 Each provides=

2 oz meat/meat alternate, 2 oz grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2 oz meat/meat alternate, 2 oz grains, and 1/4 cup additional vegetables

SLE Components

Amount Per Serving

Meat	2.39
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 350.43

Fat 16.14g

SaturatedFat 5.70g

Trans Fat 0.27g

Cholesterol 48.12mg

Sodium 651.25mg

Carbohydrates 33.23g

Fiber 3.89g

Sugar 2.89g

Protein 18.61g

Vitamin A 760.41IU **Vitamin C** 4.73mg

Calcium 188.30mg **Iron** 2.29mg

Beef Taco with Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6871

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526
TACO FILLING BEEF REDC FAT 6-5# COMM	3 Ounce	Heat in steamer 4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5# COMM	1/4 Cup	1/5# bags use scoop #30	150250
TOMATO ROMA DCD 3/8 2-5 RSS	1 Ounce	Use scoop # 30 1 oz. of diced tomatoes per taco	786543
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
SAUCE TACO PKT 500-9GM SALSA DEL SOL	1 Each		612855
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Put 3 oz of beef in taco shell, top with cheese, serve with lettuce, tomatoes, salsa and cream cheese.

SLE Components

Amount Per Serving

Meat	2.89
Grain	2.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	590.43
Fat	35.64g
SaturatedFat	14.70g
Trans Fat	0.27g
Cholesterol	83.12mg
Sodium	796.25mg
Carbohydrates	45.73g
Fiber	4.39g
Sugar	9.39g
Protein	24.61g

Vitamin A	1110.41IU	Vitamin C	5.93mg
Calcium	285.80mg	Iron	4.25mg

Sweet n' Sour Chicken Over Brown Rice-100sv

Servings:	1.00	Category:	Entree
Serving Size:	3.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6872

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1 Serving	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.	327120
RICE BRN PERFECTED 25 UBEN	1 Serving	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
SAUCE SWT & SOUR 4- 1GAL LACHY	2 Tablespoon		242292
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/2 Tablespoon		189979
WATER SPRNG 4-1GAL GFS	1 Fluid Ounce		686860
PEPPERS GREEN LRG 60-70CT MRKN	1/2 Tablespoon		198757
PEPPERS RED 11 P/L	1/2 Tablespoon		321141
ONION VIDALIA SWT 10 P/L	1/2 Tablespoon		558133

Preparation Instructions

1. Cook rice & chicken according to directions. CCP: Hold hot at 135 F or higher
2. Cook pineapple & water together, thicken with corn starch
3. Add to LaChoy Sweet and Sour Sauce
4. Chop veggies into julienne size
5. Stir fry veggies just till crisp tender, or steam veggies just till crisp tender
6. Add veggies to sauce

7. Coat chicken with sauce mixture
8. Serve chicken over top 1/2 cup cooked brown rice

SLE Components

Amount Per Serving

Meat	1.82
Grain	2.91
Fruit	0.03
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 1

Amount Per Serving

Calories	445.74		
Fat	13.33g		
SaturatedFat	2.28g		
Trans Fat	0.00g		
Cholesterol	18.18mg		
Sodium	428.45mg		
Carbohydrates	64.42g		
Fiber	4.92g		
Sugar	13.18g		
Protein	16.81g		
Vitamin A	233.13IU	Vitamin C	11.60mg
Calcium	37.31mg	Iron	2.06mg

SNACK KIDS MIX WG YOGURT LUNCH BOX

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6979

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
YOGURT DANIMAL STRAWB L/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
SNACK MUNCHIE MIX 104-SSV QUAK	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.	251670
APPLESAUCE PLAIN 96-4.5Z COMM	1 Each		645050

Preparation Instructions

Put all items in a plastic hinged container 441953 for grab and go lunches.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.50
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 Serving

Amount Per Serving	
Calories	300.00
Fat	6.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	440.00mg
Carbohydrates	49.00g
Fiber	2.00g
Sugar	28.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 60.00mg
Calcium 378.00mg	Iron 2.80mg

Cheesy Lasagna

Servings:	260.00	Category:	Entree
Serving Size:	9.08 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7016

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	30 Pound		645170
CHEESE CHED MLD SHRD 4-5# COMM	7 1/2 Pound		150250
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	90 Pound		573201
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	20 Pound		108197

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.29
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.49
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 260.00

Serving Size: 9.08 Ounce

Amount Per Serving

Calories	511.32
Fat	22.77g
SaturatedFat	12.00g
Trans Fat	0.00g
Cholesterol	95.93mg
Sodium	706.81mg
Carbohydrates	37.05g
Fiber	3.21g
Sugar	10.62g
Protein	35.30g
Vitamin A 778.35IU	Vitamin C 18.79mg
Calcium 513.82mg	Iron 3.09mg

Chicken Alfredo

Servings:	38.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 2-10 KE	19 Cup		635511
SAUCE ALFREDO FZ 6-5 JTM	13 Cup		155661
CHIX STRP FAJT DRK MT FC 6-5 TYS	4 3/4 Pound	CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen.	860390
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	38 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

1. Cook chicken according to directions. CCP: Hold hot at 135F or higher
2. Cook pasta until al dente, but still firm
3. Heat sauce according to directions. CCP: Hold hot at 135F or higher
4. Top 1/2 cup cooked pasta with 1.5 oz chicken & 1/4 cup alfredo sauce
5. Offer with garlic toast
6. Use 6 ounce scoop to serve in foam bowl.

SLE Components

Amount Per Serving

Meat	2.70
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: 38.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	346.49
Fat	12.76g
SaturatedFat	5.44g
Trans Fat	0.00g
Cholesterol	79.33mg
Sodium	868.46mg
Carbohydrates	31.43g
Fiber	1.50g
Sugar	7.61g
Protein	24.29g

Vitamin A	369.09IU	Vitamin C	0.00mg
Calcium	290.70mg	Iron	2.20mg

Baked Potato

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Ea	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7019

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 2 6Z 50 MRKN	1 Each		328731
MARGARINE CUP CHURN SPRD 900-5GM P/L	1 Each	READY_TO_EAT Ready to use.	106490

Preparation Instructions

Lay out on baking sheet Bake in convection oven 420 degrees for 17 minutes.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
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 Ea

Amount Per Serving			
Calories	125.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	57.50mg		
Carbohydrates	24.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

Garden Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7023

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED REDC FAT SHRD 6-5 COMM	1/4 Cup		448010
EGG SHL LRG A GRD 6-30CT GCHC	1 Each		206539
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each		751701
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Peel boiled egg and rinse well, then use egg slicer.
6. Put lettuce in container, then veggies, and rest of ingredients.
7. Keep refrigerated till service.

8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	3.25
RedVeg	1.17
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	550.32
Fat	24.67g
SaturatedFat	7.17g
Trans Fat	0.00g
Cholesterol	240.00mg
Sodium	1169.57mg
Carbohydrates	57.67g
Fiber	10.37g
Sugar	13.67g
Protein	22.56g
Vitamin A 24621.31IU	Vitamin C 206.68mg
Calcium 185.25mg	Iron 7.31mg

Popcorn Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7030

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED SHRD 6-5 COMM	2 Tablespoon		199720
CHIP CORN FUN SZ 120-.75Z FRITOS	1 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158763
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701
MARGARINE SPREAD 600-5GM SMRT BAL	1 Each	READY_TO_EAT Ready to use.	620821
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Peel boiled egg and rinse well, then use egg slicer.
6. Pull lettuce, then veggies, and rest of ingredients in plastic container.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	3.25
RedVeg	1.17
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	644.82
Fat	29.97g
SaturatedFat	8.08g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	1005.58mg
Carbohydrates	64.67g
Fiber	12.37g
Sugar	10.67g
Protein	27.26g
Vitamin A 25289.31IU	Vitamin C 207.68mg
Calcium 171.25mg	Iron 6.41mg

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7031

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED REDC FAT SHRD 6-5 COMM	1/4 Cup		448010
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each		561331
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each		751701
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Put lettuce, then veggies, and rest of ingredients in plastic container.
6. Cut chicken breast in long strips and put on top of lettuce.
7. Keep refrigerated till service.

8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	3.25
RedVeg	1.17
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	579.32
Fat	23.47g
SaturatedFat	6.58g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1410.58mg
Carbohydrates	58.67g
Fiber	10.37g
Sugar	13.67g
Protein	31.26g
Vitamin A 24621.31IU	Vitamin C 206.68mg
Calcium 165.25mg	Iron 7.13mg

Sweet n' Sour Chicken Over Brown Rice

Servings:	1.00	Category:	Entree
Serving Size:	3.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7122

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1 Serving	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.	327120
RICE BRN PERFECTED 25 UBEN	1/4 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. 1/4 CUP DRY EQUALS 1 CUP COOKED.	146404
SAUCE SWT & SOUR 4- 1GAL LACHY	1 Fluid Ounce		242292
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 Tablespoon	There is 24-1/2 cup servings in a #10 can.	189979
WATER SPRNG 4- 1GAL GFS	1 Fluid Ounce		686860
PEPPERS GREEN LRG 60-70CT MRKN	1 Tablespoon		198757
PEPPERS RED 11 P/L	1 Tablespoon		321141
ONION VIDALIA SWT 10 P/L	1 Tablespoon		558133

Preparation Instructions

1. Cook rice & chicken according to directions. CCP: Hold hot at 135 F or higher
2. Cook pineapple & water together, thicken with corn starch
3. Add to LaChoy Sweet and Sour Sauce
4. Chop veggies into julienne size
5. Stir fry veggies just till crisp tender, or steam veggies just till crisp tender
6. Add veggies to sauce

7. Coat chicken with sauce mixture
8. Serve chicken over top 1/2 cup cooked brown rice

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.06
GreenVeg	0.00
RedVeg	0.06
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 1

Amount Per Serving

Calories	473.31		
Fat	14.53g		
SaturatedFat	2.51g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	460.53mg		
Carbohydrates	67.39g		
Fiber	5.39g		
Sugar	14.55g		
Protein	18.16g		
Vitamin A	384.45IU	Vitamin C	23.20mg
Calcium	41.90mg	Iron	2.28mg

Fruit Salad

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7125

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
ORANGES MAND BRKN L/S 6-10 GFS	1/4 Cup		152811
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/4 Cup		189979
MARSHMALLOW MINI 12-1 GFS	1 Teaspoon		191736

Preparation Instructions

WASH HANDS THOROUGHLY.

1. DRAIN FRUIT IN COLANDER.
2. PUT IN HOTEL PAN.
3. ADD MINI MARSHMALLOWS.
4. THEN ADD YOGURT TO MIXED FRUIT.
5. PUT 1/2 CUP IN SOUFFLE CUP TO SERVE.

SLE Components

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

Amount Per Serving			
Calories	108.11		
Fat	0.19g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.63mg		
Sodium	18.59mg		
Carbohydrates	24.62g		
Fiber	0.63g		
Sugar	21.00g		
Protein	1.41g		
Vitamin A	325.00IU	Vitamin C	13.50mg
Calcium	35.06mg	Iron	0.59mg

Taco Salad in a Shell

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7132

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each	THESE SHELLS FORM EASILY. SHAPE BY LIGHTLY PRESSING ONE THAWED TORTILLA INSIDE A FLUTED SHELL PAN*. BAKE IN CONVENTIONAL OVEN @ 300* FOR 5-6 MIN OR CONVECTION OVEN @ 400* FOR 5-7 MIN. CUSTOMER MAY FREEZE ITEM ONCE RECEIVED WITH A SHELF LIFE OF 180 DAYS.	720526
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
CARROT BABY WHL CLEANED 12-2 RSS	4 Each		510637
TACO FILLING BEEF REDC FAT 6-5# COMM	3 8/47 Ounce	Put 2 oz of taco meat in a 3 oz souffle cup,	722330
CHEESE AMER SHRD R/F 4-5 LOL	2 Tablespoon		861950
SAUCE TACO PKT 500-9GM SALSA DEL SOL	1 Each		612855
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400

Preparation Instructions

Wash hands thoroughly.

1. Bake Taco Shell in fluted shell pan for 5-6 minutes till crispy at 400*, cool.
2. Chop vegetables while shell cools.
3. Put Romaine lettuce in shell, add veggies.
5. Put Taco meat in 3 oz souffle cup.

6. Put 2 Tbsp Cheddar Cheese in 2 oz souffle cup.
7. Serve with 1 package Salsa and 1 package sour cream.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	3.00
RedVeg	1.05
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	548.77
Fat	29.42g
SaturatedFat	10.10g
Trans Fat	0.29g
Cholesterol	62.50mg
Sodium	899.73mg
Carbohydrates	52.67g
Fiber	8.92g
Sugar	10.67g
Protein	21.43g
Vitamin A 24234.62IU	Vitamin C 134.15mg
Calcium 246.45mg	Iron 6.95mg

Turkey, Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7216

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CHEESE CHED REDC FAT SHRD 6-5 COMM	2 Tablespoon		448010
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Slice		244190
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Put lettuce in container, then veggies, then cut up turkey and cut up 1 slice of bacon, put on top of salad.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	2.17
Grain	2.00
Fruit	0.00
GreenVeg	3.25
RedVeg	1.17
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	386.03
Fat	11.42g
SaturatedFat	2.38g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	784.11mg
Carbohydrates	50.17g
Fiber	9.87g
Sugar	12.17g
Protein	20.20g
Vitamin A 24482.12IU	Vitamin C 205.72mg
Calcium 139.85mg	Iron 6.47mg

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7221

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
CARROT BABY WHL CLEANED 12- 2 RSS	1/4 Cup		510637
CELERY JUMBO 16- 24CT 40 MARKON	1/4 Cup		198536
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each		561331
CHEESE PARM PKT 200-3.5GM GFS	1 Each		254959
CROUTON CHS GARL WGRAIN 250- .5Z	1 Package		661022
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	MICROWAVE Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831221

Description	Measurement	Prep Instructions	DistPart #
DRESSING CAESAR ORGNC L/F PKT 60-1.5Z	1 Package	READY_TO_EAT ready to eat	282151

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Grill Ciabatta bun with margarine and garlic powder then Bag.
4. Put lettuce in container, then veggies, and rest of ingredients.
5. Keep refrigerated till service.
6. Serve with Caesar Dressing packet.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	3.00
RedVeg	1.17
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	476.82
Fat	12.87g
SaturatedFat	3.58g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1148.33mg
Carbohydrates	63.17g
Fiber	10.82g
Sugar	14.17g
Protein	26.66g
Vitamin A 24484.25IU	Vitamin C 187.05mg
Calcium 192.91mg	Iron 6.69mg

Club Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7225

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CHEESE CHED REDC FAT SHRD 6-5 COMM	2 Tablespoon		448010
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Slice		689541
TURKEY HAM SLCD 12-1 JENNO	1 Slice		556121
BACON TKY CKD 12-50CT JENNO	1/2 Serving		834770
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Boil, cool and peel egg, then slice with egg slicer.
6. Put lettuce in container, then veggies, then cut up turkey, turkey ham, and cut up 1 slice of bacon, put on top of

salad.

7. Keep refrigerated till service.

8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	2.02
Grain	2.50
Fruit	0.00
GreenVeg	3.25
RedVeg	1.17
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	500.29
Fat	17.31g
SaturatedFat	3.93g
Trans Fat	0.00g
Cholesterol	42.91mg
Sodium	1172.90mg
Carbohydrates	60.17g
Fiber	9.87g
Sugar	15.17g
Protein	21.72g
Vitamin A 24482.12IU	Vitamin C 206.02mg
Calcium 163.85mg	Iron 6.61mg

Tex Mex Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7227

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
PEPPERS GREEN LRG 60- 70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Ounce		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHIX STRP FAJT SEAS FC 8- 4.99 TYS	2 1/2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon		150250

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup	<p>MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.</p>	163760
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	2 Tablespoon	Put in baggy.	403573
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	<p>READY_TO_EAT No baking necessary.</p>	751701
MARGARINE SPREAD 600-5GM SMRT BAL	1 Each	<p>READY_TO_EAT Ready to use.</p>	620821
SALSA CUP 84-3Z REDG	1 Each	<p>READY_TO_EAT None</p>	677802
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Bag tortilla strips.
5. Put cheese in souffle cup with lid.
6. Put lettuce, then veggies, and rest of ingredients in plastic container.
7. Cut chicken in bite size pieces and put on top of lettuce.
8. Keep refrigerated till service.
8. Serve with Salsa and Sour Cream.

SLE Components

Amount Per Serving

Meat	2.17
Grain	2.00

Fruit	0.00
GreenVeg	3.00
RedVeg	1.58
OtherVeg	0.25
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	671.92
Fat	25.72g
SaturatedFat	8.94g
Trans Fat	0.00g
Cholesterol	101.67mg
Sodium	1091.60mg
Carbohydrates	75.75g
Fiber	13.68g
Sugar	21.58g
Protein	30.53g

Vitamin A 19464.02IU	Vitamin C 206.32mg
Calcium 275.42mg	Iron 6.37mg

Michigan Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7229

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	Cut chicken breast in strips and put on top of salad.	561331
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon		645170
APPLE VARIETY MI BULK 113-138CT 40	1 Each		810730
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
WALNUT PCS MED 30 GFS	1 Tablespoon		585041
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701
MARGARINE SPREAD 600-5GM SMRT BAL	2 Each	READY_TO_EAT Ready to use.	620821
DRESSING VINAG RASPB FF 60-1.5FLZ	1 Each		824970

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid. Put walnuts in small souffle cup with lid.
5. Put lettuce, then veggies, and rest of ingredients in plastic container.
6. Cut chicken breast in long strips and put on top of lettuce.
7. Keep refrigerated till service.

8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	1.50
GreenVeg	3.00
RedVeg	0.67
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	693.92
Fat	19.82g
SaturatedFat	5.15g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	1130.30mg
Carbohydrates	98.17g
Fiber	13.77g
Sugar	57.67g
Protein	26.36g
Vitamin A 24027.10IU	Vitamin C 98.32mg
Calcium 248.73mg	Iron 5.94mg

Antipasto Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7233

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
TURKEY HAM SLCD 12-1 JENNO	3 Slice	6 slices = 2 ounces of m/ma	556121
PEPPERONI SLCD 16/Z 2-5 HRML	1/2 Ounce	8 slices = 1/2 ounce m/ma	100240
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon		645170
ONION VIDALIA SWT 10 P/L	2 Tablespoon	Slice onion and put 4 onion rings on top of salad.	558133
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1 Tablespoon		324531
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	Grill Ciabatta bun with garlic powder and bag .	831221
DRESSING ITAL LT PKT 102-1Z LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	140931

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Grill Ciabatta bun with garlic powder, bag.
4. Put cheese in souffle cup with lid.
5. Put lettuce in container, then veggies, then cut up turkey ham, put on top of salad along with pepperoni, then add fresh onion rings to the top.
7. Keep refrigerated till service.
8. Serve with choice of dressing.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	3.25
RedVeg	1.17
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	552.51
Fat	23.42g
SaturatedFat	6.80g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1355.94mg
Carbohydrates	60.83g
Fiber	10.88g
Sugar	13.77g
Protein	23.55g
Vitamin A 24482.14IU	Vitamin C 206.71mg
Calcium 213.75mg	Iron 7.15mg

Buffalo Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7234

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6- 2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
CARROT BABY WHL CLEANED 12- 2 RSS	1/4 Cup		510637
CELERY JUMBO 16- 24CT 40 MARKON	1/4 Cup		198536
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.</p>	525490
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	Put cheese in souffle cup.	645170
CROUTON CHS GARL WGRAIN 250- .5Z	1 Package		661022

Description	Measurement	Prep Instructions	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	MICROWAVE Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831221
DRESSING RNCH LT 60-1.5Z KENS	1 Ounce		195707

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Grill Ciabatta bun with margarine and garlic powder then Bag.
4. Put lettuce in container, then veggies, and rest of ingredients.
5. Put shredded cheese in souffle cup.
6. Cut Spicy Chicken in bite size pieces.
7. Keep refrigerated till service.
8. Serve with a Ranch Dressing packet.

SLE Components

Amount Per Serving

Meat	3.00
Grain	3.50
Fruit	0.00
GreenVeg	3.00
RedVeg	1.17
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	701.82
Fat	30.03g
SaturatedFat	7.41g
Trans Fat	0.00g
Cholesterol	66.67mg
Sodium	1123.33mg
Carbohydrates	70.17g
Fiber	11.82g
Sugar	13.50g
Protein	35.66g
Vitamin A 24484.25IU	Vitamin C 187.05mg
Calcium 331.25mg	Iron 7.41mg

Salad Mixed Green

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7687

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	10 1/2 Pound		735787
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	+/- 7 lbs	199001
CUCUMBER SELECT SUPER 45 MRKN	30 Cup	+/- 10 lbs	198587

Preparation Instructions

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 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.63
RedVeg	0.00
OtherVeg	0.30
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	11.39
Fat	0.06g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.07mg
Carbohydrates	2.45g
Fiber	0.91g
Sugar	0.73g
Protein	0.23g

Vitamin A	3293.77IU	Vitamin C	21.43mg
Calcium	16.63mg	Iron	0.54mg

Marinated Cole Slaw

Servings:	15.00	Category:	Vegetable
Serving Size:	1.00 1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7691

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR APPLE CIDER 5 4-1GAL GFS	1 Cup		430795
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	3/4 Cup		292702
SUGAR BEET GRANUL 25 GFS	3/4 Cup		108588
SALT IODIZED 25 CARG	1 Teaspoon		108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
SPICE MUSTARD GRND 14Z TRDE	1 Teaspoon		224928
SPICE CELERY SEED WHOLE 16Z TRDE	1 Teaspoon		224677
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	10 Cup		293148
ONION VIDALIA SWT 10 P/L	3/4 Cup	Thinly sliced	558133
PEPPERS GREEN LRG 60-70CT MRKN	3/4 Cup	Thinly sliced	198757

Preparation Instructions

WASH HANDS THOROUGHLY.

1. Mix liquid with spices till sugar is melted.
2. Slice green pepper and onion thinly.
3. Mix vegetables all together, then add vinegar liquid and mix well.
4. Refrigerate till service.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 15.00
Serving Size: 1.00 1.00

Amount Per Serving

Calories	147.65
Fat	11.22g
SaturatedFat	1.77g
Trans Fat	0.19g
Cholesterol	0.00mg
Sodium	165.35mg
Carbohydrates	12.18g
Fiber	1.01g
Sugar	10.69g
Protein	0.51g

Vitamin A	494.23IU	Vitamin C	8.66mg
Calcium	18.87mg	Iron	0.19mg

Mandarin Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7693

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE MOZZ LT SHRD FZ 30 P/L	1/4 Cup		150610
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each		561331
ORANGES MAND BRKN L/S 6-10 GFS	1/2 Cup	Drain mandarins well and put 1/2 cup in souffle cup with lid.	152811
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
ALMOND SLCD BLNCHD 4-2.5 GFS	2 Tablespoon		134920
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each		751701
DRESSING VINAG RASPB FF 60-1.5FLZ	1 Each		824970

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Put lettuce in container, then veggies, and rest of ingredients.
6. Keep refrigerated till service.
7. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.50
GreenVeg	3.00
RedVeg	0.67
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	594.82
Fat	17.37g
SaturatedFat	1.53g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	1244.00mg
Carbohydrates	78.42g
Fiber	9.67g
Sugar	38.67g
Protein	28.31g
Vitamin A 23357.98IU	Vitamin C 110.43mg
Calcium 181.55mg	Iron 7.43mg

Asian Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 1/2 Cup		735787
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1/2 Cup	Mix slaw with lettuce.	293148
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup	Use 4 baby carrots, put in corner.	510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHIX CHUNKS BRD WGRAIN .66Z 4-7	1 Serving	5 nuggets each is 1 serving.	558040
ORANGES MAND BRKN L/S 6-10 GFS	1/2 Cup	Drain mandarins well and put 1/2 cup in souffle cup with lid.	152811
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	2 Tablespoon		124516
SEED SUNFLWR RSTD SLTD 4-4 GFS	2 Tablespoon		337910
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701
DRESSING SESM TSTD FF 60-1.5FLZ PMLL	1 Each		825030

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put Chow mein noodles in souffle cup with lid.
5. Mix lettuce with slaw then put in container, add veggies, and rest of ingredients.
6. Keep refrigerated till service.
7. Serve with Toasted Sesame dressing.

SLE Components

Amount Per Serving

Meat	0.40
Grain	1.20
Fruit	0.50
GreenVeg	2.50
RedVeg	0.67
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	457.32
Fat	12.92g
SaturatedFat	2.03g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	904.00mg
Carbohydrates	71.53g
Fiber	8.93g
Sugar	39.53g
Protein	12.24g
Vitamin A 21208.38IU	Vitamin C 97.43mg
Calcium 152.68mg	Iron 7.10mg

BBQ Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7695

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6- 2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12- 2 RSS	1/4 Cup		510637
CELERY JUMBO 16- 24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED REDC FAT SHRD 6- 5 COMM	1/4 Cup	Put cheese in souffle cup with lid.	448010

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT GRLLD 2-5 TYS	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 15 - 18 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 4 - 6 minutes at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave 4 1 2 - 5 1 2 minutes on high setting from frozen. UNPREPARED	481858
SAUCE BBQ 4- 1GAL SWTBRAY	1 Tablespoon	Mix BBQ sauce with chicken and bake.	655937
BACON TKY CKD 12-50CT JENNO	1 Slice	Cut up 1 slice of turkey bacon and put on top of salad.	834770
CHIP TORTL TRI- COLOR STRIP 10-1 GFS	2 Tablespoon		403573
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	MICROWAVE Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours. Grill ciabatta bun with margarine and sprinkle with garlic powder.	831221
MARGARINE SPREAD 600-5GM SMRT BAL	1 Each	READY_TO_EAT Ready to use.	620821
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Bake chicken fajita meat as directed on package with BBQ sauce.
6. Put lettuce in container, then veggies, chicken, then 1 slice of bacon cut up.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	4.00
Grain	2.00
Fruit	0.00
GreenVeg	3.25
RedVeg	1.17
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	670.42
Fat	26.57g
SaturatedFat	8.28g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	1692.78mg
Carbohydrates	71.67g
Fiber	10.77g
Sugar	20.17g
Protein	34.66g
Vitamin A 25121.31IU	Vitamin C 206.68mg
Calcium 127.36mg	Iron 5.13mg

Tuna Lettuce Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7696

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Ounce		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED REDC FAT SHRD 6-5 COMM	1/4 Cup		448010
EGG SHL LRG A GRD 6-30CT GCHC	1 Each		206539
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each		751701
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Peel boiled egg and rinse well, then use egg slicer.
6. Put lettuce in container, then veggies, and rest of ingredients.
7. Keep refrigerated till service.

8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.50
Fruit	0.00
GreenVeg	3.25
RedVeg	0.58
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	472.93
Fat	22.61g
SaturatedFat	7.17g
Trans Fat	0.00g
Cholesterol	240.00mg
Sodium	980.90mg
Carbohydrates	44.58g
Fiber	7.91g
Sugar	10.33g
Protein	20.27g
Vitamin A 17779.86IU	Vitamin C 205.39mg
Calcium 160.37mg	Iron 5.87mg

Tuna Lettuce Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7697

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6- 2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12- 2 RSS	1/4 Cup		510637
CELERY JUMBO 16- 24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED REDC FAT SHRD 6- 5 COMM	1/4 Cup		448010
TUNA CHNK LT LO SOD 24-12Z GCHC	1/4 Cup	Drain tuna mix with light mayo and put in 3 ounce souffle cup with lid.	647862
DRESSING SALAD LT 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	135030
EGG SHL LRG A GRD 6-30CT GCHC	1 Each	Boil egg, cool, then slice and put in corner of container.	206539
CRACKER GLDFSH CHS 300-.75Z PEPPFM	1 Each		110431

Description	Measurement	Prep Instructions	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	MICROWAVE Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831221
MARGARINE SPREAD 600-5GM SMRT BAL	1 Each	READY_TO_EAT Ready to use.	620821
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Grill ciabatta roll with butter cup, then bag.
4. Put cheese in souffle cup with lid.
5. Peel boiled egg and rinse well, then use egg slicer.
6. Put lettuce in container, then veggies, and rest of ingredients.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	3.25
RedVeg	1.17
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	745.32
Fat	32.17g
SaturatedFat	9.17g
Trans Fat	0.00g
Cholesterol	280.00mg
Sodium	1374.57mg
Carbohydrates	72.67g
Fiber	11.37g
Sugar	12.67g
Protein	37.56g
Vitamin A 25121.31IU	Vitamin C 206.68mg
Calcium 173.25mg	Iron 8.01mg

Roasted Broccoli

Servings:	10.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8140

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	10 Cup	1-5# bag = 10 cups	549292
MARGARINE SLD 30-1 GCHC	1/2 Cup		733061
SEASONING SALT NO MSG 5 TRDE	2 Tablespoon		514039
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon		513881
SALT IODIZED 25 CARG	1 Teaspoon		108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Teaspoon		225037

Preparation Instructions

Put frozen broccoli on paper lined sheet pan sprayed with pan release spray, make sure you spray the edges of the pan. Then sprinkle with 1/2 cup melted margarine. Then sprinkle with seasoning mixture. Bake at 425* for 10 minutes.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	132.00		
Fat	8.80g		
SaturatedFat	3.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1231.69mg		
Carbohydrates	10.00g		
Fiber	6.00g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	600.00IU	Vitamin C	0.00mg
Calcium	0.51mg	Iron	0.00mg

Apple Cole Slaw

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8141

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	10 Cup		293148
APPLE VARIETY MI BULK 113-138CT 40	4 Each		810730
WALNUT HLVS & PCS 4-2.5 GFS	2 Cup	Toast walnuts in oven. Walnuts are optional.	134860
DRESSING COLE SLAW 4-1GAL GCHC	1 1/2 Cup	Mix the dressings together with pepper.	106992
DRESSING VINAG FUJI APPL 6-.5GAL PMLL	1 1/2 Cup		121261
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Teaspoon		225037

Preparation Instructions

Mix together: Cole Slaw, Diced Apples, Toasted chopped Walnut pieces.

Mix together: Fuji Apple Vinaigrette, and Cole Slaw Dressing and black pepper.

Then mix altogether, sprinkle with shaved Parmesan Cheese (4 ounces).

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.20
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 1

Amount Per Serving	
Calories	228.32
Fat	16.84g
SaturatedFat	2.10g
Trans Fat	0.00g
Cholesterol	6.00mg
Sodium	252.26mg
Carbohydrates	18.27g
Fiber	2.09g
Sugar	13.47g
Protein	1.99g

Vitamin A	363.82IU	Vitamin C	3.18mg
Calcium	25.27mg	Iron	0.44mg

Warm Cinnamon Apples

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8142

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	4 #10 CAN	4-#10 cans	120500
SPICE CINNAMON GRND 15Z TRDE	5 Tablespoon		224723
SUGAR BEET GRANUL 25 GFS	1 Cup		108588
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
STARCH CORN 24-1 ARGO	1 Tablespoon		108413
SPICE NUTMEG GRND 16Z TRDE	2 1/2 Teaspoon		224944

Preparation Instructions

Pre Heat oven to 350*

Mix all dry ingredients together.

Spray pans or use pan savers.

Mix in the apples with the dry ingredients and mix well.

Bake uncovered for 15 minutes. Bake an additional 15 minutes covered.

Serve with #8 Scoop, 4 oz portion cup.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 1

Amount Per Serving			
Calories		76.61	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		11.63mg	
Carbohydrates		18.89g	
Fiber		2.07g	
Sugar		15.67g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 3.79mg **Iron** 0.03mg

Teriyaki Green Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8143

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY LITE 6-.5GAL KIKK	1 Cup		466425
WATER SPRNG 35-16.9FLZ ABSOP	1 Cup		408430
SUGAR BROWN LT 12-2 P/L	3/4 Cup		860311
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1/4 Cup		109843
VINEGAR WHT DISTILLED 5 4-1GAL GFS	3 Tablespoon		629640
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	3 Tablespoon		292702
SPICE ONION POWDER 19Z TRDE	1/4 Cup		126993
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE GINGER GRND 16Z TRDE	1 Tablespoon		513695
STARCH CORN 24-1 ARGO	2 Tablespoon		108413
BEAN GRN FZ 30 COMM	5 Pound		355490
SPICE SESAME SEED HULLED 19Z TRDE	1/4 Cup		513806

Preparation Instructions

1. In sauce pan on stove top, mix the soy sauce, water, brown sugar, Worcestershire sauce, vinegar, oil, onion powder, garlic powder, ginger, and cornstarch.
2. Cook ingredients stirring occasionally until thick and reaches a temperature of 150 degrees F.
3. Steam green beans until temperature reaches 150 degrees F.
4. Combine cooked green beans with teriyaki marinade to coat.
5. Add sesame seeds to mixture.
6. Hold product at or above 150 degrees F until service.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 0.50 1

Amount Per Serving

Calories	28.79
Fat	0.84g
SaturatedFat	0.13g
Trans Fat	0.01g
Cholesterol	0.00mg
Sodium	204.38mg
Carbohydrates	5.72g
Fiber	0.40g
Sugar	3.53g
Protein	0.52g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.86mg	Iron	0.02mg

Fresh Broccoli Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS 20 MRKN	16 Cup	Clean and chop.	704547
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	6 Package	These are 1.16 ounce packages.	636402
ONION VIDALIA SWT 10 P/L	1 1/2 Cup		558133
BACON TKY CKD 12-50CT JENNO	12 Slice	8 slices = 1 cup, therefore 12 slices = 1 1/2 cups. Crumble and add to other ingredients.	834770
SEED SUNFLWR RSTD SLTD 4-4 GFS	1 1/2 Cup		337910
DRESSING SALAD LT 4-1GAL LTHSE	2 1/2 Cup	READY_TO_EAT Open, pour and enjoy!	135030
VINEGAR APPLE CIDER 5 4-1GAL GFS	1 Cup		430795
SUGAR BEET GRANUL 25 GFS	3/4 Cup		108588

Preparation Instructions

Wash hands thoroughly.

1. Wash and chop veggies, mix together.
2. Blend wet ingredients together with sugar and whisk till well blended.
3. Toss together rest of ingredients with wet salad dressing.
4. Portion 1/2 cup servings in souffle cups.

SLE Components

Amount Per Serving

Meat	0.24
Grain	0.00
Fruit	0.06
GreenVeg	0.32
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 50.00			
Serving Size: 0.50 1			
Amount Per Serving			
Calories	88.01		
Fat	4.29g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	5.20mg		
Sodium	162.08mg		
Carbohydrates	11.40g		
Fiber	1.42g		
Sugar	8.12g		
Protein	1.97g		
Vitamin A	175.44IU	Vitamin C	25.12mg
Calcium	15.64mg	Iron	0.38mg

Baked Beans

Servings:	33.00	Category:	Vegetable
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN		120530
ONION DEHY CHPD 15 P/L	3/4 Cup		263036
SUGAR BROWN LT 12-2 P/L	1 Cup		860311
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937

Preparation Instructions

Wash hands thoroughly.

1. Spray steamtable pan with Cooking Spray.
2. Pour Beans into pan.
3. Add rest of ingredients and mix well.
4. Bake at 325* for 1 1/4 hours.
5. Serve 1/2 cup Legume, in portion souffle cups.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.78
Starch	0.00

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 6.00 1

Amount Per Serving			
Calories	220.02		
Fat	1.58g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	293.16mg		
Carbohydrates	43.60g		
Fiber	7.97g		
Sugar	18.77g		
Protein	11.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.46mg	Iron	0.08mg

Refried Bean Dip w/chips

Servings:	54.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8261

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	2 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753
WATER SPRNG 4-1GAL GFS	1 Gallon		686860
SALSA 103Z 6-10 REDG	6 Cup	READY_TO_EAT None	452841
SEASONING TACO SLT FR 19.5Z TRDE	3 Tablespoon	Mix with beans.	605062
CHEESE CHED SHRD 6- 5 COMM	27 Tablespoon	1 Tablespoon = 1/2 ounce of cheese.	199720

Preparation Instructions

Wash hands thoroughly.

1. Spray pan coating in steam-table pan.
2. Pour boiling water in pan, then mix dehydrated beans mix per directions.
3. Then add taco seasoning and salsa.
4. Bring to temperature 165* for 15 seconds.
5. Portion in 1/2 cup souffles.
6. Sprinkle with 1 Tablespoon of shredded cheddar cheese.
7. Hold at 135 or higher Temperature in warmer.
8. Serve refried beans in souffle cup with 6 ea Tortilla Chips.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.15

OtherVeg	0.00
Legumes	0.62
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 54.00			
Serving Size: 0.50 1			
Amount Per Serving			
Calories	42.69		
Fat	2.28g		
SaturatedFat	1.51g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	123.08mg		
Carbohydrates	2.80g		
Fiber	0.31g		
Sugar	0.68g		
Protein	1.81g		
Vitamin A	138.82IU	Vitamin C	1.31mg
Calcium	12.90mg	Iron	0.14mg

Garden Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757

Preparation Instructions

Wash hands thoroughly.

Clean and chop vegetables.

Toss together and serve 1 cup servings.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	27.50		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.63mg		
Carbohydrates	6.00g		
Fiber	2.25g		
Sugar	2.50g		
Protein	0.80g		
Vitamin A	5526.33IU	Vitamin C	66.48mg
Calcium	30.31mg	Iron	1.01mg

Caesar Salad

Servings:	33.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8263

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Pound		735787
CHEESE PARM GRTD 12-1 PG	1/2 Cup		164259
CROUTON MULTIGR CHS GARL 10-2 GFS	1 Cup		748510
DRESSING CAESAR 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Use as a dressing or dip	132141

Preparation Instructions

Wash hands thoroughly.

Toss together and serve 1 cup servings.

Makes 33 - 1 cup servings.

Serve with Cesar dressing or choice of dressings.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.36
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	10.76
Fat	0.71g
SaturatedFat	0.27g
Trans Fat	0.00g
Cholesterol	1.29mg
Sodium	20.25mg
Carbohydrates	0.79g
Fiber	0.36g
Sugar	0.02g
Protein	0.49g
Vitamin A 1842.39IU	Vitamin C 10.91mg
Calcium 21.86mg	Iron 0.26mg

Broccoli with Cheese

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8264

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS 30 COMM	5 Pound		256211
CHEESE CHED SHRD 6-5 COMM	1 Pound		199720
SEASONING GARDEN NO SALT 19Z TRDE	2 Tablespoon		565148

Preparation Instructions

Wash hands thoroughly

1. Put broccoli in steam-table pan
2. Sprinkle with seasoning
3. Cook frozen broccoli according to directions, but only till crisp to 155*
4. Sprinkle with cheese and hold in warm at 155*
5. Serve 1/2 portions.

SLE Components

Amount Per Serving

Meat	0.32
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1

Amount Per Serving			
Calories	142.56		
Fat	2.88g		
SaturatedFat	1.92g		
Trans Fat	0.00g		
Cholesterol	9.60mg		
Sodium	148.80mg		
Carbohydrates	20.48g		
Fiber	12.00g		
Sugar	4.00g		
Protein	13.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Italian Submarine Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8266

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
TURKEY HAM UNCURED 6-2 JENNO	2 Slice		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
PEPPERONI SLCD SAND 2.85 8/Z 5-2 PG	2 Slice		776221
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940

Preparation Instructions

Wash hands thoroughly.

1. Layer all ingredients, cut cheese on diagonal and layer.
2. Wrap in plastic wrap.

SLE Components

Amount Per Serving

Meat	2.43
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: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	320.82
Fat	12.26g
SaturatedFat	5.17g
Trans Fat	0.00g
Cholesterol	62.45mg
Sodium	871.61mg
Carbohydrates	30.75g
Fiber	3.00g
Sugar	5.50g
Protein	22.66g
Vitamin A 50.00IU	Vitamin C 0.00mg
Calcium 155.00mg	Iron 2.25mg

Submarine Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8267

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354
TURKEY SUB MEAT COMBO PK 12 GFS	1 1/2 Ounce		239640
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1/2 Serving		861940

Preparation Instructions

Wash hands thoroughly.

1. Layer all ingredients, cut cheese on diagonal and layer.
2. Wrap in plastic wrap.
3. Serve with Mayo Olive Oil and or Mustard packet.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 1

Amount Per Serving

Calories	247.48		
Fat	10.75g		
SaturatedFat	4.15g		
Trans Fat	0.00g		
Cholesterol	36.50mg		
Sodium	692.48mg		
Carbohydrates	22.75g		
Fiber	2.00g		
Sugar	4.25g		
Protein	14.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	77.00mg	Iron	8.45mg

Hot Dog on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8268

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918
FRANKS 3 MEAT CLASSIC 10/ 2-5 GFS	1 Each		305286
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
MUSTARD PKT 500-5.5GM GFS	1 Each		700051
RELISH SWT PKT 200-9GM GFS	1 Each		187216

Preparation Instructions

Wash hands thoroughly.

1. Cook hot dogs in steamer up to 165*
2. Put hot dogs in buns.
3. Wrap in plastic.
4. Serve with Ketchup, Relish and Mustard.

SLE Components

Amount Per Serving

Meat	1.50
Grain	1.50
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 1

Amount Per Serving

Calories	275.00		
Fat	14.70g		
SaturatedFat	4.00g		
Trans Fat	0.01g		
Cholesterol	35.00mg		
Sodium	820.60mg		
Carbohydrates	27.00g		
Fiber	2.30g		
Sugar	7.00g		
Protein	9.20g		
Vitamin A	1.46IU	Vitamin C	0.07mg
Calcium	42.70mg	Iron	10.75mg

Hot Dog on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8269

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
MUSTARD PKT 500-5.5GM GFS	1 Each		700051
RELISH SWT PKT 200-9GM GFS	1 Each		187216

Preparation Instructions

Wash hands thoroughly.

1. Cook hot dogs in steamer up to 165*
2. Put hot dogs in buns.
3. Wrap in plastic.
4. Serve with Ketchup, Relish and Mustard.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 1

Amount Per Serving

Calories	305.00
Fat	17.70g
SaturatedFat	5.00g
Trans Fat	0.01g
Cholesterol	45.00mg
Sodium	940.60mg
Carbohydrates	27.00g
Fiber	2.30g
Sugar	7.00g
Protein	10.20g
Vitamin A 1.47IU	Vitamin C 0.07mg
Calcium 50.72mg	Iron 10.90mg

Cheeseburger on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8270

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
4" WG HAMBURGER BUN, AUNT MILLIES	1 Each	UNSPECIFIED	3159
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
MUSTARD PKT 1000- 5.5GM GFS	1 Each		159950
RELISH SWT PKT 200- 9GM GFS	1 Each		187216

Preparation Instructions

Directions:

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

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

CCP: Hold at 135° F or higher.

Notes:

Serve with Ketchup, mustard and relish.

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: 1.00			
Serving Size: 1.00 1			
Amount Per Serving			
Calories	355.80		
Fat	14.00g		
SaturatedFat	5.25g		
Trans Fat	0.51g		
Cholesterol	47.50mg		
Sodium	775.00mg		
Carbohydrates	37.00g		
Fiber	3.20g		
Sugar	8.50g		
Protein	21.50g		
Vitamin A	0.90IU	Vitamin C	0.03mg
Calcium	122.25mg	Iron	11.48mg

Broncoburger on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8272

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	2 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON TKY CKD 12-50CT JENNO	1/2 Serving		834770

Preparation Instructions

Directions:

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

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

CCP: Hold at 135° F or higher.

Notes:

1. Cook burgers according to instructions, then heat to 165* for at least 15 seconds.
2. Layer 2 beef patties on bun
3. Top with 1 slice American Cheese and 1 slice bacon cut in half and put beside each other.
4. Wrap in waxed paper and serve with Ketchup, mustard and relish.

SLE Components

Amount Per Serving

Meat	5.00
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: 1.00
Serving Size: 1.00 1

Amount Per Serving

Calories	415.00
Fat	20.75g
SaturatedFat	8.25g
Trans Fat	1.00g
Cholesterol	90.00mg
Sodium	590.00mg
Carbohydrates	26.00g
Fiber	5.00g
Sugar	3.50g
Protein	29.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.00mg	Iron	3.24mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8274

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822
BUTTER SPREAD 6-5 SMRT BAL	2 Teaspoon		684300
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice		722360

Preparation Instructions

Wash hands thoroughly.

Spread margarine on bottom slice of bread, add 4 slices of cheese, top with another slice of bread, spread margarine on top slice of bread. Bake till golden brown.

Wrap in paper and hold at 135* or higher.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	386.67		
Fat	17.33g		
SaturatedFat	7.33g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	1140.00mg		
Carbohydrates	40.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	20.00g		
Vitamin A	333.33IU	Vitamin C	0.00mg
Calcium	464.27mg	Iron	2.16mg

Grilled Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8276

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	Ready to eat	150260
MARGARINE SLD 30-1 GCHC	1/2 Tablespoon		733061
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822

Preparation Instructions

Wash hands thoroughly.

Spread margarine on bottom slice of bread, add 4 slices of cheese, top with another slice of bread, spread margarine on top slice of bread. Bake till golden brown.

Wrap in paper and hold at 135* or higher.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	365.00		
Fat	18.00g		
SaturatedFat	7.75g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	925.00mg		
Carbohydrates	37.00g		
Fiber	4.00g		
Sugar	7.00g		
Protein	16.00g		
Vitamin A	675.00IU	Vitamin C	0.60mg
Calcium	230.00mg	Iron	2.52mg

Chicken Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8284

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	2 Piece	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.	283951
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	1 slice = 1/2 ounce	150260
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup		735787
DRESSING RNCH LT 4-1GAL GCHC	1 Tablespoon		472999

Preparation Instructions

Wash hands thoroughly.

1. Lay out tortilla and top with 1 slice of American Sliced Cheese cut on the diagonal.
2. Put 3 chicken tenders on top.
3. Then add 1/2 cup of lettuce.
4. Top with 1 Tablespoon Ranch Dressing.
5. Roll up and cut in half.
6. Wrap in plastic wrap.

SLE Components

Amount Per Serving

Meat	1.83
Grain	1.92
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories 433.33

Fat 20.75g

SaturatedFat 7.17g

Trans Fat 0.00g

Cholesterol 31.67mg

Sodium 722.00mg

Carbohydrates 47.67g

Fiber 6.50g

Sugar 4.67g

Protein 17.50g

Vitamin A 2716.67IU **Vitamin C** 15.00mg

Calcium 156.67mg **Iron** 3.56mg

PB&J Combo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8339

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	1 Each	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing.	194471
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Serving		282422

Preparation Instructions

Wash hands thoroughly.

Put all items in a 1# paper tray #122910.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.33
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 1

Amount Per Serving	
Calories	493.33
Fat	23.67g
SaturatedFat	5.83g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	700.00mg
Carbohydrates	53.67g
Fiber	5.33g
Sugar	12.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 404.67mg	Iron 2.40mg

Yogurt Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8340

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB L/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
GRAPE RED SDLSS 18AVG MRKN	1/2 Cup		197831
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each		597380
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

Preparation Instructions

Wash hands thoroughly.

Wash fresh fruit, Use fresh grapes, or fresh apple, or fresh orange quartered and put into a baggie.

If no fresh fruit, a applesauce cup may be used.

Put all items in a plastic box # 441953 for service.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	426.27
Fat	11.27g
SaturatedFat	3.07g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	661.67mg
Carbohydrates	67.67g
Fiber	2.73g
Sugar	32.33g
Protein	15.53g
Vitamin A 5084.00IU	Vitamin C 63.36mg

Calcium 399.76mg **Iron** 1.69mg

Steak Philly Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8357

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
BEEF STK PHLL SEAS CKD 2.92Z 6-5 JTM	1 Serving		720861
PEPPERS & ONION FLME RSTD 6-2.5	2 1/4 Ounce		847208
CHEESE SWS 160CT SLCD PROC 4-5 GCHC	1 Slice		164348

Preparation Instructions

Wash hands thoroughly.

1. Cook philly meat according to directions, CCP: Hot hold at 135F or higher
2. Cook peppers & onions according to directions, CCP: Hot hold at 135F or higher
3. Place 3oz philly meat, 1 slice of cheese & mixed peppers & onions into an 8" sub bun
4. Wrap sub in wax paper, CCP: Hot hold at 135F or higher.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.22
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	378.81		
Fat	15.29g		
SaturatedFat	6.90g		
Trans Fat	0.52g		
Cholesterol	52.50mg		
Sodium	836.18mg		
Carbohydrates	37.75g		
Fiber	5.68g		
Sugar	8.68g		
Protein	22.79g		
Vitamin A	328.57IU	Vitamin C	8.04mg
Calcium	190.00mg	Iron	3.56mg

Turkey & Cheese Sub on Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8360

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	0.67
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	214.17		
Fat	5.00g		
SaturatedFat	1.96g		
Trans Fat	0.00g		
Cholesterol	18.75mg		
Sodium	268.33mg		
Carbohydrates	29.50g		
Fiber	3.00g		
Sugar	2.25g		
Protein	12.42g		
Vitamin A	15.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.92mg

Turkey & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8361

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each		713340
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
 2. Place 5 turkey slices, 1 slice of cheese & 1/2 cup of lettuce into 10" tortilla
 3. Wrap, label and date for 3 days.
 4. Serve with Ranch Dressing.
- CCP: Keep cold 41F or below.

SLE Components

Amount Per Serving

Meat	2.17
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	404.17
Fat	19.25g
SaturatedFat	5.83g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1049.58mg
Carbohydrates	38.00g
Fiber	1.25g
Sugar	5.75g
Protein	20.67g
Vitamin A 150.00IU	Vitamin C 0.00mg

Calcium 117.50mg **Iron** 2.10mg

Turkey & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8371

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Serving		150260
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791

Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
 2. Place 5 turkey slices, 1 slice of cheese & 1/2 cup of lettuce into 10" tortilla
 3. Wrap, label and date for 3 days.
 4. Serve with Ranch Dressing.
- CCP: Keep cold 41F or below.

SLE Components

Amount Per Serving

Meat	1.83
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories		295.83	
Fat		12.50g	
SaturatedFat		6.17g	
Trans Fat		0.00g	
Cholesterol		42.50mg	
Sodium		619.92mg	
Carbohydrates		31.00g	
Fiber		4.25g	
Sugar		2.75g	
Protein		18.83g	
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	122.50mg	Iron	2.24mg

Ham & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8374

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each		713340
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

1. Thaw turkey ham according to directions. CCP: Keep cold 41F or below.
2. Place 5 slices of turkey ham, 1 slice of cheese & 1/2 cup of lettuce into 10" tortilla
3. Wrap, label and date for 3 days.
4. Serve with Ranch dressing.

CCP: Keep cold 41F or below.

SLE Components

Amount Per Serving

Meat	2.17
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	400.00
Fat	19.25g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	1191.25mg
Carbohydrates	38.00g
Fiber	1.25g
Sugar	5.75g
Protein	19.00g
Vitamin A 150.00IU	Vitamin C 1.50mg

Calcium 117.50mg **Iron** 2.70mg

Bosco Sticks with Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place Bosco Sticks on a baking sheet. THAWED: 7-9 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> Preheat oil to 350° F. THAWED ONLY: 1-2 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before baking. Keep Bosco Sticks covered while thawing Bosco Sticks may be thawed in packaging. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE MARINARA A/P 6-10 REDPK	1 Serving	<p>READY_TO_EAT None 1 serving = .25 cup</p>	592714

Preparation Instructions

Wash hands thoroughly.

Bake Breadsticks according to directions on package.

Bring marinara sauce to 135F - 165F

Serve #16 Scoop (1.4z)= .25 cup in souffle cups.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.18
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	314.29		
Fat	10.71g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	554.29mg		
Carbohydrates	36.14g		
Fiber	4.71g		
Sugar	3.43g		
Protein	20.71g		
Vitamin A	138.57IU	Vitamin C	2.14mg
Calcium	449.71mg	Iron	2.00mg

Beef Taco with Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8418

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
TACO FILLING BEEF REDC FAT 6-5# COMM	2 1/2 Ounce	Heat in steamer 4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5# COMM	1 Tablespoon	1/5# bags use scoop #30	150250
TOMATO ROMA DCD 3/8 2-5 RSS	1 Ounce		786543
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Put 3 oz meat into shell, top with cheese, serve with lettuce, tomato, salsa and sour cream.

SLE Components

Amount Per Serving

Meat	1.83
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	294.73
Fat	11.11g
SaturatedFat	5.92g
Trans Fat	0.23g
Cholesterol	35.10mg
Sodium	425.33mg
Carbohydrates	36.07g

Fiber	6.20g		
Sugar	4.58g		
Protein	17.47g		
Vitamin A	583.68IU	Vitamin C	3.94mg
Calcium	137.58mg	Iron	3.62mg

Southwest Fiesta Cole Slaw

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	5 Pound		361300
CORN & BLK BEAN FLME RSTD 6-2.5	2 1/2 Pound	MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.	163760
DRESSING COLESLAW 4- 1GAL LTHSE	3 1/2 Cup	READY_TO_EAT Open, pour and enjoy!	132151
VINEGAR APPLE CIDER 5 4-1GAL GFS	1/4 Cup		430795
SEASONING TACO SLT FR 19.5Z TRDE	1 1/2 Tablespoon		605062

Preparation Instructions

Wash hands thoroughly.

Mix salad dressing with vinegar and seasoning.

Mix cole slaw with veggies, then add salad dressing.

Serve in 1/2 cup souffle cups.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1

Amount Per Serving			
Calories	91.45		
Fat	5.08g		
SaturatedFat	0.84g		
Trans Fat	0.00g		
Cholesterol	2.80mg		
Sodium	246.42mg		
Carbohydrates	10.30g		
Fiber	1.03g		
Sugar	7.55g		
Protein	0.12g		
Vitamin A	26.10IU	Vitamin C	0.22mg
Calcium	15.71mg	Iron	0.06mg

Southwest Fiesta Cole Slaw

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8427

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	5 Pound		361300
CORN & BLK BEAN FLME RSTD 6-2.5	2 1/2 Pound	MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.	163760
DRESSING COLESLAW 4- 1GAL LTHSE	3 1/2 Cup	READY_TO_EAT Open, pour and enjoy!	132151
VINEGAR APPLE CIDER 5 4-1GAL GFS	1/4 Cup		430795
SEASONING TACO SLT FR 19.5Z TRDE	1 1/2 Tablespoon		605062

Preparation Instructions

Wash hands thoroughly.

Mix salad dressing with vinegar and seasoning.

Mix cole slaw with veggies, then add salad dressing.

Serve in 1/2 cup souffle cups.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1

Amount Per Serving

Calories	91.45		
Fat	5.08g		
SaturatedFat	0.84g		
Trans Fat	0.00g		
Cholesterol	2.80mg		
Sodium	246.42mg		
Carbohydrates	10.30g		
Fiber	1.03g		
Sugar	7.55g		
Protein	0.12g		
Vitamin A	26.10IU	Vitamin C	0.22mg
Calcium	15.71mg	Iron	0.06mg

Cole Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8428

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1 Cup		293148
DRESSING COLESLAW 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	132151

Preparation Instructions

Wash hands thoroughly.

Mix ingredients together and put in 1/2 cup souffle cups with lid.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
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 1

Amount Per Serving

Calories	79.00		
Fat	4.50g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	207.00mg		
Carbohydrates	8.83g		
Fiber	1.33g		
Sugar	6.33g		
Protein	0.67g		
Vitamin A	700.00IU	Vitamin C	4.00mg
Calcium	26.67mg	Iron	0.24mg

Cole Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1/2 Cup		293148
DRESSING COLESLAW 4-1GAL LTHSE	1/2 Tablespoon	READY_TO_EAT Open, pour and enjoy!	132151

Preparation Instructions

Wash hands thoroughly.

Mix ingredients together and put in 1/2 cup souffle cups with lid.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

Amount Per Serving

Calories	39.50		
Fat	2.25g		
SaturatedFat	0.38g		
Trans Fat	0.00g		
Cholesterol	1.25mg		
Sodium	103.50mg		
Carbohydrates	4.42g		
Fiber	0.67g		
Sugar	3.17g		
Protein	0.33g		
Vitamin A	350.00IU	Vitamin C	2.00mg
Calcium	13.33mg	Iron	0.12mg

Oriental Bok Choy Cole Slaw

Servings:	132.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8511

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD BLND KALE RNBW COLOR CRNCH 4-2	2 Gallon	Chopped Julienned.	644181
ONION RED JUMBO 10 P/L	2 Cup	Thinly sliced.	596973
BOK CHOY BABY 10	2 Gallon	Chopped Julienned.	139821
SAUCE SOY 4-1GAL GFS	5 Cup		124524
SUGAR BEET GRANUL 25 GFS	4 Cup		108588
GARLIC CHPD IN OIL 12-4.5Z	1 1/4 Cup		908010
SPICE MUSTARD GRND 14Z TRDE	1 1/4 Cup		224928
MUSTARD WGRAIN 6-32Z CRWNCOLL	2 1/2 Cup		634892
HONEY CLOVER SQZ BTL 16Z 4-3CT GCHC	4 Cup		217523
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 1/4 Cup		109843
OIL SALAD CANOLA NT 3-1GAL GFS	8 1/2 Cup		432000
LEMON JUICE 100 12-32FLZ GFS	2 1/2 Cup		311227
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Tablespoon		225088

Preparation Instructions

Wash hands thoroughly.

Combine all chopped ingredients and mix well.

Combine all liquid and spice ingredients and mix with mixer until well incorporated.

Mix only what you will use (chopped & wet ingredients).

Label, date and store properly.

SLE Components

Amount Per Serving

Meat	0.00
-------------	------

Grain	0.00
--------------	------

Fruit	0.00
GreenVeg	0.24
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 132.00
Serving Size: 0.50 1

Amount Per Serving

Calories	196.36
Fat	14.45g
SaturatedFat	1.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	475.68mg
Carbohydrates	17.52g
Fiber	0.80g
Sugar	15.38g
Protein	0.59g

Vitamin A	830.72IU	Vitamin C	10.78mg
Calcium	25.41mg	Iron	0.33mg

Oriental Bok Choy Cole Slaw

Servings:	116.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8512

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD BLND KALE RNBW COLOR CRNCH 4-2	1 1/2 Gallon	Chopped Julienned.	644181
ONION RED JUMBO 10 P/L	2 Cup	Thinly sliced.	596973
BOK CHOY BABY 10	2 Gallon	Chopped Julienned.	139821
SAUCE SOY 4-1GAL GFS	5 Cup		124524
SUGAR BEET GRANUL 25 GFS	4 Cup		108588
GARLIC CHPD IN OIL 12-4.5Z	1 1/4 Cup		908010
SPICE MUSTARD GRND 14Z TRDE	1 1/4 Cup		224928
MUSTARD WGRAIN 6-32Z CRWNCOLL	2 1/2 Cup		634892
HONEY CLOVER SQZ BTL 16Z 4-3CT GCHC	5 Cup		217523
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 1/4 Cup		109843
OIL SALAD CANOLA NT 3-1GAL GFS	9 Cup		432000
LEMON JUICE 100 12-32FLZ GFS	2 1/2 Cup		311227
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Tablespoon		225088

Preparation Instructions

Wash hands thoroughly.

Combine all chopped ingredients and mix well.

Combine all liquid and spice ingredients and mix with mixer until well incorporated.

Mix only what you will use (chopped & wet ingredients).

Label, date and store properly.

SLE Components

Amount Per Serving

Meat	0.00
-------------	------

Grain	0.00
--------------	------

Fruit	0.00
GreenVeg	0.28
RedVeg	0.00
OtherVeg	0.06
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 116.00
Serving Size: 0.50 1

Amount Per Serving

Calories	239.19
Fat	17.40g
SaturatedFat	1.24g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	540.71mg
Carbohydrates	22.12g
Fiber	0.84g
Sugar	19.67g
Protein	0.62g

Vitamin A	945.30IU	Vitamin C	12.27mg
Calcium	27.47mg	Iron	0.36mg

Brown Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8513

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PERFECTED 25 UBEN	1/4 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

Wash hands thoroughly.

Follow the directions on the package.

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: 1.00

Serving Size: 0.50 1

Amount Per Serving			
Calories	170.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

Brown Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8514

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PERFECTED 25 UBEN	1/2 Serving	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

Wash hands thoroughly.

Follow the directions on the package.

SLE Components

Amount Per Serving

Meat	0.00
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: 0.50 1

Amount Per Serving			
Calories	85.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.18mg

Fish Shapes & WG Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8515

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	1 Serving	BAKE CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes. CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.	523291
WG Dinner Roll Aunt Millie's	1 1 roll		4375

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
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 1

Amount Per Serving

Calories	320.00		
Fat	11.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	895.00mg		
Carbohydrates	40.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.80mg

Chicken Nuggets with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8517

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	5 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.	558040
WG Dinner Roll Aunt Millie's	1 1 roll		4375

Preparation Instructions

Wash hands thoroughly.

Cook chicken nuggets according to directions.

Serve 5 chicken nuggets with 1 WG dinner roll.

Serve with BBQ sauce pkg or Ranch dressing pkg.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
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 1

Amount Per Serving			
Calories	340.00		
Fat	15.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	595.00mg		
Carbohydrates	35.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	17.00g		
Vitamin A	2.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	10.00mg

Chicken Nuggets with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8518

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	1 5 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.	558040
WG Dinner Roll Aunt Millie's	1 1 roll		4375
SAUCE BBQ CUP DUNK LO SOD 250-1Z REDG	1 Each	READY_TO_EAT None	141201

Preparation Instructions

Wash hands thoroughly.

Cook chicken nuggets according to directions.

Serve 5 chicken nuggets with 1 WG dinner roll.

Serve with BBQ sauce pkg or Ranch dressing pkg.

SLE Components

Amount Per Serving

Meat	3.03
Grain	2.77
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 1

Amount Per Serving

Calories	188.00		
Fat	4.30g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	4.00mg		
Sodium	284.00mg		
Carbohydrates	32.20g		
Fiber	2.60g		
Sugar	11.20g		
Protein	6.60g		
Vitamin A	0.40IU	Vitamin C	0.00mg

Calcium 0.80mg **Iron** 2.00mg

Broncoburger on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8519

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5" Bun, WG	1 Each	READY_TO_EAT	3354
BEEF PTY CKD FLAMEBR CN 250-1.95Z	1 Each		187220
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1/2 Serving		722360

Preparation Instructions

Directions:

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

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

CCP: Hold at 135° F or higher.

Notes:

1. Cook burger patties according to instructions, then heat to 165* for at least 15 seconds.
2. Layer 1 beef patty on bun
3. Top with 1 slice American Cheese.
4. Wrap in waxed paper and serve with Ketchup, mustard and relish.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 1

Amount Per Serving	
Calories	235.00
Fat	8.00g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	600.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	2.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 116.00mg **Iron** 1.44mg

Refried Bean Dip

Servings:	50.00	Category:	Vegetable
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8521

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	54 2/11 Ounce	Reconstitute 1 bag of beans according to package directions	703753
SALSA 103Z 6-10 REDG	4 Cup	READY_TO_EAT None	452841
CHEESE AMER SHRD R/F 4-5 LOL	1/4 Pound		861950

Preparation Instructions

1. Stir together the prepared beans and salsa in a large mixing bowl until thoroughly combined.
2. Portion into 4oz souffle cups. NEEDS to equal 1/2 cup
3. Sprinkle shredded cheddar cheese on top
4. Place in warmer before each lunch, just until the cheese is melted. (Don't want cups to melt!)

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.11
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 1

Amount Per Serving			
Calories	121.89		
Fat	1.09g		
SaturatedFat	0.38g		
Trans Fat	0.00g		
Cholesterol	0.30mg		
Sodium	464.40mg		
Carbohydrates	21.46g		
Fiber	6.69g		
Sugar	0.47g		
Protein	6.83g		
Vitamin A	82.19IU	Vitamin C	1.49mg
Calcium	45.59mg	Iron	1.53mg

Refried Bean Dip

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8522

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	54 2/11 Ounce	Reconstitute 1 bag of beans according to package directions	703753
SALSA 103Z 6-10 REDG	4 Pound	READY_TO_EAT None	452841
CHEESE AMER SHRD R/F 4-5 LOL	1 Pound		861950
CHIP TORTL RND YEL 5-1.5 KE	300 Piece	6 pieces = 1/2 oz serving= .50 Grain.	163020

Preparation Instructions

1. Stir together the prepared beans and salsa in a large mixing bowl until thoroughly combined.
2. Portion into 4oz souffle cups. NEEDS to equal 1/2 cup
3. Sprinkle shredded cheddar cheese on top
4. Place in warmer before each lunch, just until the cheese is melted. (Don't want cups to melt!)

SLE Components

Amount Per Serving

Meat	0.08
Grain	0.55
Fruit	0.00
GreenVeg	0.00
RedVeg	0.21
OtherVeg	0.00
Legumes	0.33
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1

Amount Per Serving			
Calories	912.11		
Fat	28.36g		
SaturatedFat	3.53g		
Trans Fat	0.00g		
Cholesterol	1.20mg		
Sodium	1134.37mg		
Carbohydrates	142.79g		
Fiber	18.69g		
Sugar	0.93g		
Protein	19.25g		
Vitamin A	159.01IU	Vitamin C	2.30mg
Calcium	304.06mg	Iron	3.69mg

PB&J & Cheez its

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8523

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	1 Each	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing.	194471
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

Preparation Instructions

Wash hands thoroughly.

Put all items in a 1# paper tray #122910.

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.33
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 1

Amount Per Serving			
Calories	433.33		
Fat	20.67g		
SaturatedFat	3.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	500.00mg		
Carbohydrates	52.67g		
Fiber	5.33g		
Sugar	11.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	206.67mg	Iron	2.40mg

Crispy Chicken Leg with Corny Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8524

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each	CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	159791

Preparation Instructions

Wash hands thoroughly.

Bake chicken drumsticks according to directions.

Serve with corn bread.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 1

Amount Per Serving

Calories 370.00

Fat 17.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 65.00mg

Sodium 540.00mg

Carbohydrates 33.00g

Fiber 2.00g

Sugar 15.00g

Protein 19.00g

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

Calcium 42.00mg **Iron** 2.08mg

Crispy Chicken Leg with Corny Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8525

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each	CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	159791

Preparation Instructions

- Wash hands thoroughly.
- Bake chicken drumsticks according to directions.
- Serve with corn bread.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 1

Amount Per Serving

Calories 370.00

Fat 17.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 65.00mg

Sodium 540.00mg

Carbohydrates 33.00g

Fiber 2.00g

Sugar 15.00g

Protein 19.00g

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

Calcium 42.00mg **Iron** 2.08mg

Mashed Potatoes with Gravy

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8526

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH 6-3.56 BAMER	1/2 Cup	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
BUTTER SUB 24-4Z BTRBUDS	1/4 Teaspoon		209810
MIX GRAVY POULTRY LO SOD 8- 22.6Z TRIO	1 1/2 Tablespoon		552061

Preparation Instructions

Wash hands thoroughly.

Make mashed potatoes according to package directions. Add Butter Buds to taste.

Make gravy according to package directions.

Put 1/2 cup mashed potatoes in bowl, put 1 1/2 Tablespoons gravy over top, keep warm at 145* or above.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.37

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

Amount Per Serving	
Calories	97.17
Fat	1.13g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.64mg
Sodium	162.65mg
Carbohydrates	17.96g
Fiber	0.74g
Sugar	1.13g
Protein	2.60g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.35mg	Iron	0.15mg

Mashed Potatoes with Gravy

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8527

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH 6-3.56 BAMER	1/2 Cup	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
BUTTER SUB 24-4Z BTRBUDS	1/4 Teaspoon		209810
MIX GRAVY POULTRY LO SOD 8- 22.6Z TRIO	1 1/2 Tablespoon		552061

Preparation Instructions

Wash hands thoroughly.

Make mashed potatoes according to package directions. Add Butter Buds to taste.

Make gravy according to package directions.

Put 1/2 cup mashed potatoes in bowl, put 1 1/2 Tablespoons gravy over top, keep warm at 145* or above.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.37

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

Amount Per Serving	
Calories	97.17
Fat	1.13g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.64mg
Sodium	162.65mg
Carbohydrates	17.96g
Fiber	0.74g
Sugar	1.13g
Protein	2.60g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.35mg	Iron	0.15mg

Chicken Smackers & WG Bread Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8528

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	1 Serving	Bake according to directions.	536620
BREADSTICK WHT WHE PARBK 200-.9Z	1 Each	Warm in warmer.	622082

Preparation Instructions

Wash hands thoroughly.

Prepare popcorn chicken according to instructions.

Put breadsticks in warmer to warm.

Serve 10 popcorn chicken with 1 breadstick.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
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 1

Amount Per Serving

Calories	329.00		
Fat	13.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	660.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	20.00g		
Vitamin A	168.00IU	Vitamin C	1.00mg
Calcium	37.00mg	Iron	2.72mg

Macaroni & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	3.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8529

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	3/4 Cup		609121
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	1 Each	READY_TO_EAT For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.	521782
HONEY PKT 200-9GM GFS	1 Each		270539
TREAT RICE KRISPIE MINI 600-.39Z KELL	1 Each		859570

Preparation Instructions

Wash hands thoroughly.

Basic Preparation

Place sealed bag in a steamer or in boiling water. Heat for approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned.

Serve 6 oz of mac and cheese in a 8 oz foam bowl, cover with plastic wrap. Keep at 145* or higher in warmer.

Serve with 1 biscuit, 1 honey package, and 1 rice mini krispie treat.

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: 1.00

Serving Size: 3.00 1

Amount Per Serving

Calories	467.00
Fat	20.20g
SaturatedFat	11.60g
Trans Fat	0.50g
Cholesterol	47.00mg
Sodium	1018.80mg
Carbohydrates	55.00g
Fiber	1.50g
Sugar	14.00g
Protein	18.90g
Vitamin A 650.00IU	Vitamin C 0.65mg
Calcium 420.43mg	Iron 1.77mg

Macaroni & Cheese & WG Biscuit w/Honey & Rice Krispie Treat

Servings:	1.00	Category:	Entree
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8530

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	6 Ounce	HEAT_AND_SERVE	609121
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	1 Each	READY_TO_EAT For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.	521782
HONEY PKT 200-9GM GFS	1 Each		270539
TREAT RICE KRISPIE MINI 600-.39Z KELL	1 Each		859570

Preparation Instructions

Wash hands thoroughly.

Basic Preparation

Place sealed bag in a steamer or in boiling water. Heat for approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned.

Serve 6 oz of mac and cheese in a 8 oz foam bowl, cover with plastic wrap. Keep at 145* or higher in warmer.

Serve with 1 biscuit, 1 honey package, and 1 rice mini krispie treat.

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: 1.00

Serving Size: 6.00 1

Amount Per Serving

Calories	467.00
Fat	20.20g
SaturatedFat	11.60g
Trans Fat	0.50g
Cholesterol	47.00mg
Sodium	1018.80mg
Carbohydrates	55.00g
Fiber	1.50g
Sugar	14.00g
Protein	18.90g
Vitamin A 650.00IU	Vitamin C 0.65mg
Calcium 420.43mg	Iron 1.77mg

Cheesy Bread Bites with Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8531

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BITE CHS WGRAIN 240-1Z	4 Ounce	BAKE Preheat oven to 350 degrees F. Place frozen breadsticks on parchment lined baking sheet. Bake 6-8 minutes or until the internal temperature reaches 165 degrees F.	116933
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup	READY_TO_EAT None Use #16 scoop.	592714

Preparation Instructions

Wash hands thoroughly.

Bake Bread Bites according to instructions.

Heat Marinara to 145* or higher and use #16 disher (scoop, dark blue).

Put into souffle cup and serve.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	308.57		
Fat	13.43g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	768.57mg		
Carbohydrates	32.29g		
Fiber	5.43g		
Sugar	2.86g		
Protein	17.43g		
Vitamin A	277.22IU	Vitamin C	4.29mg
Calcium	11.67mg	Iron	0.08mg

Cheesy Bread Bites with Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8532

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BITE CHS WGRAIN 240-1Z	4 Piece	BAKE Preheat oven to 350 degrees F. Place frozen breadsticks on parchment lined baking sheet. Bake 6-8 minutes or until the internal temperature reaches 165 degrees F.	116933
SAUCE MARINARA A/P 6-10 REDPK	1 2/5 Ounce	READY_TO_EAT None Use #16 scoop.	592714

Preparation Instructions

Wash hands thoroughly.

Bake Bread Bites according to instructions.

Heat Marinara to 145* or higher and use #16 disher (scoop, dark blue).

Put into souffle cup and serve.

SLE Components

Amount Per Serving

Meat	1.00
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 1

Amount Per Serving			
Calories	140.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	270.00mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.04IU	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.04mg

Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8533

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CORN 6-10 CMDTY	1/4 Cup	Steam corn till 165.	120483
GRAVY MIX CHIX 8- 22.6Z TRIO	2 33/50 Tablespoon	1.5 tbsp = 1/4 cup prepared ADD ONE PKG TO 1 GALLON BOILING WATER,BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.	290025
CHEESE CHED MLD SHRD 4-5# COMM	1 Tablespoon	Sprinkle Cheddar Cheese on top, cover with plastic wrap and hold in warmer at 135-165.	150250
POTATO PRLS XTRA RICH 6-3.56 BAMER	17/25 Ounce	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585

Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve
7. Serve with dinner roll and margarine cup.

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	0.75

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	461.07
Fat	16.64g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	1085.60mg
Carbohydrates	55.16g
Fiber	5.00g
Sugar	1.50g
Protein	22.75g

Vitamin A	243.00IU	Vitamin C	1.00mg
Calcium	76.75mg	Iron	2.20mg

Cheesy Bread Sticks with Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8534

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z 10- 20CT	2 Serving	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930
SAUCE MARINARA A/P 6- 10 REDPK	1 2/5 Ounce	READY_TO_EAT None	592714

Preparation Instructions

Wash hands thoroughly.

Bake Bread sticks according to directions.

Heat Marinara sauce to 145* or higher.

Use #16 dark blue disher and put into a souffle cup and serve.

4 pieces equal 1 serving of 2 M/MA and 2 Grain.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	320.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	650.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	6.00g
Protein	20.00g

Vitamin A	272.00IU	Vitamin C	3.00mg
Calcium	371.00mg	Iron	2.00mg

Cheesy Bread Sticks with Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8535

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z 10- 20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930
SAUCE MARINARA A/P 6- 10 REDPK	1 2/5 Ounce	READY_TO_EAT None	592714

Preparation Instructions

Wash hands thoroughly.

Bake Bread sticks according to directions.

Heat Marinara sauce to 145* or higher.

Use #16 dark blue disher and put into a souffle cup and serve.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	320.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	650.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	20.00g		
Vitamin A	272.00IU	Vitamin C	3.00mg

Calcium 371.00mg **Iron** 2.00mg

Brunch for Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8537

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351

Preparation Instructions

Wash hands thoroughly.

Bake chicken tenders according to directions.

Bake Dutch Waffle according to directions.

Use a 1# paper tray to put chicken and funnel cake in to serve.

Keep hot at 135* or above.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	540.00		
Fat	25.00g		
SaturatedFat	5.25g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	755.00mg		
Carbohydrates	55.00g		
Fiber	4.50g		
Sugar	15.00g		
Protein	23.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.42mg

Brunch for Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8538

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	283951
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	607351

Preparation Instructions

Wash hands thoroughly.

Bake chicken tenders according to directions.

Bake Dutch Waffle according to directions.

Use a 1# paper tray to put chicken and funnel cake in to serve.

Keep hot at 135* or above.

SLE Components

Amount Per Serving

Meat	1.33
Grain	2.67
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 1

Amount Per Serving

Calories	473.33		
Fat	23.00g		
SaturatedFat	4.67g		
Trans Fat	0.00g		
Cholesterol	36.67mg		
Sodium	610.00mg		
Carbohydrates	53.67g		
Fiber	5.00g		
Sugar	12.67g		
Protein	14.00g		
Vitamin A	66.67IU	Vitamin C	0.00mg
Calcium	66.67mg	Iron	3.00mg

Brunch for Lunch Cinnamon Pancakes and Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8539

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230
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

Preparation Instructions

Wash hands thoroughly.

Warm cinnamon pancakes to 135f or above.

Bake sausage according to package directions to 165F.

Use a 1# paper tray to put pancakes and sausage in to serve.

SLE Components

Amount Per Serving

Meat	1.00
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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	290.00		
Fat	12.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	520.00mg		
Carbohydrates	35.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.80mg

Pop tart & String Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8588

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Wash hands thoroughly. Put items together as a unit and serve.

SLE Components

Amount Per Serving

Meat	1.00
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 1

Amount Per Serving

Calories	260.00		
Fat	8.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	390.00mg		
Carbohydrates	39.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	8.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	1.80mg

Breakfast Bagel with Cream Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8589

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
CHEESE CREAM LT CUP 100-1Z GCHC	1 Each		549762

Preparation Instructions

Wash hands thoroughly.

Warm bagels in warmer and put with 1 -1oz cup of cream cheese and serve.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	200.00
Fat	5.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	255.00mg
Carbohydrates	29.00g
Fiber	4.00g
Sugar	4.00g
Protein	8.00g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 1.80mg

Cinnamon Toast Crunch Bar w/String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8590

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL MLK CINN TST 8-12CT GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	147990
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Wash hands thoroughly.

Serve together Cinnamon Toast Crunch Bar w/String Cheese.

SLE Components

Amount Per Serving

Meat	1.00
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 1

Amount Per Serving

Calories	260.00		
Fat	10.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	330.00mg		
Carbohydrates	34.00g		
Fiber	1.00g		
Sugar	17.00g		
Protein	9.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	450.00mg	Iron	5.40mg

Yogurt Cup w/Chocolate Chip Graham Grips

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8591

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441

Preparation Instructions

Wash hands thoroughly.

Put items together as a unit and serve.

SLE Components

Amount Per Serving

Meat	1.00
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 1

Amount Per Serving

Calories	200.00		
Fat	4.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	140.00mg		
Carbohydrates	35.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	6.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	240.00mg	Iron	0.72mg

Doughnut & String Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8593

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT SUP WGRAIN IW 80-1.9Z SUPBAK	1 Each		509942
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Wash hands thoroughly.

Warm donut in warmer and put with cheese stick to serve.

SLE Components

Amount Per Serving

Meat	1.00
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 1

Amount Per Serving

Calories	230.00
Fat	11.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	390.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	12.00g
Protein	10.00g
Vitamin A 2700.00IU	Vitamin C 30.00mg
Calcium 400.00mg	Iron 6.30mg

Chocolate Chip Muffin w/String Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8594

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Wash hands thoroughly.

Warm muffin in warmer and serve with cheese stick.

SLE Components

Amount Per Serving

Meat	1.00
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 1

Amount Per Serving

Calories	280.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	330.00mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	10.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	240.00mg	Iron	1.44mg

Sausage, Egg, Cheese English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8595

Ingredients

Description	Measurement	Prep Instructions	DistPart #
English Muffin	1 Each		2206
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
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

Wash hands thoroughly.

Cook sausages according to directions.

Cook egg patties according to directions.

Warm English muffin in warmer, then layer meat, egg and cheese and wrap and keep at 135F to 165F.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories 285.00

Fat 11.00g

SaturatedFat 3.75g

Trans Fat 0.00g

Cholesterol 132.50mg

Sodium 840.00mg

Carbohydrates 27.00g

Fiber 1.00g

Sugar 1.50g

Protein 18.50g

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

Calcium 136.00mg **Iron** 0.72mg

Chicken Tenders with Dutch Funnel Cake

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8702

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351
CHIX TNRD WGRAIN FC 4-8 TYS	1 Serving	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.	283951

Preparation Instructions

Wash hands thoroughly.

Bake chicken tenders according to directions.

Warm Dutch waffles according to directions.

Use 1# paper tray to put one of each item in to serve.

Hold at 135F to 165F.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	560.00		
Fat	28.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	740.00mg		
Carbohydrates	59.00g		
Fiber	6.00g		
Sugar	13.00g		
Protein	19.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.60mg

Chicken Nuggets with WG Bread Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8703

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WHT WHE PARBK 200-.9Z	1 Each		622082
CHIX CHUNKS BRD WGRAIN .66Z 4-7	1 Serving	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.	558040

Preparation Instructions

Wash hands thoroughly. Bake chicken nuggets according to directions, warm bread sticks. Pair together and keep at 135F or higher.

SLE Components

Amount Per Serving

Meat	3.03
Grain	2.77
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 Serving

Amount Per Serving			
Calories	108.00		
Fat	3.30g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	4.00mg		
Sodium	164.00mg		
Carbohydrates	16.20g		
Fiber	1.60g		
Sugar	0.20g		
Protein	4.60g		
Vitamin A	0.40IU	Vitamin C	0.00mg
Calcium	20.80mg	Iron	2.72mg

X-ray Vision Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8705

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	1 Cup		150390

Preparation Instructions

Wash hands thoroughly.

Steam vegetable only till crisp tender. Be careful not to over cook, because holding then will cook them even more.

Add vegetable seasoning and butter buds for flavor.

Keep at 145F to 165F till service.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	54.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	48.00mg		
Sodium	86.00mg		
Carbohydrates	12.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Vegetable Blend Spice

Servings:	200.00	Category:	Condiments or Other
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8706

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK COARSE GRND 16Z TRDE	4 Tablespoon		518322
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Tablespoon		225088
SPICE PAPRIKA 16Z TRDE	2 Tablespoon		518331
SPICE ONION POWDER 19Z TRDE	2 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839

Preparation Instructions

Wash hands thoroughly.

Mix all spices together, put into a shaker and use on steamed or roasted vegetables.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
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 1

Amount Per Serving			
Calories	0.83		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.17mg		
Carbohydrates	0.36g		
Fiber	0.08g		
Sugar	0.00g		
Protein	0.04g		
Vitamin A	76.66IU	Vitamin C	0.02mg
Calcium	1.05mg	Iron	0.03mg

Mixed Fruit

Servings:	75.00	Category:	Fruit
Serving Size:	0.50 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8716

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	1 #10 CAN		110700
ORANGES MAND BRKN L/S 6-10 GFS	1 #1 CAN		152811
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #10 CAN		189979

Preparation Instructions

Wash hands thoroughly.

Mix all 3 cans together with juice.

Use 1/2 cup souffle cups with lids.

Keep cold for service.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.36
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 1

Amount Per Serving

Calories	48.07		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.08mg		
Carbohydrates	11.76g		
Fiber	0.69g		
Sugar	10.34g		
Protein	0.04g		
Vitamin A	14.39IU	Vitamin C	3.75mg
Calcium	0.72mg	Iron	0.14mg

Bowl of Cereal & Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8717

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Wash hands thoroughly.

Group items together and serve.

SLE Components

Amount Per Serving

Meat	1.00
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 1

Amount Per Serving

Calories	190.00		
Fat	9.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	360.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	7.00g		
Vitamin A	600.00IU	Vitamin C	4.80mg
Calcium	400.00mg	Iron	3.60mg

Cinnamania Buns & Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8718

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK CINN BUN 100-1.76Z CINNAMANIA	1 Package		443130
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Wash hands thoroughly.

Combine 1 of each item.

SLE Components

Amount Per Serving

Meat	1.00
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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	290.00		
Fat	13.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	380.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	12.00g		
Protein	9.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	210.00mg	Iron	1.60mg

Nutrigrain Bar & Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8719

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Combine 1 of each items.

SLE Components

Amount Per Serving

Meat	1.00
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 1

Amount Per Serving

Calories	240.00		
Fat	10.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	350.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	8.00g		
Vitamin A	950.20IU	Vitamin C	0.00mg
Calcium	399.98mg	Iron	1.80mg

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8816

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
Aunt Millie's Wheat Sandwich Bread	2 Slice	READY_TO_EAT	466
MUSTARD PKT 200-1/5Z HNZ	1 Each		109908
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

Preparation Instructions

Wash hands thoroughly.

Layer bread with meat and cheese.

Wrap sandwich with plastic wrap.

Serve with packet choice of mustard and mayo.

Keep in refrigerator till service.

SLE Components

Amount Per Serving

Meat	1.83
Grain	1.75
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 1

Amount Per Serving			
Calories		300.00	
Fat		13.00g	
SaturatedFat		3.50g	
Trans Fat		0.00g	
Cholesterol		52.50mg	
Sodium		835.00mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Sugar		2.50g	
Protein		17.50g	
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	6.00mg	Iron	8.72mg

Cheesy Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8817

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	3/4 Cup		549292
CHEESE CHED SHRD 6-5 COMM	1 Tablespoon		199720

Preparation Instructions

Wash hands thoroughly.

Steam Broccoli according to instructions till tender crisp, be careful not to over cook, it will continue to cook in warmer.

Sprinkle cheese on top of 1/2 cup serving before going into the warmer.

Keep at or above 145F to 165F.

SLE Components

Amount Per Serving

Meat	0.50
Grain	0.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 1

Amount Per Serving

Calories	95.50		
Fat	4.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	128.00mg		
Carbohydrates	7.50g		
Fiber	4.50g		
Sugar	1.50g		
Protein	7.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mixed Fruit

Servings:	72.00	Category:	Fruit
Serving Size:	0.50 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8827

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	1 #10 CAN		110700
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1 #10 CAN	READY_TO_EAT Ready to Eat	509221
ORANGES MAND BRKN L/S 6-10 GFS	1 #10 CAN		152811

Preparation Instructions

Wash hands thoroughly.

Put Fruit in refrigerator the day before use.

Mix all 3 kinds of canned fruit together, do not drain juice.

Put 1/2 cup servings in souffle cups with lids.

Keep under refrigeration 38F to 42F.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.36
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 1

Amount Per Serving

Calories	54.10		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.39mg		
Carbohydrates	12.27g		
Fiber	0.36g		
Sugar	11.54g		
Protein	0.36g		
Vitamin A	143.70IU	Vitamin C	6.47mg
Calcium	7.19mg	Iron	0.13mg

Breaded Mozzarella Sticks with Marinara Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8828

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	1 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	READY_TO_EAT None	592714

Preparation Instructions

Wash hands thoroughly.

Bake mozzarella cheese sticks according to directions.

Heat Marinara Sauce to 165F and cup into souffle cups for service, use #16 scoop.

SLE Components

Amount Per Serving

Meat	0.33
Grain	0.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	80.24		
Fat	3.26g		
SaturatedFat	0.58g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	321.90mg		
Carbohydrates	9.79g		
Fiber	1.93g		
Sugar	3.19g		
Protein	4.60g		
Vitamin A	279.14IU	Vitamin C	4.62mg
Calcium	20.10mg	Iron	1.67mg

Brunch for Lunch: Chicken Tenders & Maple Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9946

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811

Preparation Instructions

Wash hands thoroughly.

1. Bake Chicken tenders according to directions.
2. Warm Waffles according to directions.
3. Use a 1 # paper tray to put 2 pieces of chicken tenders and 1 waffle in tray.
4. Place in warmer till service.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	440.00		
Fat	17.00g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	625.00mg		
Carbohydrates	47.00g		
Fiber	5.50g		
Sugar	13.00g		
Protein	23.50g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	4.32mg

Brunch for Lunch 2 Cinnamon Pancakes w/ Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9947

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Serving		642230
SAUSAGE PTY CKD 250-1.2Z COMM	2 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

Preparation Instructions

Wash hands thoroughly.

1. Heat pancakes according to directions.
2. Heat sausage according to directions.
3. Use a 1# paper tray to serve.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	360.00		
Fat	17.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	780.00mg		
Carbohydrates	35.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	2.16mg

Refried Beans with Salsa

Servings:	16.00	Category:	Vegetable
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	1 Cup	READY_TO_EAT None	452841
SEASONING TACO SLT FR 19.5Z TRDE	1 1/2 Teaspoon	Mix with beans.	605062
CHEESE CHED SHRD 6-5 COMM	3/4 Cup		199720
BEAN REFRD 6-10 GRSZ	1 #10 CAN		293962

Preparation Instructions

Wash hands thoroughly.

1. Spray pan coating in steam-table pan.
2. Pour boiling water in pan, then mix dehydrated beans mix per directions.
3. Then add taco seasoning and salsa.
4. Bring to temperature 165* for 15 seconds.
5. Portion in 1/2 cup souffles.
6. Sprinkle with 1 Tablespoon of shredded cheddar cheese.
7. Hold at 135 or higher Temperature in warmer.
8. Serve refried beans in souffle cup.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.75
Starch	0.00

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 6.00 1

Amount Per Serving

Calories	237.57
Fat	3.66g
SaturatedFat	1.09g
Trans Fat	0.00g
Cholesterol	1.41mg
Sodium	900.40mg
Carbohydrates	38.37g
Fiber	9.75g
Sugar	2.00g
Protein	13.26g

Vitamin A	78.08IU	Vitamin C	0.72mg
Calcium	79.35mg	Iron	3.28mg

Refried Beans

Servings:	54.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	2 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753
WATER SPRNG 4-1GAL GFS	1 Gallon		686860
SALSA 103Z 6-10 REDG	6 Cup	READY_TO_EAT None	452841
SEASONING TACO SLT FR 19.5Z TRDE	3 Tablespoon	Mix with beans.	605062
CHEESE CHED SHRD 6- 5 COMM	54 Tablespoon	2 Tablespoon = 1/2 ounce of cheese.	199720

Preparation Instructions

Wash hands thoroughly.

1. Spray pan coating in steam-table pan.
2. Pour boiling water in pan, then mix dehydrated beans mix per directions.
3. Then add taco seasoning and salsa.
4. Bring to temperature 165* for 15 seconds.
5. Portion in 1/2 cup souffles.
6. Sprinkle with 1 Tablespoon of shredded cheddar cheese.
7. Hold at 135 or higher Temperature in warmer.
8. Serve refried beans in souffle cup.

SLE Components

Amount Per Serving

Meat	0.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.15

OtherVeg	0.00
Legumes	0.01
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 54.00			
Serving Size: 0.50 1			
Amount Per Serving			
Calories	70.94		
Fat	4.53g		
SaturatedFat	3.01g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	170.58mg		
Carbohydrates	2.80g		
Fiber	0.31g		
Sugar	0.68g		
Protein	3.31g		
Vitamin A	138.82IU	Vitamin C	1.31mg
Calcium	12.90mg	Iron	0.14mg

Sweet n' Sour Chicken Over Brown Rice-100sv

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10352

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	100 Serving	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.	327120
RICE BRN PERFECTED 25 UBEN	100 Serving	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
SAUCE SWT & SOUR 4- 1GAL LACHY	50 Tablespoon		242292
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #10 CAN		189979
WATER SPRNG 4-1GAL GFS	100 Fluid Ounce		686860
PEPPERS GREEN LRG 60-70CT MRKN	12 1/2 Tablespoon		198757
PEPPERS RED 11 P/L	12 1/2 Tablespoon		321141
ONION VIDALIA SWT 10 P/L	12 1/2 Tablespoon		558133

Preparation Instructions

1. Cook rice & chicken according to directions. CCP: Hold hot at 135 F or higher
2. Cook pineapple & water together, thicken with corn starch
3. Add to LaChoy Sweet and Sour Sauce
4. Chop veggies into julienne size
5. Stir fry veggies just till crisp tender, or steam veggies just till crisp tender
6. Add veggies to sauce

7. Coat chicken with sauce mixture
8. Serve chicken over top 1/2 cup cooked brown rice

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.13
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Serving

Amount Per Serving

Calories	433.67		
Fat	14.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	377.56mg		
Carbohydrates	58.30g		
Fiber	5.29g		
Sugar	7.71g		
Protein	18.02g		
Vitamin A	135.56IU	Vitamin C	5.09mg
Calcium	40.24mg	Iron	2.26mg

Sweet and Sour Popcorn Chicken over Brown Rice

Servings:	100.00	Category:	Entree
Serving Size:	3.00 1	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10353

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN LRG 60-70CT MRKN	3/4 Cup		198757
PEPPERS RED DOMESTIC 23 MRKN	3/4 Cup		560715
ONION VIDALIA SWT 10 P/L	3/4 Cup		558133
JUICE PINEAPPLE 100 12-46FLZ DOLE	1/4 Gallon	READY_TO_EAT Ready to Eat	566144
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/4 #10 CAN		189979
SEASONING SRIRACHA 25.5Z TRDE	1/4 Tablespoon		685862
STARCH CORN 24-1 ARGO	3/4 Cup		108413
SAUCE SWT & SOUR 4-1GAL LACHY	3/4 Gallon		242292
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	100 Serving	BAKE PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.	327120
RICE BRN PERFECTED 25 UBEN	100 Ounce	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

Wash hands thoroughly.

1. Saute' vegetables: Red peppers, Green peppers, and Onions.
2. Add to Pineapple juice (except 1 quart of juice) and pineapple tidbits.
3. To 1 quart of cold juice add 3 cups of Corn Starch, mix well, save to add to sauce once sauce boils.
4. Bring sauce and sauted veggies to a boil, then add the corn starch and juice mixture to thicken. Boil 3 minutes.
5. Divide La Choy Sauce between 4-5 pans (4").
6. Divide Pineapple sauce between the pans evenly and mix together.
7. Bake popcorn balls according to package directions. Mix balls in sauce and use 6 oz scoop to serve over 1/2 cup of cooked rice.
8. Make 400 - 1/2 cup servings of Brown Rice.

SLE Components

Amount Per Serving

Meat	1.83
Grain	2.10
Fruit	0.03
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 1

Amount Per Serving

Calories	402.33		
Fat	10.89g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	457.94mg		
Carbohydrates	52.23g		
Fiber	4.33g		
Sugar	13.85g		
Protein	16.43g		
Vitamin A	34.14IU	Vitamin C	3.28mg
Calcium	2.03mg	Iron	0.28mg

Thanksgiving Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10917

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	2 Each		710650
STUFFING MIX TRAD 12-31.13Z GCHC	1/4 Cup		455770
CRANBERRY SAUCE WHL 6-10 GFS	2 Tablespoon		164730
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
DRESSING SALAD LT 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	135030

Preparation Instructions

Wash hands thoroughly.

1. Put 1/4 cup of dressing on 1 slice of bread.
2. Top with 2 Tablespoons of Cranberry Sauce.
3. Top with 5 slices of Turkey.
4. Spread 1 Tablespoon of Lite Salad Dressing on last slice of bread, top sandwich.
5. Then cut on diagonal, fold together and wrap with plastic wrap showing what is in the sandwich.

Keep refrigerated till service. Serve as an entree.

SLE Components

Amount Per Serving

Meat	1.67
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: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	371.67
Fat	8.75g
SaturatedFat	1.33g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	918.33mg
Carbohydrates	51.50g
Fiber	3.50g
Sugar	17.00g
Protein	21.17g

Vitamin A	50.00IU	Vitamin C	0.60mg
Calcium	80.00mg	Iron	2.46mg

Beef & Cheese Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11122

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	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. UNSPECIFIED	662512
TACO FILLING BEEF REDC FAT 6-5# COMM	2 Ounce	Use #12 scoop or 1/3 cup.	722330
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup	Heat cheese sauce in steamer, thin with milk.	135261
LETTUCE AMER BLND MXD 4-5 RSS	1 Cup		451720
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616

Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

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

SLE Components

Amount Per Serving

Meat	2.26
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.33
OtherVeg	1.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 388.38

Fat 17.19g

SaturatedFat 6.66g

Trans Fat 0.18g

Cholesterol 42.08mg

Sodium 756.41mg

Carbohydrates 38.90g

Fiber 5.48g

Sugar 3.85g

Protein 17.14g

Vitamin A 781.79IU **Vitamin C** 9.32mg

Calcium 293.37mg **Iron** 1.98mg

Baked Potato

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Ea	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11139

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 2 6Z 50 MRKN	1 Each		328731
MARGARINE CUP CHURN SPRD 900-5GM P/L	1 Each	READY_TO_EAT Ready to use.	106490

Preparation Instructions

Lay out on baking sheet Bake in convection oven 420 degrees for 17 minutes.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
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 Ea

Amount Per Serving			
Calories	125.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	57.50mg		
Carbohydrates	24.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11140

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN		120530
ONION DEHY CHPD 15 P/L	3/4 Cup		263036
SUGAR BROWN LT 12-2 P/L	1 Cup		860311
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937

Preparation Instructions

Wash hands thoroughly.

1. Spray steamtable pan with Cooking Spray.
2. Pour Beans into pan.
3. Add rest of ingredients and mix well.
4. Bake at 325* for 1 1/4 hours.
5. Serve 1/2 cup Legume, in portion souffle cups.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.52
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1

Amount Per Serving			
Calories	145.22		
Fat	1.04g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	193.49mg		
Carbohydrates	28.77g		
Fiber	5.26g		
Sugar	12.39g		
Protein	7.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.93mg	Iron	0.05mg

Salad/Veggie Bar Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11172

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1/4 Cup		560545
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
Tomatoes, 25 - Vine Ripe	1/4 Cup		199093
PEPPERS RED 11 P/L	1/4 Cup		321141
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
CAULIFLOWER CALIF 12-1CT MRKN	1/4 Cup		198528
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536

Preparation Instructions

Wash hands thoroughly.

1. Wash and clean each kind of vegetables separately.
2. Cut up vegetables, measure and put in salad bar containers.
3. Record measurements on production sheet.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.25
RedVeg	0.58
OtherVeg	0.75
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories 58.78

Fat 0.38g

SaturatedFat 0.10g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 69.98mg

Carbohydrates 12.83g

Fiber 4.73g

Sugar 5.58g

Protein 2.44g

Vitamin A 10337.06IU **Vitamin C** 151.83mg

Calcium 73.68mg **Iron** 1.87mg

Salad/Veggie Bar Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11175

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1/4 Cup		560545
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
Tomatoes, 25 - Vine Ripe	1/4 Cup		199093
PEPPERS RED 11 P/L	1/4 Cup		321141
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
CAULIFLOWER CALIF 12-1CT MRKN	1/4 Cup		198528
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536

Preparation Instructions

Wash hands thoroughly.

1. Wash and clean each kind of vegetables separately.
2. Cut up vegetables, measure and put in salad bar containers.
3. Record measurements on production sheet.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.25
RedVeg	0.58
OtherVeg	0.75
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories 58.78

Fat 0.38g

SaturatedFat 0.10g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 69.98mg

Carbohydrates 12.83g

Fiber 4.73g

Sugar 5.58g

Protein 2.44g

Vitamin A 10337.06IU **Vitamin C** 151.83mg

Calcium 73.68mg **Iron** 1.87mg

Three Bean Salad

Servings:	33.00	Category:	Vegetable
Serving Size:	6.00 1	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN FZ 30 COMM	5 1/13 Cup	Steam beans till crisp tender.	355490
BEAN YELLOW WAX CUT 12-2 GFS	5 1/13 Cup	Steam beans till crisp tender.	233226
BEAN GARBANZO 6-10 GCHC	5 1/13 Cup	Drain and rinse beans.	118753
ONION VIDALIA SWT 10 P/L	1 7/26 Cup	Thinly slice onions.	558133
SUGAR BEET GRANUL 25 GFS	33/52 Cup		108588
VINEGAR WHT DISTILLED 5 4-1GAL GFS	1 1/2 Cup		629640
OIL SALAD CANOLA NT 6-1GAL GCHC	33/50 Cup		393843
SALT KOSHER 12-3 DIAC	1 1/4 Teaspoon		424307
SPICE PEPR BLK REG GRIND 16Z TRDE	33/50 Teaspoon		225037
SPICE CELERY SEED WHOLE 16Z TRDE	1 1/4 Teaspoon		224677

Preparation Instructions

Wash hands thoroughly.

1. Steam Green and Yellow Beans just till crisp tender, not all the way done. Let cool. (Kidney Beans may be substituted for Yellow Beans, drained and rinsed).
2. Drain and rinse Garbanzo Beans. Then add to cooled Green and Yellow Beans.
3. Slice thinly sweet onions, add to beans.
4. Put all the rest of ingredients to a bowl and whisk together. Mix and pour over beans.
5. Mix all together and refrigerate for at least 8-12 hours before serving.
6. Parsley may be used for garnish (optional).

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.38
Legumes	0.15
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 33.00			
Serving Size: 6.00 1			
Amount Per Serving			
Calories	60.55		
Fat	0.62g		
SaturatedFat	0.15g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	157.87mg		
Carbohydrates	11.64g		
Fiber	2.62g		
Sugar	5.39g		
Protein	2.39g		
Vitamin A	0.01IU	Vitamin C	0.86mg
Calcium	27.80mg	Iron	0.31mg

Christmas Dinner Baked Ham w/Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11294

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM 2-7AVG JENNO	3 29/50 Ounce		434663
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Wash hands thoroughly.

1. Slice turkey ham equally, each slice should equal 2 M/MA weight before cooked should be 3.58 ounces.
2. Bake in oven till reaches temp of 165* for 15 sections.
3. Serve with Dinner Roll.

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 1

Amount Per Serving

Calories	205.30		
Fat	6.37g		
SaturatedFat	1.79g		
Trans Fat	0.00g		
Cholesterol	62.65mg		
Sodium	985.00mg		
Carbohydrates	14.79g		
Fiber	1.00g		
Sugar	4.79g		
Protein	19.11g		
Vitamin A	0.00IU	Vitamin C	2.15mg
Calcium	20.00mg	Iron	2.37mg

Hamburger on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11295

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

Wash hands thoroughly. Bake hamburgers according to directions. Bun the burgers and wrap. Keep in warmer till service.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 1

Amount Per Serving			
Calories	240.00		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	240.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	9.08mg

Chicken Salad w/Grapes

Servings:	12.00	Category:	Entree
Serving Size:	3.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11385

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD LT 4-1GAL LTHSE	1 Cup	READY_TO_EAT Open, pour and enjoy!	135030
LEMON JUICE 100 12-32FLZ GFS	2 Tablespoon		311227
SALT SEA 36Z TRDE	1/2 Teaspoon		748590
SEASONING VEGETABLE NO SALT 21Z TRDE	1 Teaspoon		647230
CHIX PULLED WHT & DRK BLND 2-5 TYS	4 1/2 Cup	Chop into bite size pieces.	467802
CELERY JUMBO 16-24CT 40 MARKON	1 Cup	Wash thoroughly, then dice into pieces.	198536
ONION VIDALIA SWT 10 P/L	2 Tablespoon	Finely chop onion.	558133
GRAPE RED SDLSS 18AVG MRKN	2 Cup	Washed and cut in half and measure to 2 cups.	197831

Preparation Instructions

Wash hands thoroughly.

1. In medium bowl, stir together Lite Salad Dressing with Lemon juice, salt, and vegetable seasoning(1 to 1 1/2 tsp).
2. Stir in chicken, diced celery, halved grapes, finely chopped onions until well combined.
3. Cover and refrigerate for up to 3 days.
4. Serve on bread with lettuce and tomato.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.11
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.08
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 3.00 1

Amount Per Serving

Calories	199.29		
Fat	8.44g		
SaturatedFat	1.53g		
Trans Fat	0.00g		
Cholesterol	66.67mg		
Sodium	267.28mg		
Carbohydrates	10.57g		
Fiber	0.41g		
Sugar	7.29g		
Protein	20.25g		
Vitamin A	74.40IU	Vitamin C	2.05mg
Calcium	8.09mg	Iron	4.10mg

Tomato Soup

Servings:	1.00	Category:	Vegetable
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12328

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO LO SOD RTS 12-5 CAMP	3/4 Cup	Heat and serve.	514829

Preparation Instructions

Heat and serve.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
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: 6.00 1

Amount Per Serving

Calories	90.00		
Fat	2.25g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	60.00mg		
Carbohydrates	15.75g		
Fiber	3.00g		
Sugar	9.75g		
Protein	2.25g		
Vitamin A	300.00IU	Vitamin C	3.60mg
Calcium	30.00mg	Iron	0.81mg

Sweet Chili Thai Chicken

Servings:	40.00	Category:	Entree
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12438

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX SWT CHILI THAI 6-7.15	7 3/20 Pound		536900
PEPPERS GREEN LRG 60-70CT MRKN	2 Cup	Chop fresh peppers into bite size pieces.	198757
PEPPERS RED 11 P/L	2 Cup	Chop fresh peppers into bite size pieces.	321141
ONION VIDALIA SWT 10 P/L	2 Cup	Chop fresh peppers into bite size pieces.	558133
PINEAPPLE TIDBITS IN JCE 6-10 GFS	2 Cup	Add drained pineapple tidbits.	189979

Preparation Instructions

Wash hands thoroughly .

Chop all vegetables and cook only till crisp tender.

Then add to heated chicken Thai sauce to temp of 165 for 15 seconds.

Then pour over 1/2 cup of Thai Chicken sauce mixture over 1/2 cup cooked Brown Rice.

SLE Components

Amount Per Serving

Meat	2.01
Grain	0.00
Fruit	0.05
GreenVeg	0.00
RedVeg	0.05
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 1

Amount Per Serving

Calories	164.54
Fat	3.05g
SaturatedFat	0.51g
Trans Fat	0.00g
Cholesterol	60.21mg
Sodium	442.82mg
Carbohydrates	18.61g
Fiber	0.41g
Sugar	13.61g
Protein	15.27g
Vitamin A 227.67IU	Vitamin C 19.06mg

Calcium 23.69mg **Iron** 1.21mg

Broncoburger on WG Bun-1 burger- HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12439

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

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: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	285.00		
Fat	12.00g		
SaturatedFat	4.75g		
Trans Fat	0.50g		
Cholesterol	47.50mg		
Sodium	435.00mg		
Carbohydrates	26.00g		
Fiber	5.00g		
Sugar	3.50g		
Protein	18.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.00mg	Iron	2.16mg

Chicken Fajita

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12506

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
PEPPERS & ONION FLME RSTD 6-2.5	1 Ounce		847208
CHEESE AMER SHRD R/F 4-5 LOL	2 Tablespoon		861950
CHIX FAJT 30 COMM	3 2/5 Ounce		154900

Preparation Instructions

Wash hands thoroughly.

Heat meat according to directions.

Add Onions and Peppers heat to temp. Mix onions and peppers with meat.

Warm the tortilla, then add Fajita mixture and sprinkle with Cheese.

Keep warm till service.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	352.87
Fat	11.65g
SaturatedFat	5.25g
Trans Fat	0.00g
Cholesterol	81.50mg
Sodium	1096.63mg
Carbohydrates	34.78g
Fiber	4.19g
Sugar	5.69g
Protein	26.90g
Vitamin A 123.87IU	Vitamin C 3.57mg
Calcium 217.00mg	Iron 1.76mg

Mexican Rice

Servings:	48.00	Category:	Grain
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12507

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE MEXICAN FIESTA 6-25.9Z UBEN	24 19/22 Ounce		473006
RICE BRN PERFECTED 25 UBEN	3 3/25 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
WATER DISTILLED 4- 1GAL GFS	24/25 Fluid Ounce		711143
SEASONING TACO 21Z TRDE	1 Teaspoon		413429

Preparation Instructions

Directions:

IN a sprayed 4" deep serving pan open contents of 1 box uncle Bens Mexican rice.

Add 3cups & 2oz of Uncle Bens Brown Rice

Add 1/4 cup Taco Seasonings to dry Rice

Follow instructions on box of uncle Bens Rice

Adding Equal parts of water for Brown Rice

Place in oven cooking with instructions on box

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

Remove from oven

CCP: Hold at 135° F or higher.

1/2 cup equals 1 bread

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.26
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: 0.50 1			
Amount Per Serving			
Calories	69.49		
Fat	0.49g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	110.82mg		
Carbohydrates	14.97g		
Fiber	0.65g		
Sugar	0.27g		
Protein	1.66g		
Vitamin A	98.46IU	Vitamin C	2.35mg
Calcium	4.64mg	Iron	5.68mg

Spicy Chicken Breast on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12512

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

Wash hands thoroughly.

Bake chicken breast according to directions.

Put chicken breast on bun and keep hot till service.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	330.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	455.00mg		
Carbohydrates	34.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 40.00mg **Iron** 2.52mg

Chicken Breast on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12513

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

Wash hands thoroughly.

Bake chicken breast according to directions.

Put chicken breast on bun and keep hot till service.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	330.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	415.00mg		
Carbohydrates	34.00g		
Fiber	8.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 40.00mg **Iron** 2.16mg

BBQ Beef on a WG Sub Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12514

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE 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 for 11 minutes.	451410
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

Preparation Instructions

Wash hands thoroughly.

Bake beef according to directions.

Put beef on buns and wrap and keep warm till service.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	350.00		
Fat	12.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	850.00mg		
Carbohydrates	41.00g		
Fiber	5.00g		
Sugar	14.00g		
Protein	20.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	120.00mg	Iron	3.60mg

BBQ Beef on Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12515

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE 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 for 11 minutes.	451410
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each		500162

Preparation Instructions

Wash hands thoroughly.

Bake beef according to directions.

Put beef on buns and wrap and keep warm till service.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	360.00		
Fat	12.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	710.00mg		
Carbohydrates	42.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	19.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	60.00mg	Iron	3.60mg

Michigan Salad

Servings:	33.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12516

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Pound		735787
CHEESE MOZZ SHRD 4-5 LOL	2 Cup		645170
APPLE VARIETY MI BULK 113-138CT 40	5 Piece	Washed and cut up into bite size pieces.	810730
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	4 Package	Sprinkle on salad.	636402
CROUTON CHS GARL WGRAIN 250-.5Z	5 Package		661022

Preparation Instructions

Wash hands thoroughly.

Wash and cut up vegetables and fruit.

Toss together with Mozzarella cheese and top with croutons.

(Optional to sprinkle with Walnuts).

SLE Components

Amount Per Serving

Meat	0.24
Grain	0.08
Fruit	0.21
GreenVeg	0.36
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	57.97
Fat	1.79g
SaturatedFat	0.85g
Trans Fat	0.00g
Cholesterol	3.64mg
Sodium	66.56mg
Carbohydrates	8.45g
Fiber	1.35g
Sugar	5.27g
Protein	2.05g
Vitamin A 1828.62IU	Vitamin C 11.80mg
Calcium 59.50mg	Iron 0.44mg

Chicken Philly Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12567

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
PEPPERS & ONION FLME RSTD 6-2.5	1 Ounce		847208
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
CHIX STRP FAJT DRK MT FC 6-5 TYS	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390

Preparation Instructions

Wash hands thoroughly.

Heat meat according to directions.

Add hot peppers and onions to meat and temp together.

Warm buns in warmer till meat is ready to bun.

Put 1 slice of cheese in bun, then add meat mixture and wrap, keep hot.

Put sandwiches in warmer and keep till service.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 1			
Amount Per Serving			
Calories	355.87		
Fat	13.40g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	92.50mg		
Sodium	860.63mg		
Carbohydrates	33.78g		
Fiber	4.19g		
Sugar	5.69g		
Protein	25.90g		
Vitamin A	179.37IU	Vitamin C	3.57mg
Calcium	169.00mg	Iron	2.94mg

Spicy Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12572

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED REDC FAT SHRD 6-5 COMM	2 Tablespoon		448010
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Put lettuce, then veggies, and rest of ingredients in plastic container.
6. Cut chicken breast in long strips and put on top of lettuce.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.50
Fruit	0.00
GreenVeg	3.25
RedVeg	1.17
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	574.32
Fat	24.47g
SaturatedFat	5.58g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	1175.58mg
Carbohydrates	57.17g
Fiber	10.37g
Sugar	13.67g
Protein	29.76g
Vitamin A 24621.31IU	Vitamin C 206.68mg
Calcium 156.25mg	Iron 6.85mg

Spinach Strawberry Salad

Servings:	15.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12574

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	2 1/2 Pound		329401
STRAWBERRY CLAMSHELL 8 MRKN	1 1/2 Cup		212768
ORANGES MAND WHL L/S 6-10 GFS	1 1/2 Cup		117897
ONION RED JUMBO 10 P/L	1/2 Cup	Sliced thinly in rings.	596973
YOGURT DANIMAL STRAWB L/F 48-4Z DANN	4 Each	READY_TO_EAT READY_TO_EAT	885750
JELLY ASST DIET 200-3/8Z SMUCK	5 Each		301248
VINEGAR APPLE CIDER 5 4-1GAL GFS	5 Tablespoon		430795

Preparation Instructions

Wash hands thoroughly.

Wash Strawberries and slice.

Drain Mandarin oranges.

Wash Onions and slice.

Mix yogurt, strawberry preservers, vinegar till well blended.

Do not add to spinach till service time.

Optional, you may use equal amount of Spinach and Romaine Lettuce.

SLE Components

Amount Per Serving

Meat	0.27
Grain	0.00
Fruit	0.19
GreenVeg	1.26
RedVeg	0.00
OtherVeg	0.12
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 1

Amount Per Serving

Calories	78.37
Fat	0.12g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	83.22mg
Carbohydrates	17.24g

Fiber			3.78g
Sugar			9.40g
Protein			4.46g
Vitamin A	83.68IU	Vitamin C	20.51mg
Calcium	134.01mg	Iron	2.79mg