

Cookbook for Wawasee Middle School

Created by HPS Menu Planner

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Toast

Poptart Variety- 2 count

Muffin Variety

Yogurt Variety

Sausage, Egg, & Cheese Croissant

Bacon, Egg, & Cheese Croissant

Ham, Egg, & Cheese Croissant

Choice of Cereal

Muffin

100% Fruit Juice

PB & J

Turkey & Cheese Sandwich

Ham & Cheese Sandwich

Bologna & Cheese Sandwich

BLT Salad

Mandarin Orange Chicken Salad

Southwest Chicken Salad- WMS

Meat Sauce

Green Beans

California Blend

Creamed Chicken

Salad

Fresh Veggie Cup

Green Beans- Milford

Mashed Potatoes- Milford

Philly Steak Sandwich

Corn- Milford

PBJ Meal

Turkey Club Wrap with Goldfish Crackers

Breaded Chicken Caesar Salad with Garlic Breadstick

Yogurt Parfait with Pretzels

Choice of Cereal- Milford

Choice of Cereal Bar

Choice of Poptart

Hot Ham & Cheese Sandwich

Baked Beans

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Chicken Salad Croissant

Fajita Chicken Wrap with Goldfish Crackers

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Broccoli- Middle School

Corn- Middle School

Taco Meat- Middle

Refried Beans- Middle

Oriental Vegetables- Middle School

Broccoli & Cheese- Middle School

Strawberries & Bananas

Chicken & Noodles-Middle

Ravioli with Meat Sauce

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PB & J

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Salisbury Steak

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Pizza Burger- Milford

Ham, Egg, & Cheese Croissant

Philly Steak & Cheese- WMS

Peas & Carrots- Middle School

Sub Sandwich

PB & J with Cheese Stick

Field Trip Sack Lunch

Chef Salad- Middle School

Turkey Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9378

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
TOMATO GRAPE SWT 10 MRKN	6 Each		129631
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
CUCUMBER SDLSS 12-1CT P/L	1/4 Cup		532312
Turkey Breast Deli	2 Ounce		100121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
DRESSING BTRMLK RNCH 60-1.5FLZ PMLL	1 Each		832181
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Bake breadsticks.

Layer all salad ingredients in container.

Add dressing and breadsticks.

Cover.

Keep Chilled.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	1.25
RedVeg	0.25

OtherVeg	0.75
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	935.04
Fat	63.84g
SaturatedFat	30.35g
Trans Fat	0.00g
Cholesterol	170.22mg
Sodium	1657.99mg
Carbohydrates	49.88g
Fiber	7.45g
Sugar	11.88g
Protein	49.35g

Vitamin A	1836.99IU	Vitamin C	41.29mg
Calcium	908.15mg	Iron	3.66mg

Southwest Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9380

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 Ounce	Weigh	150160
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
TOMATO GRAPE SWT 10 MRKN	6 Each	Sliced in half.	129631
PEPPERS COLORED MIXED ASST 12CT P/L	2 Tablespoon	Diced.	491012
ONION RD SLIVERED 1/8 2-3 RSS	1/4 Cup		313157
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup		163760
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	1/4 Cup		403573
PEPPERS JALAP SLCD 6-.5GAL GRSZ	5 Slice		499943
DRESSING RNCH SW 6-.5GAL PMLL	2 Fluid Ounce		266984
SPICE CHILI POWDER MILD 16Z TRDE	1/8 Teaspoon		331473
SPICE PEPR CHILE CHPTL GRND 18Z TRDE	1/8 Teaspoon		229551
SEASONING TACO 21Z TRDE	1/8 Teaspoon		413429
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Reimbursable meal.

Must also offer 1 cup fruit, additional vegetables, and milk.

SLE Components

Amount Per Serving

Meat	2.33
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Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	955.22
Fat	55.04g
SaturatedFat	14.27g
Trans Fat	0.00g
Cholesterol	93.33mg
Sodium	1575.01mg
Carbohydrates	88.35g
Fiber	19.43g
Sugar	22.94g
Protein	38.28g

Vitamin A	2056.62IU	Vitamin C	51.24mg
Calcium	379.09mg	Iron	6.31mg

BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
TOMATO GRAPE SWT 10 MRKN	1/2 Cup	Cut in half.	129631
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
EGG HARD CKD PLD BIB 4-2.5 GFS	1 Each	Cut in half.	229431
BACON TOPPING 1 DCD 10 HRML	1/2 Cup		827002
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Bake breadsticks.

Layer all salad ingredients, ending with eggs on top.

Add dressing (see separate recipe) and breadstick.

Cover.

Keep chilled.

SLE Components

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
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 Each

Amount Per Serving	
Calories	415.95
Fat	13.70g
SaturatedFat	4.65g
Trans Fat	0.00g
Cholesterol	202.00mg
Sodium	470.05mg
Carbohydrates	52.50g
Fiber	12.60g
Sugar	15.25g
Protein	25.35g
Vitamin A	749.70IU
Vitamin C	12.59mg

Calcium 192.47mg **Iron** 6.01mg

Greek Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9382

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	2 Cup		153121
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
ONION RD SLIVERED 1/8 2-3 RSS	1/4 Cup		313157
CUCUMBER SDLSS 12-1CT P/L	1/4 Cup		532312
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1/4 Cup		324531
CHEESE PARM SHRD FCY 10-2 PG	2 Tablespoon		460095
TORTELLINI CHS TRI-COLOR 3-3.3 PG	5 Each		355330
DRESSING BALSM VINAG 60-1.5FLZ PMLL	1 Package		114841

Preparation Instructions

Mix all together except lettuce and dressing. Put over lettuce. Add dressing packet. Cover. Chill. Serve.
Must offer with at least 1 cup fruit, 2 oz. eq. whole grain, and milk.

SLE Components

Amount Per Serving

Meat	0.35
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 Each

Amount Per Serving	
Calories	334.77
Fat	26.37g
SaturatedFat	5.84g
Trans Fat	0.00g
Cholesterol	18.96mg
Sodium	919.13mg
Carbohydrates	20.07g
Fiber	1.88g
Sugar	6.06g
Protein	7.45g
Vitamin A	258.43IU
Vitamin C	0.37mg

Calcium 157.71mg **Iron** 2.85mg

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9383

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	2 Cup		153121
ONION RD SLIVERED 1/8 2-3 RSS	1/8 Cup		313157
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup	Cut into strips.	491012
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
EGG HARD CKD PLD BIB 4-2.5 GFS	1/2 Each	Diced.	229431
CUCUMBER SDLSS 12-1CT P/L	1/4 Cup	Diced.	532312
CHIX BRST STRP GRLLD CKD NAE 2-5	2 Ounce	Weigh.	863710

Preparation Instructions

Layer all ending with chicken strips. Cover. Chill. Serve.

Must offer with at least 1 cup fruit, 2 oz. eq. whole grain, and milk.

SLE Components

Amount Per Serving

Meat	0.88
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 Each

Amount Per Serving

Calories	152.61
Fat	4.24g
SaturatedFat	1.08g
Trans Fat	0.00g
Cholesterol	132.50mg
Sodium	245.53mg
Carbohydrates	8.53g
Fiber	1.84g
Sugar	4.49g
Protein	19.40g
Vitamin A 1013.59IU	Vitamin C 58.51mg

Calcium 51.33mg **Iron** 1.66mg

Mandarin Orange Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9387

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
CUCUMBER SDLSS 12-1CT P/L	1/4 Cup		532312
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup	Cut into strips.	491012
ORANGES MAND WHL L/S 6-10 GFS	1/2 Cup		117897
CHIX BRST STRP GRLLD CKD NAE 2-5	2 Ounce	Weigh. Cut in half.	863710
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	1/2 Cup		124516
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Package all ingredients together.

Is a reimbursable meal by itself.

Must still offer additional fruit, vegetables, and milk.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.50
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 Each

Amount Per Serving	
Calories	568.20
Fat	11.74g
SaturatedFat	3.83g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	625.53mg
Carbohydrates	89.67g
Fiber	13.98g
Sugar	32.50g

Protein	32.29g
Vitamin A 1413.59IU	Vitamin C 76.51mg
Calcium 194.95mg	Iron 7.40mg

Seven Layer Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9389

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD BIB 4-2.5 GFS	1 Each		229431
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
PEPPERS COLORED MIXED ASST 12CT P/L	1/8 Cup		491012
PEAS GREEN 6-4 GFS	1/4 Cup		610802
BACON TOPPING 3/8 DCD 2-5 HRML	1/4 Cup		104396
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
DRESSING SALAD 4-1GAL MIR WHIP	1/4 Cup		251066
SUGAR BEET GRANUL 25 GFS	1/8 Teaspoon		108588
SALT IODIZED 24-26Z GFS	1/8 Teaspoon		108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1/8 Teaspoon		225045
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Layer all ingredients, ending with cheese and bacon. Cover. Serve. May serve dressing on the side.

Counts as reimbursable meal by itself.

Must still offer with at least 1 cup fruit and milk.

SLE Components

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.37

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	799.76
Fat	47.03g
SaturatedFat	17.00g
Trans Fat	0.00g
Cholesterol	285.00mg
Sodium	1793.70mg
Carbohydrates	64.30g
Fiber	13.20g
Sugar	19.54g
Protein	38.27g

Vitamin A	950.22IU	Vitamin C	32.47mg
Calcium	385.31mg	Iron	6.24mg

Spinach Berry Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9391

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	2 Cup		560545
BLUEBERRIES 12-1/2PT P/L	1/2 Cup		212555
STRAWBERRY CLAMSHELL 8 MRKN	1/2 Cup		212768
WALNUT PCS MED 30 GFS	1/4 Cup		585041
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
CUCUMBER SDLSS 12-1CT P/L	1/8 Cup		532312
APPLE GALA MI 138CT MRKN	1/4 Cup		569392

Preparation Instructions

Layer all ingredients is appropriate container. Cover. Chill. Serve.

Must offer with 2 oz. eq. whole grain and milk.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.45
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	365.28		
Fat	20.82g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	54.60mg		
Carbohydrates	45.51g		
Fiber	11.53g		
Sugar	28.03g		
Protein	8.95g		
Vitamin A	129.96IU	Vitamin C	80.77mg
Calcium	125.57mg	Iron	3.93mg

Beef Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9393

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
TOMATO GRAPE SWT 10 MRKN	6 Each		129631
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup	Diced.	491012
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1/4 Cup		324531
TACO FILLING BEEF REDC FAT 6-5# COMM	2 1/2 Ounce	Weigh.	722330
TORTILLA BOWL EDIBOWL 6.25 12-12CT	1 Each		549096

Preparation Instructions

Layer all ingredients with the meat on the side.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.75
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	438.25
Fat	22.06g
SaturatedFat	8.46g
Trans Fat	0.23g
Cholesterol	57.60mg
Sodium	1061.53mg
Carbohydrates	40.07g
Fiber	7.30g
Sugar	8.70g
Protein	23.24g
Vitamin A 2351.89IU	Vitamin C 71.33mg

Calcium 286.14mg **Iron** 6.52mg

Chicken Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9395

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	2 Cup		153121
ONION RED JUMBO 10 P/L	1/8 Cup		596973
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup	Diced.	491012
CHEESE CHED MLD SHRD 4-5 LOL	3/8 Cup		150250
TORTILLA BOWL EDIBOWL 6.25 12-12CT	1 Each		549096
CHIX TACO FILLING CKD 4-5.03 TYS	2 1/2 Ounce	Weigh.	200511

Preparation Instructions

Layer all ingredients with the meat on the side.

SLE Components

Amount Per Serving

Meat	4.02
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	455.47		
Fat	23.39g		
SaturatedFat	10.37g		
Trans Fat	0.00g		
Cholesterol	126.85mg		
Sodium	890.45mg		
Carbohydrates	33.20g		
Fiber	4.27g		
Sugar	4.81g		
Protein	31.88g		
Vitamin A	1677.66IU	Vitamin C	60.35mg
Calcium	336.39mg	Iron	3.34mg

Egg Salad

Servings:	8.00	Category:	Entree
Serving Size:	1.00 #8 Scoop	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9396

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD BIB 4-2.5 GFS	8 Each		229431
DRESSING SALAD 4-1GAL MIR WHIP	1/2 Cup		251066
MUSTARD PKT 500-5.5GM GFS	1 Each		700051
ONION GREEN DCD 1/4 2-3 P/L	1/4 Cup		319228
SALT IODIZED 24-26Z GFS	1/4 Teaspoon		108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1/8 Teaspoon		225045
SPICE PAPRIKA 16Z TRDE	1/4 Teaspoon		518331

Preparation Instructions

Mix all ingredients together. Spread on bread or crackers.

Really great when served on rye bread.

SLE Components

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 #8 Scoop

Amount Per Serving			
Calories	132.10		
Fat	10.04g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	190.00mg		
Sodium	249.69mg		
Carbohydrates	3.27g		
Fiber	0.15g		
Sugar	2.07g		
Protein	6.10g		
Vitamin A	79.15IU	Vitamin C	0.74mg
Calcium	28.54mg	Iron	1.08mg

Macaroni Salad

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9403

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon		000001WTR
PASTA ELBOW MACAR 2-10 KE	5 1/4 Pound		654550
MAYONNAISE LT 4-1GAL GFS	1 1/2 Quart		429406
CELERY DCD 1/2 2-5 RSS	1 Quart		503924
ONION DCD 1/4 2-5 RSS	8 Ounce		198307
RELISH SWT PICKLE 4-1GAL GFS	1 Cup		517186
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Teaspoon		225037
SPICE MUSTARD DRY 1 COLMANS	1 Ounce		400018
SALT IODIZED 24-26Z GFS	2 Teaspoon		108308

Preparation Instructions

Directions:

Heat water to rolling boil. Add salt.

Slowly add macaroni. Stir constantly, until water boils again. Cook for 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Rinse under cold water.

Add mayonnaise. Mix

Add celery, onions, pickle relish, pepper, dry mustard, and salt. Toss lightly. Spread 3 lb 13 ½ oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans.

For 100 servings, use 4 pans.

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

Portion with No. 8 scoop (½ cup).

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.42
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.04
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Cup

Amount Per Serving

Calories	111.18
Fat	1.39g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	9.60mg
Sodium	120.44mg
Carbohydrates	22.28g
Fiber	0.92g
Sugar	2.28g
Protein	2.98g

Vitamin A	22.27IU	Vitamin C	0.15mg
Calcium	7.18mg	Iron	0.85mg

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
TOMATO GRAPE SWT 10 MRKN	6 Each		129631
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
CUCUMBER SDLSS 12-1CT P/L	1/4 Cup		532312
Ham, Cubed Frozen	2 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
DRESSING BTRMLK RNCH 60-1.5FLZ PMLL	1 Each		832181
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Bake breadsticks.

Layer all salad ingredients in container.

Add dressing and breadstick.

Cover.

Keep Chilled.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	1.25
RedVeg	0.25

OtherVeg	0.75
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	925.26
Fat	62.96g
SaturatedFat	30.73g
Trans Fat	0.00g
Cholesterol	164.51mg
Sodium	1699.95mg
Carbohydrates	51.90g
Fiber	7.45g
Sugar	13.51g
Protein	46.22g

Vitamin A	1836.99IU	Vitamin C	41.29mg
Calcium	908.15mg	Iron	3.66mg

Dressing for BLT Salad

Servings:	10.00	Category:	Condiments or Other
Serving Size:	1.00 1/4 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9431

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD 4-1GAL MIR WHIP	2 1/2 Cup		251066
SUGAR BEET GRANUL 25 GFS	2 1/2 Teaspoon		108588
SALT IODIZED 24-26Z GFS	1 1/4 Teaspoon		108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1 1/4 Teaspoon		225045
LEMON JUICE 100 12-32FLZ GFS	1/4 Teaspoon		311227

Preparation Instructions

Mix all ingredients together. Portion in 2 oz. cups and serve in container with BLT Salad.

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: 10.00

Serving Size: 1.00 1/4 cup

Amount Per Serving

Calories	203.78		
Fat	20.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	713.05mg		
Carbohydrates	9.00g		
Fiber	0.00g		
Sugar	5.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.03mg
Calcium	0.23mg	Iron	0.00mg

Turkey & American on Whole Wheat

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9979

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	2 1/2 Ounce	Weigh	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
380 - Aunt Millie's WG Honey White Bread	2 Each		380
Variety of Fruit	1 Cup		

Preparation Instructions

Layer turkey and cheese on sandwich.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	468.05		
Fat	7.64g		
SaturatedFat	3.07g		
Trans Fat	0.00g		
Cholesterol	51.53mg		
Sodium	912.96mg		
Carbohydrates	76.57g		
Fiber	12.00g		
Sugar	37.00g		
Protein	23.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg

Ham & American on Whole Wheat

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9980

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	Weigh	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
380 - Aunt Millie's WG Honey White Bread	2 Each		380
Variety of Fruit	1 Cup		

Preparation Instructions

Layer ham and cheese on sandwich.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	440.66		
Fat	7.78g		
SaturatedFat	3.14g		
Trans Fat	0.00g		
Cholesterol	37.01mg		
Sodium	870.33mg		
Carbohydrates	78.28g		
Fiber	12.00g		
Sugar	38.64g		
Protein	17.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg

Club Sandwich on Pretzel Hoagie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9981

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	1 Ounce	Weigh	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce	Weigh	100187
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SAUS PRTZL 2.6Z 12-6CT PRETZILLA	1 Each	Whole Grain Waiver to use bread.	606662
Variety of Fruit	1 Cup		

Preparation Instructions

Layer meat and cheese on bread.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.50
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	505.55
Fat	12.40g
SaturatedFat	2.95g
Trans Fat	0.00g
Cholesterol	49.86mg
Sodium	959.35mg
Carbohydrates	80.27g
Fiber	9.00g
Sugar	34.82g
Protein	21.76g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 8.00mg **Iron** 2.00mg

Bacon Club Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9982

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	1 Ounce	Weigh	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce	Weigh	100187
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each		690141
Variety of Fruit	1 Cup		

Preparation Instructions

Layer meat and cheese on tortilla.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	485.55
Fat	13.40g
SaturatedFat	4.95g
Trans Fat	0.00g
Cholesterol	49.86mg
Sodium	959.35mg
Carbohydrates	72.27g
Fiber	11.00g
Sugar	33.82g
Protein	21.76g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 120.00mg **Iron** 1.62mg

Chicken Salad Croissant

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9984

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	2 Quart	Should weigh 2.50 lbs. (40 oz.)	100101
EGG HARD CKD PLD BIB 4-2.5 GFS	2 1/2 Cup	Diced. Approximately 10 eggs.	229431
RELISH SWT PICKLE 4-1GAL GFS	1 1/2 Cup	Drain well.	517186
SUGAR BEET GRANUL 25 GFS	11 Tablespoon	1/2 cup + 3 Tbsp.	108588
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993
SPICE CELERY SEED GRND 16Z TRDE	1 Teaspoon		513679
SPICE CELERY SEED GRND 16Z TRDE	1 Teaspoon		513679
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/2 Teaspoon		224847
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/2 Teaspoon		224847
SEASONING POULTRY 10Z TRDE	1 Teaspoon		273996
SEASONING POULTRY 10Z TRDE	1 Teaspoon		273996
DRESSING SALAD 4-1GAL MIR WHIP	1 1/2 Cup	Add more if needed. Gets watery the longer it sets.	251066
DRESSING SALAD 4-1GAL MIR WHIP	1 1/2 Cup	Add more if needed. Gets watery the longer it sets.	251066
CELERY STIX 4-3 RSS	1/2 Cup	Diced	781592
CELERY STIX 4-3 RSS	1/2 Cup	Diced	781592
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon		225045
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon		225045

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	20 Each		172172
Variety of Fruit	20 Cup		

Preparation Instructions

Mix all ingredients together.

Place #8 scoop (1/2 cup) of chicken salad on each croissant.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

Meat	2.63
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	641.10		
Fat	25.27g		
SaturatedFat	6.66g		
Trans Fat	0.15g		
Cholesterol	146.46mg		
Sodium	1148.24mg		
Carbohydrates	85.50g		
Fiber	10.10g		
Sugar	47.00g		
Protein	19.60g		
Vitamin A	27.84IU	Vitamin C	0.33mg
Calcium	40.12mg	Iron	2.31mg

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9985

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup		541966
Variety of Fruit	1 Cup	BAKE dish into 4 oz. portion cups	
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/2 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

Preparation Instructions

Layer yogurt, fruit, and granola in container.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	526.67		
Fat	9.00g		
SaturatedFat	2.67g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	286.67mg		
Carbohydrates	99.33g		
Fiber	10.00g		
Sugar	73.00g		
Protein	12.67g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	350.00mg	Iron	0.72mg

Grab & Go Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9986

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce	Weigh Can substitute 2.5 oz. weight USDA ham.	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	Can use a variety of cheeses.	100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	Cut into 9, squares.	644182
CRACKER RITZ 300-2CT NAB	2 Package	Does not contribute any grain.	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	Does not contribute any grain.	112186
SAUCE TZATZIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	Portion.	242742
Variety of Fruit	1 Cup		

Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	710.66
Fat	24.77g
SaturatedFat	10.39g
Trans Fat	0.00g
Cholesterol	67.83mg
Sodium	1487.55mg
Carbohydrates	91.89g
Fiber	11.00g
Sugar	37.00g
Protein	32.98g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.72mg	Iron	2.48mg

Fruit Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9987

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COTTAGE SML 1 4-5 GCHC	4 Ounce	Prairie Farms 21680- low fat 4 oz. snack cup	329487
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	Cut into 9 squares.	644182
CRACKER RITZ 300-2CT NAB	2 Package	Does not contribute any grain.	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	Does not contribute any grain.	112186
SAUCE TZATZIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	Portion.	242742
Variety of Fruit	1 Cup		

Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	605.00		
Fat	17.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	1120.00mg		
Carbohydrates	93.00g		
Fiber	11.00g		
Sugar	39.00g		
Protein	24.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg

Calcium 157.72mg **Iron** 2.48mg

Broccoli & Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10013

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	82.30		
Fat	4.14g		
SaturatedFat	2.66g		
Trans Fat	0.00g		
Cholesterol	11.82mg		
Sodium	256.03mg		
Carbohydrates	6.23g		
Fiber	2.68g		
Sugar	0.89g		
Protein	5.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	123.52mg	Iron	0.00mg

Roasted Butternut Squash

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10014

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SQUASH BTRNUT DCD 1 4-4 P/L	40 Pound		668831
SPICE CINNAMON GRND 5 TRDE	4 Teaspoon		224731
SALT IODIZED 25 CARG	4 Tablespoon		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	4 Teaspoon		225061
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	2 Cup		645182

Preparation Instructions

Preheat oven to 350 degrees.

Toss all ingredients together until well coated.

Place squash on full sheet pans. Be sure to not overcrowd pans or squash will steam instead of roasting. (Will probably need about 5 pans for 40 lbs. squash.)

Bake for 30-40 minutes until tender.

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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	48.60		
Fat	4.48g		
SaturatedFat	0.32g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	282.82mg		
Carbohydrates	2.80g		
Fiber	0.46g		
Sugar	0.40g		
Protein	0.22g		
Vitamin A	2381.36IU	Vitamin C	4.76mg
Calcium	9.69mg	Iron	0.16mg

BBQ Rib on Hoagie Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10015

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB-Q CN 160-2.4Z COMM	1 Each		108980
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00		
Fat	9.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	630.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	19.00g		
Vitamin A	300.00IU	Vitamin C	1.20mg
Calcium	20.00mg	Iron	1.08mg

Roasted Brussels Sprouts & Red Potatoes

Servings:	175.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10016

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUT BRUSSEL MED 12-2 GFS	24 Pound		426288
POTATO RED A SZ 50 MRKN	10 Pound		530018
ONION RING RED 1/4 2-5 RSS	2 Pound		429198
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Pound		191205
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	4 Cup		645182
GARLIC MINCED IN WTR 6-32Z ITALR	32 Ounce		874910
SPICE PAPRIKA 16Z TRDE	1/4 Cup		518331
SPICE GARLIC SALT NO MSG 37Z TRDE	1/2 Cup		224847
SPICE GARLIC GRANULATED 24Z TRDE	1/4 Cup		513881
SEASONING VEGETABLE NO SALT 21Z TRDE	1/2 Cup		647230
SPICE THYME LEAF 6Z TRDE	1/4 Cup		513814
SPICE PARSLEY FLAKES 11Z TRDE	1/4 Cup		513989
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		225061

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.38

Legumes	0.00
Starch	0.13

Nutrition Facts			
Servings Per Recipe: 175.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	120.92		
Fat	7.19g		
SaturatedFat	1.65g		
Trans Fat	0.00g		
Cholesterol	5.49mg		
Sodium	331.18mg		
Carbohydrates	11.52g		
Fiber	2.92g		
Sugar	1.99g		
Protein	2.77g		
Vitamin A	310.49IU	Vitamin C	44.64mg
Calcium	19.48mg	Iron	0.77mg

Candied Carrots

Servings:	93.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 30 KE	15 Pound		360240
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/4 Cup		191205
SUGAR BROWN MED 25 GFS	3/4 Cup	UNSPECIFIED	108626

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 93.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.89		
Fat	0.47g		
SaturatedFat	0.30g		
Trans Fat	0.00g		
Cholesterol	1.29mg		
Sodium	52.25mg		
Carbohydrates	7.71g		
Fiber	1.76g		
Sugar	5.07g		
Protein	0.00g		
Vitamin A	2655.90IU	Vitamin C	1.06mg
Calcium	17.59mg	Iron	0.00mg

Beef & Noodles

Servings:	410.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10019

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CUBED W/BROTH 6-48Z HRTHSTN	14 #5 CAN		749640
ONION DEHY SUPER TOPPER 6-2 P/L	1 Pound		223255
SEASONING LIQ 12-1QT KITCHEN BOUQUET	2 Cup		442704
SAUCE WORCESTERSHIRE 4-1GAL FRENC	2 1/2 Cup		109843
BASE BEEF NO MSG LO SOD 6-1 MINR	6 Pound		580562
SPICE CELERY SALT 32Z TRDE	3/4 Cup		231517
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		225061
SPICE OREGANO LEAF 5Z TRDE	1/4 Cup		513733
PASTA NOODL KLUSKI AMISH 10 INN MAID	38 Pound		456632

Preparation Instructions

Must be served with additional meat/meat alternate such as cheese stick additional grain.

Combine all ingredients except noodles. Heat to 165 degrees.

Add noodles and set timer to be stirred every 10 minutes.

Cook until noodles are tender. Remove from heat and dip into pans.

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: 410.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	261.32
Fat	7.34g
SaturatedFat	2.92g
Trans Fat	0.00g
Cholesterol	116.79mg
Sodium	279.85mg
Carbohydrates	30.79g
Fiber	0.86g

Sugar			2.03g
Protein			18.64g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.17mg	Iron	1.96mg

Pizza Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10021

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
SAUCE SPAGHETTI 6-10 P/L	1 Tablespoon	READY_TO_EAT None	744520
PEPPERONI SLCD 14-16/Z 2-5 GFS	3 Each		729981
CHEESE MOZZ SHRD 4-5 LOL	1 1/2 Tablespoon		645170
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

No Preparation Instructions available.

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	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	375.50		
Fat	16.81g		
SaturatedFat	5.66g		
Trans Fat	0.60g		
Cholesterol	50.25mg		
Sodium	630.25mg		
Carbohydrates	3.88g		
Fiber	3.25g		
Sugar	5.38g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	113.13mg	Iron	2.19mg

Chicken Alfredo

Servings:	36.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10022

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	72 Ounce	HOT	000001WTR
SAUCE ALFREDO FZ 6-5 JTM	5 Pound		155661
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Pound	For best results: Thaw chicken under refrigeration over nite.	100117
CHEESE MOZZ SHRD 4-5 LOL	10 Ounce		645170
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	3 Pound		229951

Preparation Instructions

Preheat convection oven to 300°F.

Lightly spray bottom and sides of SS 4 inch deep hotel pan with oil or non-stick cooking spray.

To assemble dish:

Cut open bag of thawed JTM Alfredo Sauce and place in the center of pan.

Add hot water to pan and blend using wire whisk.

Add dry pasta to mixture and blend using a rubber spatula.

Cover pan with foil and transfer to preheated oven.

Remove from oven after 30 minutes and blend in chicken fajita and mozzarella cheese.

Cover and place back into oven for an additional 10 to 15 minutes.

SLE Components

Amount Per Serving

Meat	2.25
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	330.23
Fat	10.58g
SaturatedFat	5.53g
Trans Fat	0.00g
Cholesterol	61.12mg
Sodium	781.91mg
Carbohydrates	34.60g
Fiber	2.67g

Sugar	6.17g
Protein	22.14g
Vitamin A 268.66IU	Vitamin C 0.00mg
Calcium 302.47mg	Iron 1.20mg

Roasted Baby Carrots

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10023

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	5 Pound		768146
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1/3 Cup		645182
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SALT IODIZED 25 CARG	1/2 Teaspoon		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon		225061

Preparation Instructions

Toss together until well coated. Put on full sheet pan and bake at 350 degrees for 20-30 minutes or until mostly tender.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	4.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	77.90		
Fat	3.70g		
SaturatedFat	0.26g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	137.14mg		
Carbohydrates	10.67g		
Fiber	3.56g		
Sugar	5.33g		
Protein	0.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.68mg	Iron	0.00mg

Refried Beans with Cheese

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10024

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	2 #10 CAN		293962
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound		150250

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.42
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.27
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	188.17		
Fat	5.21g		
SaturatedFat	2.57g		
Trans Fat	0.00g		
Cholesterol	10.17mg		
Sodium	635.61mg		
Carbohydrates	25.13g		
Fiber	6.47g		
Sugar	1.08g		
Protein	10.99g		
Vitamin A	95.23IU	Vitamin C	0.00mg
Calcium	116.96mg	Iron	2.22mg

Peanut Butter Sandwich with Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10025

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
PEANUT BUTTER SMOOTH 6-5 GFS	2 Tablespoon		183245
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving

Calories	460.00		
Fat	23.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	650.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	9.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	198.00mg	Iron	12.72mg

Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10027

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	1 Each		380
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Teaspoon		191205

Preparation Instructions

No Preparation Instructions available.

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: 1.00 Each

Amount Per Serving

Calories	123.33		
Fat	4.67g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	190.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	133.33IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

Poptart Variety- 2 count

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10028

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.38
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	365.00		
Fat	5.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	380.00mg		
Carbohydrates	76.00g		
Fiber	6.00g		
Sugar	30.25g		
Protein	4.50g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Muffin Variety

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10029

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each		279991
MUFFIN BAN WGRAIN IW 60-1.94Z GCHC	1 Each		280030
MUFFIN BLUEB WGRAIN IW 60-1.94Z GCHC	1 Each		280021
MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	1 Each		280001
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	181.43
Fat	7.57g
SaturatedFat	1.71g
Trans Fat	0.01g
Cholesterol	25.71mg
Sodium	174.29mg
Carbohydrates	26.00g
Fiber	1.57g
Sugar	13.43g
Protein	3.00g
Vitamin A 59.66IU	Vitamin C 0.19mg

Calcium 18.63mg **Iron** 0.97mg

Yogurt Variety

Servings:	17.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10030

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB N/F LT 12-6Z YOPL	1 Each	READY_TO_EAT Ready to eat	465658
YOGURT STRAWB BAN L/F 12-6Z YOPL	1 Each	READY_TO_EAT Ready to eat	307742
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	READY_TO_EAT Ready to eat single serving	551751
YOGURT RASPB L/F FOTB 12-5.3Z DANN	1 Each		827542
YOGURT STRAWB BAN L/F FOTB 12-5.3Z	1 Each		827531
YOGURT STRAWB L/F FOTB 12-5.3Z DANN	1 Each		827402
YOGURT CHERRY L/F 12-6Z YOPL	1 Each	READY_TO_EAT Ready to eat	222054
YOGURT BLUEB L/F FOTB 12-5.3Z DANN	1 Each		827431
YOGURT RASPB L/F 12-6Z YOPL	1 Each	READY_TO_EAT Ready to eat	222038
YOGURT CHRY L/F FOTB 12-5.3Z DANN	1 Each		827461
YOGURT BRY MXD L/F FOTB 12-5.3Z DANN	1 Each		827481
YOGURT VAN L/F 12-5.3Z DANN	1 Each		827611
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
YOGURT BLUEB L/F 12-6Z YOPL	1 Each	READY_TO_EAT Ready to eat	222046
YOGURT PCH L/F FOTB 12-5.3Z DANN	1 Each		827471
YOGURT PCH N/F 12-5.3Z LTN FIT	1 Each		719301

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F 12-6Z YOPL	1 Each	READY_TO_EAT Ready to eat	222097

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.44
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: 17.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	125.88		
Fat	1.44g		
SaturatedFat	0.82g		
Trans Fat	0.00g		
Cholesterol	6.76mg		
Sodium	86.76mg		
Carbohydrates	23.12g		
Fiber	0.00g		
Sugar	18.24g		
Protein	5.29g		
Vitamin A	132.35IU	Vitamin C	0.00mg
Calcium	184.71mg	Iron	0.00mg

Sausage, Egg, & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10031

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
EGG SCRMBD PTY RND 3.5 165-1.25Z GFS	1 Each		592625
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice		271411
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

No Preparation Instructions available.

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	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	405.00
Fat	22.50g
SaturatedFat	9.00g
Trans Fat	0.15g
Cholesterol	137.50mg
Sodium	845.00mg
Carbohydrates	31.50g

Fiber	2.00g		
Sugar	5.00g		
Protein	18.50g		
Vitamin A	200.00IU	Vitamin C	0.14mg
Calcium	135.14mg	Iron	2.16mg

Bacon, Egg, & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10032

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
EGG SCRMBD PTY RND 3.5 165-1.25Z GFS	1 Each		592625
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice		271411
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

No Preparation Instructions available.

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	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	355.00
Fat	19.00g
SaturatedFat	7.50g
Trans Fat	0.15g
Cholesterol	117.50mg
Sodium	695.00mg
Carbohydrates	31.50g
Fiber	2.00g
Sugar	5.00g
Protein	13.50g

Vitamin A	200.00IU	Vitamin C	0.14mg
Calcium	115.14mg	Iron	1.80mg

Ham, Egg, & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10033

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 9/10 Ounce	1.9 oz. weight= approximately 2 slices	100187
EGG SCRMBD PTY RND 3.5 165-1.25Z GFS	1 Each		592625
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice		271411
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.81
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 Each

Amount Per Serving	
Calories	392.62
Fat	20.61g
SaturatedFat	9.06g
Trans Fat	0.15g
Cholesterol	140.53mg
Sodium	946.31mg
Carbohydrates	34.61g
Fiber	2.00g
Sugar	6.56g
Protein	19.29g

Vitamin A	200.00IU	Vitamin C	0.14mg
Calcium	115.14mg	Iron	1.80mg

Choice of Cereal

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10250

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
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

Preparation Instructions

No Preparation Instructions available.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	1.63g		
SaturatedFat	0.38g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	23.75g		
Fiber	2.25g		
Sugar	7.50g		
Protein	1.75g		
Vitamin A	350.00IU	Vitamin C	8.70mg
Calcium	75.00mg	Iron	4.28mg

Muffin

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10251

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370

Preparation Instructions

No Preparation Instructions available.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	185.00		
Fat	6.50g		
SaturatedFat	1.25g		
Trans Fat	0.05g		
Cholesterol	10.00mg		
Sodium	120.00mg		
Carbohydrates	28.50g		
Fiber	1.50g		
Sugar	14.50g		
Protein	2.50g		
Vitamin A	7.21IU	Vitamin C	0.03mg
Calcium	12.52mg	Iron	1.07mg

100% Fruit Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10252

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940

Preparation Instructions

No Preparation Instructions available.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	15.33g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	34.00mg
Calcium	0.00mg	Iron	0.00mg

PB & J

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10255

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER CRMY 12-16Z JIF	3 Tablespoon		331921
JELLY ASST 6-10 GFS	1 Tablespoon		100978
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

Spread peanut butter on one slice of bread.

Spread jelly on other slice of bread.

Put slices together for sandwich.

Place in bag and seal.

*Take allergen precautions with peanut butter and assemble in separate area of kitchen.

SLE Components

Amount Per Serving

Meat	1.50
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 Each

Amount Per Serving

Calories	515.00		
Fat	26.00g		
SaturatedFat	5.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	536.70mg		
Carbohydrates	59.00g		
Fiber	7.00g		
Sugar	21.50g		
Protein	16.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.50mg	Iron	13.50mg

Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10256

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	2 1/2 Ounce		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each		500162
PICKLE KOSH DILL CHIP C/C 5GAL BRICKS	3 Slice		242667
LETTUCE LEAF BTTR BRGR 2-5 RSS	1 Piece		416593

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	289.30		
Fat	8.14g		
SaturatedFat	4.07g		
Trans Fat	0.00g		
Cholesterol	51.53mg		
Sodium	812.54mg		
Carbohydrates	31.74g		
Fiber	3.17g		
Sugar	3.08g		
Protein	22.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.33mg	Iron	1.88mg

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10257

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
PICKLE KOSH DILL CHIP C/C 5GAL BRICKS	3 Slice		242667
LETTUCE LEAF BTTR BRGR 2-5 RSS	1 Piece		416593

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	321.91
Fat	14.78g
SaturatedFat	6.64g
Trans Fat	0.15g
Cholesterol	42.01mg
Sodium	1029.91mg
Carbohydrates	34.45g

Fiber	2.17g		
Sugar	7.72g		
Protein	17.28g		
Vitamin A	0.00IU	Vitamin C	0.14mg
Calcium	26.47mg	Iron	1.88mg

Bologna & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10258

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BOLOGNA BEEF DELI SLCD 6-2 GFS	2 Ounce		126680
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each		500162
PICKLE KOSH DILL CHIP C/C 5GAL BRICKS	3 Slice		242667
LETTUCE LEAF BTTR BRGR 2-5 RSS	1 Piece		416593

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 Each

Amount Per Serving

Calories	381.25		
Fat	20.00g		
SaturatedFat	8.50g		
Trans Fat	0.50g		
Cholesterol	42.50mg		
Sodium	759.58mg		
Carbohydrates	34.17g		
Fiber	3.17g		
Sugar	5.08g		
Protein	16.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.33mg	Iron	2.60mg

BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10260

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
TOMATO GRAPE SWT 10 MRKN	1/2 Cup	Cut in half.	129631
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
EGG HARD CKD PLD BIB 4-2.5 GFS	1 Each	Cut in half.	229431
BACON TOPPING 1 DCD 10 HRML	1/2 Cup		827002

Preparation Instructions

Layer all salad ingredients, ending with eggs on top.

Cover.

Keep chilled.

Offer with bread sticks and dressing.

SLE Components

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
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 Each

Amount Per Serving			
Calories	255.95		
Fat	9.70g		
SaturatedFat	3.15g		
Trans Fat	0.00g		
Cholesterol	202.00mg		
Sodium	330.05mg		
Carbohydrates	24.50g		
Fiber	9.60g		
Sugar	13.25g		
Protein	20.35g		
Vitamin A	749.70IU	Vitamin C	12.59mg
Calcium	173.99mg	Iron	4.41mg

Mandarin Orange Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10261

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each		152121
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
CUCUMBER SDLSS 12-1CT P/L	1/4 Cup		532312
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup	Cut into strips.	491012
ORANGES MAND WHL L/S 6-10 GFS	1/4 Cup		117897
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	1/4 Cup		124516

Preparation Instructions

Package all ingredients together.

Offer with bread sticks and dressing.

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.25
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 Each

Amount Per Serving	
Calories	338.20
Fat	5.58g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	457.20mg
Carbohydrates	43.00g
Fiber	9.98g
Sugar	21.00g
Protein	32.63g
Vitamin A 1213.59IU	Vitamin C 67.51mg

Calcium 173.14mg **Iron** 4.96mg

Southwest Chicken Salad- WMS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8- 4.99 TYS	2 Ounce	Weigh	150160
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
TOMATO GRAPE SWT 10 MRKN	6 Each	Sliced in half.	129631
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	1/4 Cup		403573
DRESSING RNCH SW CUP 96-2FLZ PMLL	1 Each		266974

Preparation Instructions

Serve with Breadsticks.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	711.02
Fat	50.02g
SaturatedFat	12.27g
Trans Fat	0.00g
Cholesterol	93.33mg
Sodium	1217.78mg
Carbohydrates	44.96g
Fiber	9.63g
Sugar	12.88g
Protein	27.07g
Vitamin A 1491.65IU	Vitamin C 22.17mg
Calcium 260.33mg	Iron 2.45mg

Meat Sauce

Servings:	488.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10263

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	7 #10 CAN		852759
BEEF CRUMBLES 8-5 COMM	30 Pound		581950

Preparation Instructions

Serve meat sauce with 2 oz. scoop. Students will take enough with 2 oz. scoop to measure at least 4 fl. oz. (May need to use 4 fl. oz. scoop on tray to give cashiers visual of serving size.)

Must serve spaghetti & meat sauce with another meat/meat alternate, such as bosco stick.

SLE Components

Amount Per Serving

Meat	0.75
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: 488.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	64.96		
Fat	2.75g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	11.80mg		
Sodium	337.77mg		
Carbohydrates	4.20g		
Fiber	1.27g		
Sugar	2.54g		
Protein	6.38g		
Vitamin A	287.80IU	Vitamin C	2.54mg
Calcium	15.47mg	Iron	0.71mg

Green Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10264

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN		100307
BUTTER SUB 24-4Z BTRBUDS	2 Ounce		209810
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993

Preparation Instructions

No Preparation Instructions available.

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.83		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.89mg		
Carbohydrates	3.48g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

California Blend

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10265

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	2 Pound		110473
Carrots fzn	2 Pound		100352
CAULIFLOWER IQF 30 GFS	2 Pound		285600
BUTTER SUB 24-4Z BTRBUDS	2 Ounce		209810
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.13
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	21.23		
Fat	0.33g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	7.83mg		
Sodium	30.88mg		
Carbohydrates	4.55g		
Fiber	1.94g		
Sugar	1.69g		
Protein	1.28g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	0.00mg

Creamed Chicken

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	40 Pound		100101
SOUP CRM OF CHIX 12-5 HLTHYREQ	12 #5 CAN		695513
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	12 #5 CAN		488259
VEG MIXED 30 GFS	30 Pound		285690
Tap Water for Recipes	6 Cup		000001WTR

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
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: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	151.88		
Fat	4.12g		
SaturatedFat	0.43g		
Trans Fat	0.00g		
Cholesterol	50.48mg		
Sodium	325.15mg		
Carbohydrates	12.30g		
Fiber	1.80g		
Sugar	2.65g		
Protein	14.95g		
Vitamin A	520.38IU	Vitamin C	3.03mg
Calcium	38.49mg	Iron	0.36mg

Salad

Servings:	218.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11021

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	10 Pound		153121
CUCUMBER SELECT 6CT MRKN	6 Each		592323
EGG HARD CKD PLD 10 DEB EL	4 Each		557540
CARROT MATCHSTICK SHRED 2-3 RSS	3 Pound		198161
RADISH SLCD 1/8 2-3 RSS	3 Pound		212733
DRESSING RNCH BTRMLK 4-1GAL MARZ	33/100 Gallon		292877

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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: 218.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.55		
Fat	3.00g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	4.00mg		
Sodium	50.60mg		
Carbohydrates	1.98g		
Fiber	0.72g		
Sugar	1.08g		
Protein	0.52g		
Vitamin A	10.45IU	Vitamin C	1.04mg
Calcium	9.97mg	Iron	0.21mg

Fresh Veggie Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11024

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX STRAIGHT CUT 2-5 RSS	2 Each		576646
CELERY STIX 4-3 RSS	1 Each		781592
TOMATO GRAPE SWT 10 MRKN	3 Each		129631

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	20.39		
Fat	0.09g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	32.75mg		
Carbohydrates	4.69g		
Fiber	1.59g		
Sugar	2.62g		
Protein	0.63g		
Vitamin A	327.53IU	Vitamin C	4.94mg
Calcium	18.15mg	Iron	0.20mg

Green Beans- Milford

Servings:	192.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11025

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	8 #10 CAN		100307
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1/2 Pound		299405
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308

Preparation Instructions

No Preparation Instructions available.

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: 192.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	25.58		
Fat	0.92g		
SaturatedFat	0.58g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	224.15mg		
Carbohydrates	3.23g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.31mg	Iron	0.00mg

Mashed Potatoes- Milford

Servings:	510.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11026

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	6 Package		559911
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Pound		299405

Preparation Instructions

No Preparation Instructions available.

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	0.50

Nutrition Facts

Servings Per Recipe: 510.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	75.93		
Fat	0.69g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	328.37mg		
Carbohydrates	14.93g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.99g		
Vitamin A	1.89IU	Vitamin C	6.35mg
Calcium	10.41mg	Iron	0.23mg

Philly Steak Sandwich

Servings:	450.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11029

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	3 Package		722110
BEEF STK PHLL SEAS CKD 2.92Z 6-5 JTM	45 Pound		720861
MINI SUB BUN, W GRAIN	450 bun	READY_TO_EAT	5157

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.25
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: 450.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	281.46		
Fat	9.60g		
SaturatedFat	3.81g		
Trans Fat	0.29g		
Cholesterol	30.36mg		
Sodium	612.64mg		
Carbohydrates	30.21g		
Fiber	3.00g		
Sugar	5.12g		
Protein	15.08g		
Vitamin A	106.67IU	Vitamin C	0.00mg
Calcium	59.46mg	Iron	0.80mg

Corn- Milford

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11046

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	30 Pound		100348
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1/2 Pound		299405
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308

Preparation Instructions

No Preparation Instructions available.

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	0.50

Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	76.70		
Fat	2.07g		
SaturatedFat	0.68g		
Trans Fat	0.00g		
Cholesterol	2.91mg		
Sodium	86.25mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.36mg	Iron	0.00mg

PBJ Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11047

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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 Each

Amount Per Serving			
Calories	460.00		
Fat	24.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	680.00mg		
Carbohydrates	49.00g		
Fiber	6.00g		
Sugar	15.00g		
Protein	17.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	256.00mg	Iron	1.80mg

Turkey Club Wrap with Goldfish Crackers

Servings:	2.00	Category:	Entree
Serving Size:	0.50 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11048

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY, DELI BREAST, SLICED	4 Ounce	READY_TO_EAT	110554
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
MAYONNAISE REAL SQZ BTL 12-12Z KRFT	1 Tablespoon		158142
MUSTARD YELLOW PREP 6-40Z GFS	1 Tablespoon		855010
TOMATO SLCD 1/4 5 RSS	3 Slice		786535
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	4 Each		702595
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.90
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Wrap

Amount Per Serving

Calories	413.91
Fat	23.02g
SaturatedFat	4.77g
Trans Fat	0.00g
Cholesterol	40.17mg
Sodium	991.04mg
Carbohydrates	32.71g
Fiber	2.16g
Sugar	2.44g
Protein	20.74g

Vitamin A	1614.04IU	Vitamin C	6.28mg
Calcium	29.86mg	Iron	1.97mg

Breaded Chicken Caesar Salad with Garlic Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11049

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	3 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
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CHEESE PARM SHRD FCY 10-2 PG	1/4 Cup		460095
EGG HARD CKD PLD 10 DEB EL	1/2 Each		557540
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package		175400
DRESSING CAESAR CRMY PKT 60- 1.5FLZ	1 Each		824950
BREADSTICK GARL WGRAIN TWST 54- 2.1Z	1 Each		644051

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.00
Grain	3.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	755.00
Fat	48.00g
SaturatedFat	11.75g
Trans Fat	0.00g
Cholesterol	142.50mg
Sodium	1345.00mg
Carbohydrates	55.00g
Fiber	7.00g
Sugar	5.00g
Protein	30.00g

Vitamin A	5650.00IU	Vitamin C	30.00mg
Calcium	339.48mg	Iron	4.48mg

Yogurt Parfait with Pretzels

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11050

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup		541966
Variety of Fruit	1 Cup	BAKE dish into 4 oz. portion cups	
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711

Preparation Instructions

Layer yogurt, fruit, and granola in container.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	523.33		
Fat	7.00g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	423.33mg		
Carbohydrates	102.67g		
Fiber	11.00g		
Sugar	69.00g		
Protein	13.33g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	380.00mg	Iron	1.16mg

Choice of Cereal- Milford

Servings:	6.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
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
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	270401
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265782

Preparation Instructions

No Preparation Instructions available.

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	108.33
Fat	1.33g
SaturatedFat	0.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	153.33mg
Carbohydrates	23.67g
Fiber	2.17g
Sugar	7.67g

Protein	1.67g		
Vitamin A	383.33IU	Vitamin C	7.60mg
Calcium	80.00mg	Iron	4.35mg

Choice of Cereal Bar

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690

Preparation Instructions

No Preparation Instructions available.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	150.00		
Fat	3.33g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	105.00mg		
Carbohydrates	30.00g		
Fiber	2.67g		
Sugar	9.00g		
Protein	2.33g		
Vitamin A	100.00IU	Vitamin C	0.80mg
Calcium	216.67mg	Iron	1.80mg

Choice of Poptart

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11054

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890

Preparation Instructions

No Preparation Instructions available.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	185.00		
Fat	2.75g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	195.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	2.50g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11060

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 11/25 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
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 Each

Amount Per Serving			
Calories	214.00		
Fat	6.75g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	39.75mg		
Sodium	679.00mg		
Carbohydrates	25.50g		
Fiber	2.00g		
Sugar	5.50g		
Protein	16.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

Baked Beans

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11061

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	6 #10 CAN		520098
SUGAR BROWN LT 12-2 P/L	1/2 Pound		860311

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.54
Starch	0.00

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	156.92		
Fat	1.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	593.22mg		
Carbohydrates	32.81g		
Fiber	5.39g		
Sugar	14.47g		
Protein	6.47g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.43mg	Iron	1.95mg

Chili

Servings:	400.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11062

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	40 Pound	UNPREPARED	100158
ONION DCD IQF 6-4 GFS	6 Pound		261521
CELERY DCD 1/4 2-5 RSS	6 Pound		198196
TOMATO PASTE 6-10 COMM	1 #10 CAN		150580
Tomato Sauce cnd	3 #10 CAN	BAKE	100334
Diced Tomatoes cnd	2 #10 CAN	BAKE	100329
Beans, Red Kidney, Low-sodium, Canned	4 #10 CAN	READY_TO_EAT	100370
SPICE CUMIN GRND 15Z TRDE	1 Cup		273945
SPICE CHILI POWDER MILD 16Z TRDE	4 Cup		331473
SALT IODIZED 24-26Z GFS	1/2 Cup		108308
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		225061
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
Tap Water for Recipes	5 Gallon	UNPREPARED	000001WTR

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.71
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.29
OtherVeg	0.09

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 400.00			
Serving Size: 0.75 Cup			
Amount Per Serving			
Calories		147.70	
Fat		7.18g	
SaturatedFat		2.39g	
Trans Fat		1.19g	
Cholesterol		0.00mg	
Sodium		304.88mg	
Carbohydrates		10.16g	
Fiber		2.70g	
Sugar		4.04g	
Protein		10.80g	
Vitamin A	30.48IU	Vitamin C	0.21mg
Calcium	3.66mg	Iron	0.19mg

Chicken Salad Croissant

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11063

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED 12-48Z HRTHTSTN	1 #5 CAN		286826
ONION DCD IQF 6-4 GFS	1 Cup		261521
CELERY DCD 1/4 2-5 RSS	1 Cup		198196
DRIED CRANBERRIES PREM 4 P/L	1 Cup		741950
DRESSING SALAD 4-1GAL GFS	2 Cup		107042
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	25 Each		172172

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.07
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	424.79		
Fat	21.22g		
SaturatedFat	6.80g		
Trans Fat	0.25g		
Cholesterol	66.37mg		
Sodium	707.16mg		
Carbohydrates	37.56g		
Fiber	2.32g		
Sugar	9.93g		
Protein	22.07g		
Vitamin A	35.43IU	Vitamin C	0.31mg
Calcium	25.76mg	Iron	2.68mg

Fajita Chicken Wrap with Goldfish Crackers

Servings:	2.00	Category:	Entree
Serving Size:	0.50 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11064

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
SOUR CREAM 4-5 GCHC	1 Ounce		285218
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170
TOMATO SLCD 1/4 5 RSS	3 Slice		786535
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	4 Each		702595
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 2.00			
Serving Size: 0.50 Each			
Amount Per Serving			
Calories	438.78		
Fat	25.13g		
SaturatedFat	8.77g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	681.74mg		
Carbohydrates	33.31g		
Fiber	2.16g		
Sugar	2.94g		
Protein	20.55g		
Vitamin A	1764.04IU	Vitamin C	6.28mg
Calcium	261.86mg	Iron	2.47mg

Brussels Sprouts & Red Potatoes

Servings:	568.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11074

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RDSKN UNSEAS 6-2.5 RSTWRK	45 Pound		850675
SPROUT BRUSSEL MED 12-2 GFS	32 Pound		426288
ONION RED DCD 1/4 2-5 RSS	3 Pound		429201
SPICE PAPRIKA 16Z TRDE	3/4 Cup		518331
SEASONING VEGETABLE NO SALT 21Z TRDE	1 1/2 Cup		647230
SPICE GARLIC GRANULATED 24Z TRDE	3/4 Cup		513881
SPICE THYME LEAF 6Z TRDE	3/4 Cup		513814
SPICE PARSLEY FLAKES 11Z TRDE	3/4 Cup		513989
SEASONING GARLIC PEPR 21Z TRDE	3/4 Cup		655252
BUTTER PRINT SLTD GRD AA 36-1 GFS	3 Pound		191205
GARLIC MINCED IN WTR 12-32Z	32 Ounce		907713
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	3 Cup		645182

Preparation Instructions

Divide all ingredants into 3 batches. Mix each batch seperately into the largest round pan with handles. Put in half the batch & mix then add the rest of the batch & mix. Put each batch onto 5 foiled & sprayed trays do this with each batch. Bake at 350 for 35 to 45 min.until golden brown & crispy.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.01
Legumes	0.00
Starch	0.21

Nutrition Facts			
Servings Per Recipe: 568.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	82.97		
Fat	3.07g		
SaturatedFat	1.27g		
Trans Fat	0.00g		
Cholesterol	5.07mg		
Sodium	50.31mg		
Carbohydrates	10.83g		
Fiber	1.82g		
Sugar	1.10g		
Protein	1.79g		
Vitamin A	220.07IU	Vitamin C	16.43mg
Calcium	14.08mg	Iron	0.53mg

Chef Salad with Garlic Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11076

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	2 Ounce		100188-H
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489
CUCUMBER SELECT 6CT MRKN	1 Ounce		592323
BROCCOLI & CAULIF COMBO 2-3 RSS	2 Ounce		283339
Cheese, Cheddar Reduced fat, Shredded	2 Ounce		100012
TOMATO GRAPE SWT 10 MRKN	3 Each		129631
ONION RED DCD 1/4 2-5 RSS	1 Ounce		429201
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.64
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.83
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	425.54		
Fat	17.77g		
SaturatedFat	11.16g		
Trans Fat	0.00g		
Cholesterol	69.51mg		
Sodium	945.10mg		
Carbohydrates	43.59g		
Fiber	5.74g		
Sugar	8.28g		
Protein	28.83g		
Vitamin A	310.49IU	Vitamin C	5.41mg

Calcium 55.02mg **Iron** 1.98mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11114

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
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 Each

Amount Per Serving			
Calories	306.20		
Fat	15.15g		
SaturatedFat	5.55g		
Trans Fat	0.77g		
Cholesterol	52.75mg		
Sodium	468.60mg		
Carbohydrates	22.50g		
Fiber	3.00g		
Sugar	3.50g		
Protein	18.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	9.00mg

Chicken & Noodles

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11115

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	20 Pound		100101
ONION DCD IQF 6-4 GFS	6 Pound		261521
CELERY DCD 1/4 2-5 RSS	6 Pound		198196
CARROT DCD 1/4 2-3 RSS	4 Pound		200972
BASE CHIX LO SOD 12-1 LEGO	6 Cup		130869
PASTA NOODL EGG WD 1/4 2-5 GFS	7 Pound		108162
Tap Water for Recipes	15 Gallon	UNPREPARED	000001WTR
SALT IODIZED 24-26Z GFS	1/2 Cup		108308
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		225061

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	101.07		
Fat	2.13g		
SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	37.47mg		
Sodium	348.04mg		
Carbohydrates	10.88g		
Fiber	0.55g		
Sugar	2.08g		
Protein	8.98g		
Vitamin A	1294.80IU	Vitamin C	0.55mg

Calcium

5.97mg

Iron

0.38mg

Baked Apples

Servings:	382.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11116

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD RED PLD IQF 4-5 GFS	60 Pound		818895
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Pound		299405
SUGAR CANE GRANUL 25 GFS	8 Cup		108642
SPICE CINNAMON GRND 5 TRDE	3/4 Cup		224731

Preparation Instructions

No Preparation Instructions available.

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: 382.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	58.42		
Fat	0.92g		
SaturatedFat	0.59g		
Trans Fat	0.00g		
Cholesterol	2.51mg		
Sodium	32.47mg		
Carbohydrates	13.51g		
Fiber	1.00g		
Sugar	12.01g		
Protein	0.00g		
Vitamin A	49.95IU	Vitamin C	59.94mg
Calcium	0.25mg	Iron	0.00mg

Ham & Scalloped Potatoes

Servings:	224.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11117

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	30 Pound		100188-H
BUTTER PRINT UNSLTD GRD AA 36- 1 GFS	4 Pound		299405
POTATO SCALLOPED CLSC R/SOD 6-2.25	8 Package	BAKE 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	118567

Preparation Instructions

Makes 8 pans- 28 servings per pan.

SLE Components

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.58

Nutrition Facts

Servings Per Recipe: 224.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	250.69		
Fat	9.21g		
SaturatedFat	5.76g		
Trans Fat	0.00g		
Cholesterol	48.76mg		
Sodium	664.62mg		
Carbohydrates	31.56g		
Fiber	1.17g		
Sugar	6.43g		
Protein	11.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.46mg	Iron	0.35mg

Glazed Carrots

Servings:	148.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11118

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	30 Pound		100352
SUGAR BROWN MED 25 GFS	3 Cup	UNSPECIFIED	108626
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/2 Pound		191205

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 148.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	52.34		
Fat	2.19g		
SaturatedFat	0.76g		
Trans Fat	0.00g		
Cholesterol	27.18mg		
Sodium	52.61mg		
Carbohydrates	9.88g		
Fiber	1.99g		
Sugar	6.88g		
Protein	0.00g		
Vitamin A	43.24IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

California Blend- Milford

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11119

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF PREM 30 GFS	30 Pound		285740
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1/2 Pound		299405
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	35.67		
Fat	1.17g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	3.20mg		
Sodium	123.78mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.39mg	Iron	1.00mg

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11120

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489
TOMATO GRAPE SWT 10 MRKN	3 Each		129631
Cheese, Cheddar Reduced fat, Shredded	2 Ounce		100012
BEAN KIDNEY RED LT 6-10 GFS	1/4 Cup		118788
ONION GREEN DCD 1/4 2-3 P/L	1 Ounce		319228
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
DRESSING FREN CNTRY PKT60-1.5FLZ KENS	1 Ounce		195758

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.26
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.27
OtherVeg	0.56

Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	572.13		
Fat	30.22g		
SaturatedFat	11.82g		
Trans Fat	0.18g		
Cholesterol	62.08mg		
Sodium	1065.40mg		
Carbohydrates	50.63g		
Fiber	9.92g		
Sugar	13.70g		
Protein	28.88g		
Vitamin A	975.38IU	Vitamin C	13.39mg
Calcium	126.13mg	Iron	3.56mg

Corn Casserole

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11345

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	2 Pound		330094
CORNMEAL YEL MED GRIND 8-5 AJ	1 1/2 Quart		157929
SUGAR BEET GRANUL 25 GFS	3 Cup		108588
BAKING POWDER DBL ACTION 6-5 RDSTR	29/100 Cup	1/4 cup + 2 tsp.	683700
SEASONING GARLIC PEPR 21Z TRDE	2 Teaspoon		655252
EGG WHL LIQ 6-5 GFS	1 33/100 Cup		284122
SOUR CREAM 4-5 GCHC	2 1/2 Pound	3.75 cups + 2 Tbsp. + 2 tsp.	285218
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1 Cup		645182
Corn, Whole Kernel, Frozen, No Salt added	5 1/2 Pound	3 quart + 3.25 cups	100348
CORN CREAM STYLE 6-10 GFS	1 1/3 #10 CAN		118958

Preparation Instructions

1. Combine flour, cornmeal, sugar, baking powder, and pepper in a large bowl. Stir well. Set aside for step 3.
2. Combine eggs, sour cream, oil, corn, cream style corn in a large bowl. Stir well. Set aside for step 3.
3. Pour 2 qt (about 4 lb 9 oz) egg mixture over 3 cups (about 1 lb 6 oz) flour mixture. Stir well.
4. Transfer 2 qt 3/4 cup (about 5 lb 15 oz) corn pudding to a steam table pan (12 x 20 x 2 1/2) lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
5. Bake until golden brown: Conventional oven: 375 °F for 50-60 minutes. Convection oven: 325 °F for 30-40 minutes.
6. Critical Control Point: Heat to 135 °F or higher.
7. Critical Control Point: Hold for hot service at 135 °F or higher.
8. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2 x 3 3/4 square).

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	0.25

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	179.10
Fat	5.50g
SaturatedFat	1.58g
Trans Fat	0.00g
Cholesterol	22.22mg
Sodium	234.34mg
Carbohydrates	31.47g
Fiber	2.90g
Sugar	9.10g
Protein	4.05g
Vitamin A 119.43IU	Vitamin C 0.83mg
Calcium 19.15mg	Iron 0.88mg

Cranberry Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11346

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each		690141
CHEESE CREAM WHPD TUB 12-16Z GCHC	2 Tablespoon		275362
SPINACH BABY CLND 2-2 RSS	1/4 Cup		560545
DRIED CRANBERRIES PREM 4 P/L	1/4 Cup		741950
Turkey Breast Deli	3 1/4 Ounce	Weigh	100121

Preparation Instructions

1. Spread 2 Tbsp. cream cheese on tortilla.
2. Lay 3.25 ounces of sliced turkey across the center of the tortilla, then sprinkle the spinach and dried cranberries evenly over the thole tortilla.
3. Tightly roll tortilla.

Counts a reimbursable meal by itself. Must allow students to choose additional fruits and vegetables.

SLE Components

Amount Per Serving

Meat	2.04
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 Each

Amount Per Serving

Calories	489.35		
Fat	16.09g		
SaturatedFat	9.04g		
Trans Fat	0.00g		
Cholesterol	77.23mg		
Sodium	852.46mg		
Carbohydrates	59.32g		
Fiber	4.77g		
Sugar	23.21g		
Protein	24.65g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	147.50mg	Iron	1.87mg

Oatmeal Cranberry Cookies

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11347

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BEET GRANUL 25 GFS	1 1/2 Quart		108588
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Pound		191205
EGG WHL LIQ 6-5 GFS	1 Pound		284122
1 % White Milk	1 Cup		
APPLESAUCE UNSWT 6-10 GFS	2 Cup		271497
FLOUR ULTRAGRAIN 50 HLCHC	1 3/4 Quart		515002
BAKING SODA 36Z GFS	2 Teaspoon		513849
SALT SHAKER 12-8CT GFS	2 Teaspoon		517887
SPICE CINNAMON GRND 5 TRDE	4 Teaspoon		224731
SPICE NUTMEG GRND 16Z TRDE	2 Teaspoon		224944
OATS QUICK HOT CEREAL 12-42Z GFS	3 1/2 Quart		240869
DRIED CRANBERRIES PREM 4 P/L	5 Cup		741950

Preparation Instructions

1. Pour sugar and margarine into a commercial mixer (batch as needed). Using a paddle attachment, mix on medium speed until creamy. DO NOT OVERMIX. For 50 servings, mix for 10 minutes. For 100 servings, mix for 20 minutes.
2. Slowly add eggs. Using a paddle attachment, mix on medium speed. DO NOT OVERMIX. For 50 servings, mix for 2 minutes. For 100 servings, mix for 4 minutes.
3. Add milk and applesauce. Using a paddle attachment, mix on medium speed. Scrape sides of bowl. DO NOT OVERMIX. For 50 servings, mix for 2 minutes. For 100 servings, mix for 4 minutes.
4. Add flour, baking soda, salt, cinnamon, and nutmeg. Using a paddle attachment, mix on low speed. DO NOT OVERMIX. For 50 servings, mix for 4 minutes. For 100 servings, mix for 8 minutes.
5. Add oats and cranberries. Using a paddle attachment, mix on low speed. DO NOT OVERMIX. For 50

servings, mix for 1 minute. For 100 servings, mix for 2 minutes.

6. Using a No. 30 scoop, portion 1/4 cup (about 2 oz) large drop cookies on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. Place 10 cookies on each pan. For 50 servings, use 5 pans. For 100 servings, use 10 pans.

7. Bake until light brown: Conventional oven: 350 °F for 15-20 minutes. Convection oven: 325 °F for 8-10 minutes.

8. Serve 1 cookie.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.30
Fruit	0.03
GreenVeg	0.00
RedVeg	0.05
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	179.11		
Fat	4.90g		
SaturatedFat	2.57g		
Trans Fat	0.00g		
Cholesterol	30.40mg		
Sodium	111.54mg		
Carbohydrates	31.71g		
Fiber	2.05g		
Sugar	16.31g		
Protein	3.16g		
Vitamin A	147.77IU	Vitamin C	0.02mg
Calcium	4.88mg	Iron	0.97mg

Cranberry Chicken Salad Croissant

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11348

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	6 3/8 Pound	1 gallon + 1 quart	100101
CELERY STIX 4-3 RSS	2 1/2 Cup	Diced	781592
DRIED CRANBERRIES PREM 4 P/L	2 1/2 Cup		741950
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup		223255
RELISH SWT PICKLE 4-1GAL GFS	1 3/4 Cup		517186
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon		225045
SPICE MUSTARD DRY 1 COLMANS	1 1/2 Tablespoon		400018
DRESSING SALAD 4-1GAL MIR WHIP	3 1/4 Cup		251066
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	50 Each		172172
Variety of Fruit	50 Cup		

Preparation Instructions

Mix all ingredients together.

Place #8 scoop (1/2 cup) of chicken salad on each croissant.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

Meat	2.04
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	538.59		
Fat	16.26g		
SaturatedFat	4.55g		
Trans Fat	0.15g		
Cholesterol	53.07mg		
Sodium	570.47mg		
Carbohydrates	80.25g		
Fiber	10.52g		
Sugar	41.58g		
Protein	18.40g		
Vitamin A	27.84IU	Vitamin C	0.33mg
Calcium	27.53mg	Iron	1.84mg

Turkey Cranberry Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11350

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce	Weigh	100121
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
DRIED CRANBERRIES PREM 4 P/L	1/4 Cup		741950
PECAN PCS MED 4-2.5 GFS	1/8 Cup		134830
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
DRESSING VINAG RASPB FF 60-1.5FLZ	1 Each		824970
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Package all ingredients together.

Is a reimbursable meal by itself.

Must still offer additional fruit, vegetables, and milk.

SLE Components

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.50
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	703.30		
Fat	24.17g		
SaturatedFat	7.67g		
Trans Fat	0.00g		
Cholesterol	67.83mg		
Sodium	1258.91mg		
Carbohydrates	89.00g		
Fiber	14.08g		
Sugar	43.73g		
Protein	38.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 364.88mg **Iron** 4.85mg

Turkey and Noodles

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11384

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX NO MSG 12-5 HRTHTSTN	4 Gallon		261564
PASTA NOODL KLUSKI AMISH 10 INN MAID	6 1/4 Pound	6 pounds 4 oz. weight	456632
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Cup		191205
FLOUR H&R A/P 2-25 GFS	2 Cup		227528
Fat Free White Milk	3 Quart	BAKE	
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/3 Tablespoon	1 Tbsp. + 1 tsp.	224847
SEASONING GARLIC PEPR 21Z TRDE	1 Tablespoon		655252
SPICE MARJORAM LEAF 3.5Z TRDE	1 Tablespoon		513709
Turkey, Roast, Frozen	19 1/2 Pound	You will need to start with approximately 19.5 lbs. raw turkey. This should yield 12.75 lbs. cooked turkey. You need 12.75 lbs. (12 lbs. 12 oz.) weight cooked turkey for this recipe.	100125

Preparation Instructions

Directions:

1. Heat chicken broth to a rolling boil.
2. Slowly add noodles. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK OR DRAIN.
3. Remove from heat. Set aside for step 7.
4. In a medium pot, melt margarine uncovered over medium heat.
5. Add flour. Stir well for 1 minute.
6. Add milk. Stir frequently until smooth and free of lumps. Bring to a boil. Remove from heat. Set aside for step 7.
7. Add milk and flour mixture, salt, pepper, marjoram, and cooked turkey to noodles. Heat uncovered over medium high heat for 3 minutes. Stir until thickened.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

For high school need to serve with additional grain.

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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	258.17		
Fat	10.60g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	109.71mg		
Sodium	880.28mg		
Carbohydrates	20.76g		
Fiber	0.56g		
Sugar	1.00g		
Protein	20.77g		
Vitamin A	64.00IU	Vitamin C	0.00mg
Calcium	0.36mg	Iron	0.83mg

Pancake Parfait with Cranberries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11386

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRIED CRANBERRIES PREM 4 P/L	1/4 Cup	Credits as 1/2 cup fruit.	741950
Pancakes- Whole Grain	1 Each	BAKE	110393comm
YOGURT VAN L/F 6-32Z DANN	1 Cup		541966
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

Preparation Instructions

Use 12 oz. clear cups or 8 oz. flat hinged containers.

Prep: Place pancake on top of parfait cup, press pancake down to the bottom of each cup. Spoodle 8 oz. yogurt on top of pancake. Spoodle 1/4 cup (2 oz. scoop) dried cranberries on top of yogurt. Spoodle 1/4 cup (2 oz. scoop) granola on top of cranberries.

Cover.

Hold: Place in cooler overnight.

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 Each

Amount Per Serving			
Calories	466.97		
Fat	8.00g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	18.00mg		
Sodium	349.70mg		
Carbohydrates	87.70g		
Fiber	3.52g		
Sugar	62.21g		
Protein	13.33g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	350.00mg	Iron	0.36mg

Chicken Bacon Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11387

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce	Weigh	100101
BACON TOPPING 1 DCD 10 HRML	1 Ounce	Weigh	827002
SAUCE PESTO SUNDRD TOM 2-30Z PG	1 Tablespoon		850990
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each		690141
Variety of Fruit	1 Cup		

Preparation Instructions

Layer meat and pesto on tortilla.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	592.65		
Fat	21.03g		
SaturatedFat	6.23g		
Trans Fat	0.09g		
Cholesterol	77.25mg		
Sodium	982.40mg		
Carbohydrates	70.75g		
Fiber	11.43g		
Sugar	32.75g		
Protein	28.48g		
Vitamin A	321.54IU	Vitamin C	4.03mg
Calcium	150.41mg	Iron	2.16mg

Veggie Pizza

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11388

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	40 Each	<p>READY_TO_EAT</p> <p>1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients</p>	644182
SOUR CREAM 4-5 GCHC	1 Package	1, 5 lb. container	285218
DRESSING MIX RNCH 18-3.2Z HVALL	1 Package		192716
BROCCOLI FLORET BITE SIZE 2-3 RSS	13 33/100 Cup	Shredded	732451
CAULIFLOWER BITE SIZE 2-3 RSS	13 33/100 Cup	Shredded	732486
CARROT BABY WHL PETITE 4-5 RSS	13 33/100 Cup	Shredded	768146
ONION RD SLIVERED 1/8 2-3 RSS	40 Teaspoon		313157
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	40 Teaspoon		324531
TOMATO GRAPE SWT 10 MRKN	200 Each	Sliced	129631
PEPPERS ASST COLORS 4-6CT P/L	10 Cup	Shredded	644562

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	20 Cup		150250

Preparation Instructions

1. Mix sour cream and dry pack of ranch.
2. Use 2 oz. scoop (1/4 cup) of sour cream mixture per each flatbread. Spread.
3. Top each flatbread with:
 - 1/3 cup broccoli
 - 1/3 cup cauliflower
 - 1/3 cup carrots
 - 1 tsp. onion
 - 1 tsp. black olives
 - 5 sliced grape tomatoes
 - 1/4 cup mixed peppers
 - 2 oz. weight (1/2 cup or 4 oz. scoop) shredded cheese

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	587.82
Fat	35.84g
SaturatedFat	20.18g
Trans Fat	0.00g
Cholesterol	100.00mg
Sodium	1351.54mg
Carbohydrates	47.58g
Fiber	7.51g
Sugar	9.58g
Protein	24.81g
Vitamin A 2137.86IU	Vitamin C 105.42mg
Calcium 552.63mg	Iron 2.68mg

Chicken Salad Croissant- HS 10 servings

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11389

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	1 Quart	Should weigh 1.25 lbs. (20 oz.)	100101
DRESSING SALAD 4-1GAL MIR WHIP	3/4 Cup	Add more if needed. Gets watery the longer it sets.	251066
SALT IODIZED 24-26Z GFS	1 Teaspoon		108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon		225045
CELERY STIX 4-3 RSS	1/4 Cup		781592
SUGAR BEET GRANUL 25 GFS	5 1/2 Teaspoon		108588
EGG HARD CKD PLD BIB 4-2.5 GFS	1 1/4 Cup	Diced. Approximately 1 eggs.	229431
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	10 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
Variety of Fruit	10 Cup		

Preparation Instructions

Mix all ingredients together.

Place #8 scoop (1/2 cup) of chicken salad on each croissant.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

Meat	2.63
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.03
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	552.10		
Fat	19.26g		
SaturatedFat	5.45g		
Trans Fat	0.15g		
Cholesterol	140.46mg		
Sodium	762.20mg		
Carbohydrates	75.20g		
Fiber	10.05g		
Sugar	38.95g		
Protein	19.58g		
Vitamin A	13.92IU	Vitamin C	0.24mg
Calcium	36.06mg	Iron	2.31mg

Fruit Bowl w/ string cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11390

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	Cut into 9 squares.	644182
CRACKER RITZ 300-2CT NAB	2 Package	Does not contribute any grain.	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	Does not contribute any grain.	112186
SAUCE TZATSIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	Portion.	242742
Variety of Fruit	1 Cup	BAKE dish into 4 oz. portion cups	

Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	695.00
Fat	28.00g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	1080.00mg
Carbohydrates	89.00g
Fiber	11.00g
Sugar	35.00g
Protein	23.00g

Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	451.72mg	Iron	2.48mg

Veggie Bowl w/ cottage cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11391

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COTTAGE SML 1 4-5 GCHC	4 Ounce	Prairie Farms 21680- low fat 4 oz. snack cup	329487
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	Cut into 9 squares.	644182
CRACKER RITZ 300-2CT NAB	2 Package	Does not contribute any grain.	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	Does not contribute any grain.	112186
SAUCE TZATZIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	Portion.	242742
CARROT BABY WHL PETITE 4-5 RSS	1 Cup	Doesn't have to be carrots. Can be any 1 cup of vegetables.	768146

Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	514.33		
Fat	17.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	1217.33mg		
Carbohydrates	69.00g		
Fiber	8.33g		
Sugar	17.00g		
Protein	25.33g		
Vitamin A	200.00IU	Vitamin C	0.00mg

Calcium 211.05mg **Iron** 2.48mg

Veggie Bowl w/ string cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11392

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	Cut into 9 squares.	644182
CRACKER RITZ 300-2CT NAB	2 Package	Does not contribute any grain.	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	Does not contribute any grain.	112186
SAUCE TZATSIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	Portion.	242742
CARROT BABY WHL PETITE 4-5 RSS	1 Cup	Doesn't have to be carrots. Can be any 1 cup of vegetables.	768146

Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	604.33
Fat	28.00g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	1177.33mg
Carbohydrates	65.00g
Fiber	8.33g

Sugar	13.00g		
Protein	24.33g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	505.05mg	Iron	2.48mg

Cranberry Bars

Servings:	30.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11410

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL 25 GFS	1 3/4 Cup	Divided. 3/4 cup for filling 1 cup for crust	108642
Tap Water for Recipes	1/2 Cup		000001WTR
DRIED CRANBERRIES PREM 4 P/L	2 Cup		741950
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1/4 Cup		118930
ORANGES FANCY 72-88CT MRKN	1 Tablespoon		198005
BUTTER PRINT SLTD GRD AA 36-1 GFS	20 Tablespoon	Divided: 1 Tbsp. for filling 1.25 cups for crust	191205
SPICE CINNAMON GRND 5 TRDE	1/2 Teaspoon		224731
SALT IODIZED 24-26Z GFS	1/2 Teaspoon		108308
FLOUR H&R A/P 2-25 GFS	2 Cup		227528
OATS QUICK HOT CEREAL 12-42Z GFS	3 Cup		240869

Preparation Instructions

Filling:

1. Bring 3/4 cup sugar and water to boil.
2. Add in dried cranberries.
3. Add orange juice, orange peel (1 Tbsp.), 1 Tbsp. butter, cinnamon, and 1/4 tsp. salt.
4. Cook until mixture thickens.
5. Stir in walnuts. Set aside.

For Crust;

1. Combine flour and salt in a bowl. Cut in butter until mixture is crumbly.
2. Add sugar and oats. Mix well.
3. Spoon half into ungreased 13" x 9" x 2".
4. Pat firmly into pan.

5. Spread filling evenly over crust.
6. Top with remaining crumb mixture. Pat lightly.
7. Bake at 400 degrees F for 30-35 minutes. Cool on a wire rack. Cut into bars.

Makes 30 bars.

Counts as 1 oz. dessert grain.

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: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	197.74		
Fat	7.89g		
SaturatedFat	4.77g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	102.11mg		
Carbohydrates	30.42g		
Fiber	1.42g		
Sugar	17.09g		
Protein	1.94g		
Vitamin A	267.52IU	Vitamin C	0.90mg
Calcium	1.38mg	Iron	0.71mg

Cauliflower & Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11476

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GFS	30 Pound		610882
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261

Preparation Instructions

No Preparation Instructions available.

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: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	67.62		
Fat	4.14g		
SaturatedFat	2.66g		
Trans Fat	0.00g		
Cholesterol	11.82mg		
Sodium	244.92mg		
Carbohydrates	3.48g		
Fiber	0.85g		
Sugar	0.85g		
Protein	3.81g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	131.62mg	Iron	0.00mg

Ham & Scalloped Potatoes- HS

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11483

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO AUGRATIN CLASSIC R/SOD 6-2.25	1 Package		118575
Ham, Cubed Frozen	5 Pound		100188-H

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	254.13		
Fat	3.93g		
SaturatedFat	2.62g		
Trans Fat	0.00g		
Cholesterol	47.21mg		
Sodium	961.95mg		
Carbohydrates	37.97g		
Fiber	1.31g		
Sugar	6.55g		
Protein	15.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.36mg	Iron	0.39mg

Goulash

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11488

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon		000001WTR
SALT IODIZED 25 CARG	2 33/50 Tablespoon	2 Tbsp. + 2 tsp.	108286
PASTA ELBOW MACAR 2-10 KE	6 1/4 Pound	6 lb. 4 oz., uncooked macaroni OR 1 gallon + 1 quart + 3 cups	654550
100158 - Beef, Find Ground, 85/15, Frozen	17 Pound	UNPREPARED	100158
ONION RED DCD 1/4 2-5 RSS	1 3/4 Pound		429201
TOMATO PASTE CALIF 26 6-10 GCHC	1 #10 CAN		100196
Diced Tomatoes cnd	1 #10 CAN		100329
BASE BEEF NO MSG LO SOD 6-1 MINR	4 Tablespoon	Reconstitute beef base with 1 gallon water.	580562
SPICE PEPR BLK REST GRIND 5 TRDE	1 Tablespoon		242179
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
SPICE CHILI POWDER MILD 16Z TRDE	1/2 Cup		331473
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	1 Tablespoon		518331
SPICE ONION POWDER 96Z TRDE	1 Tablespoon		195173
CHEESE CHED MLD SHRD 4-5 LOL	7 Cup		150250

Preparation Instructions

1. Heat water to a rolling boil.

2. Add salt.
3. Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 8.
4. Place ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.
5. Critical Control Point: Heat to 155 °F or higher for at least 15 seconds.
6. Remove meat from heat. Drain beef in a colander. Return meat to heat.
7. Add onions. Heat uncovered for 5 minutes
8. Add tomato paste, diced tomatoes, beef base w/ water, spices, and macaroni. Heat uncovered over medium heat for 5-10 minutes.
9. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
10. Pour 1 gal 3 qt 2 cups (about 11 lb 10 oz) goulash into a steam table pan (12" x 20" x 2 1/2").
For 50 servings, use 2 pans. For 100 servings, use 4 pans.
11. Sprinkle 1 3/4 cups (about 7 oz) shredded cheese evenly over each pan.
12. Critical Control Point: Hold for hot service at 135 °F or higher.
13. Portion with 8 fl oz spoodle (1 cup).

SLE Components

Amount Per Serving

Meat	2.31
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	339.86		
Fat	15.21g		
SaturatedFat	5.74g		
Trans Fat	2.03g		
Cholesterol	8.40mg		
Sodium	345.87mg		
Carbohydrates	29.27g		
Fiber	2.33g		
Sugar	5.04g		
Protein	22.01g		
Vitamin A	635.83IU	Vitamin C	6.24mg
Calcium	63.29mg	Iron	1.95mg

Garlic Toast with Mozzarella Cheese

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11490

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT GFS	1 Slice		277862
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon		645170

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.50
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	125.00		
Fat	6.50g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	240.00mg		
Carbohydrates	11.50g		
Fiber	1.00g		
Sugar	0.50g		
Protein	5.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	102.50mg	Iron	0.72mg

Lasagna Roll-Ups

Servings:	470.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11519

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	470 Each		234041
100158 - Beef, Find Ground, 85/15, Frozen	40 Pound		100158
SAUCE SPAGHETTI 6-10 P/L	7 #10 CAN		744520
CHEESE MOZZ SHRD 4-5 LOL	30 Cup		645170

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.25
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: 470.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	369.42		
Fat	14.01g		
SaturatedFat	6.43g		
Trans Fat	1.02g		
Cholesterol	23.83mg		
Sodium	515.30mg		
Carbohydrates	33.88g		
Fiber	2.77g		
Sugar	8.34g		
Protein	24.67g		
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	362.36mg	Iron	1.47mg

Tomato Soup

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11553

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	11 #5 CAN		101427
MILK WHT 2 4-1GAL RGNLBRND	2 Gallon		504602

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	121.47		
Fat	1.07g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	4.27mg		
Sodium	527.66mg		
Carbohydrates	23.39g		
Fiber	1.04g		
Sugar	15.06g		
Protein	3.79g		
Vitamin A	523.27IU	Vitamin C	6.76mg
Calcium	64.00mg	Iron	0.75mg

Grilled Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11554

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 1/2 Cup		191205
380 - Aunt Millie's WG Honey White Bread	200 Slice		380
CHEESE AMER 160CT SLCD R/F 6-5 LOL	400 Slice		722360

Preparation Instructions

Directions:

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

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	344.00
Fat	12.64g
SaturatedFat	6.68g
Trans Fat	0.00g
Cholesterol	37.20mg
Sodium	1181.60mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	8.00g

Protein		20.00g	
Vitamin A	96.00IU	Vitamin C	0.00mg
Calcium	388.00mg	Iron	12.00mg

Turkey, Bacon & Cheese on Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11559

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	2 Ounce	Weigh	100121
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SAUS PRTZL 2.6Z 12-6CT PRETZILLA	1 Each	Whole Grain Waiver to use bread.	606662

Preparation Instructions

Layer meat and cheese on bread.

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 Each

Amount Per Serving

Calories	350.44		
Fat	12.02g		
SaturatedFat	2.76g		
Trans Fat	0.00g		
Cholesterol	52.72mg		
Sodium	918.36mg		
Carbohydrates	39.26g		
Fiber	1.00g		
Sugar	4.00g		
Protein	23.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	2.00mg

Meatball Sub

Servings:	28.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11609

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	2 Package		135071
SAUCE SPAGHETTI 6-10 P/L	2 #10 CAN		744520
CHEESE MOZZ SHRD 4-5 LOL	3 1/2 Cup	2 Tbsp. per sandwich	645170
Aunt Millie's Whole Grain Mini Sub 2oz	28 bun		5113

Preparation Instructions

1. Cook 2 bags of meatballs in 2 cans of sauce.
2. Assemble sandwiches with 5 meatballs and 2 Tbsp. shredded cheese on sub bun.

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: 28.00

Serving Size: 1.00 each

Amount Per Serving			
Calories		480.69	
Fat		17.52g	
SaturatedFat		5.62g	
Trans Fat		0.61g	
Cholesterol		46.17mg	
Sodium		776.76mg	
Carbohydrates		57.76g	
Fiber		6.71g	
Sugar		20.30g	
Protein		26.42g	
Vitamin A	7.12IU	Vitamin C	1.02mg
Calcium	189.20mg	Iron	3.88mg

Chili- HS

Servings:	464.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11623

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	100 Pound		100158
Tomato Sauce cnd	8 #10 CAN		100334
Beans, Red Kidney, Low-sodium, Canned	10 #10 CAN		100370
TOMATO PASTE CALIF 26 6-10 GCHC	4 #10 CAN		100196
JUICE TOMATO 100 12-46FLZ SACRM	4 #5 CAN		302414
SAUCE WORCESTERSHIRE 4-1 GAL HNZ - Heinz - M	1 1/2 Cup		578241
ONION DEHY SUPER TOPPER 6-2 P/L	2 Pound		223255
SPICE CHILI POWDER MILD 16Z TRDE	4 Cup		331473
SPICE OREGANO GRND 12Z TRDE	1 Cup		513725
SPICE BASIL GRND 12Z TRDE	2 Cup		513636
SPICE GARLIC SALT NO MSG 37Z TRDE	2 1/2 Cup		224847
SPICE CELERY SALT 32Z TRDE	1 1/2 Cup		231517
SUGAR BEET GRANUL 25 GFS	1 1/2 Cup		108588

Preparation Instructions

1. Cook beef to 165 degrees and drain fat.
2. Add remaining ingredients and cook to 165 degrees.

SLE Components

Amount Per Serving

Meat	3.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.63
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 464.00
Serving Size: 1.00 Cup

Amount Per Serving

Calories	322.69
Fat	15.45g
SaturatedFat	5.15g
Trans Fat	2.57g
Cholesterol	0.00mg
Sodium	1051.73mg
Carbohydrates	21.84g
Fiber	5.99g
Sugar	6.68g
Protein	24.42g

Vitamin A	446.16IU	Vitamin C	5.36mg
Calcium	3.59mg	Iron	0.71mg

Meat Sauce for Spaghetti- HS

Servings:	533.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11634

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	55 Pound		100158
MEATBALL CKD 6-5 JTM	55 Pound		135071
Tomato Sauce cnd	6 #10 CAN		100334
SAUCE SPAGHETTI 6-10 P/L	9 #10 CAN	READY_TO_EAT None	744520
TOMATO PASTE CALIF 26 6-10 GCHC	3 #10 CAN		100196
JUICE TOMATO 100 12-46FLZ SACRM	5 #5 CAN		302414
ONION DEHY SUPER TOPPER 6-2 P/L	3 Pound		223255
SPICE BASIL GRND 12Z TRDE	2 Cup		513636
SPICE OREGANO GRND 12Z TRDE	1 Cup		513725
SPICE GARLIC SALT NO MSG 37Z TRDE	2 1/2 Cup		224847
SPICE CELERY SALT 32Z TRDE	3/4 Cup		231517
SUGAR BEET GRANUL 25 GFS	1 1/2 Cup		108588

Preparation Instructions

1. Cook beef to 165 degrees and drain fat.
2. Add remaining ingredients and cook to 165 degrees.

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.63
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 533.00			
Serving Size: 0.75 Cup			
Amount Per Serving			
Calories	261.76		
Fat	13.63g		
SaturatedFat	4.66g		
Trans Fat	1.58g		
Cholesterol	21.96mg		
Sodium	884.80mg		
Carbohydrates	16.91g		
Fiber	2.99g		
Sugar	8.08g		
Protein	18.81g		
Vitamin A	295.35IU	Vitamin C	4.08mg
Calcium	37.79mg	Iron	2.09mg

Chicken Tortilla Soup

Servings:	30.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11635

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	5 Pound		200511
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 1/2 Pound		722110
CORN & BLK BEAN FLME RSTD 6-2.5	2 1/2 Pound		163760
BROTH CHIX NO MSG 12-5 HRTHSTN	4 Cup		261564

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.04
Starch	0.00

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	260.93		
Fat	13.15g		
SaturatedFat	4.93g		
Trans Fat	0.00g		
Cholesterol	106.67mg		
Sodium	722.87mg		
Carbohydrates	12.16g		
Fiber	2.04g		
Sugar	2.04g		
Protein	24.04g		
Vitamin A	753.78IU	Vitamin C	4.39mg
Calcium	139.55mg	Iron	1.34mg

Tuna Noodle Casserole

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11636

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon		000001WTR
PASTA NOODL KLUSKI AMISH 10 INN MAID	5 Pound		456632
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Pound		191205
CELERY STIX 4-3 RSS	1 1/2 Quart	Diced celery- 6 cups	781592
ONION RED DCD 1/4 2-5 RSS	1 3/4 Pound	Diced onion- 5 1/3 cups	429201
PEPPERS GREEN LRG 60-70CT MRKN	1 1/8 Quart	Diced green pepper- 4.5 cups	198757
FLOUR H&R A/P 2-25 GFS	1 Quart		227528
1 % White Milk	1 Gallon		
BROTH CHIX NO MSG 12-5 HRTHSTN	1 Gallon		261564
SPICE PEPR BLK REST GRIND 5 TRDE	1 Tablespoon		242179
SPICE PARSLEY FLAKES 11Z TRDE	1 Cup		513989
TUNA CHNK WHT ALBA 6-66.5Z GCHC	6 Each	6 cans- drained and flaked	244473
CORN SUPER SWT 30 GFS	1 1/4 Quart	4.25 cups	358991
LEMON JUICE 100 12-32FLZ GFS	1 1/3 Cup		311227

Preparation Instructions

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.
3. Heat butter in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.
4. Add flour and stir until smooth.

5. Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.

6. Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

7. Transfer tuna mixture to a steam table pan (12" x 20" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

SLE Components

Amount Per Serving

Meat	0.54
Grain	0.32
Fruit	0.16
GreenVeg	0.00
RedVeg	0.80
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	309.05		
Fat	6.82g		
SaturatedFat	2.97g		
Trans Fat	0.00g		
Cholesterol	118.63mg		
Sodium	594.32mg		
Carbohydrates	23.44g		
Fiber	0.91g		
Sugar	3.29g		
Protein	37.71g		
Vitamin A	195.17IU	Vitamin C	6.86mg
Calcium	11.12mg	Iron	2.31mg

Cavatini

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11638

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1 Tablespoon		645182
ONION RED DCD 1/4 2-5 RSS	1 Pound	Chopped	429201
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound		100158
SAUCE SPAGHETTI 6-10 P/L	2 1/2 #10 CAN		744520
SEASONING SPAGHETTI ITAL 12Z TRDE	1/4 Cup		413453
SPICE GARLIC GRANULATED 24Z TRDE	1/4 Cup		513881
ONION DEHY SUPER TOPPER 6-2 P/L	1/4 Cup		223255
PEPPERONI SLCD 14-16/Z 2-5 GFS	1 Pound	Divided	729981
Tap Water for Recipes	3 Gallon		000001WTR
PASTA PENNE RIGATE 2-10 KE	6 1/2 Pound		635501
CHEESE MOZZ SHRD 4-5 LOL	4 Pound		645170
CHEESE PARM GRTD 12-1 PG	2 Cup		164259
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon		565164
SPICE PARSLEY FLAKES 11Z TRDE	2 Tablespoon		513989

Preparation Instructions

1. Wash, peel, and chop onions.
2. In large pan on stovetop, sautee onions in oil until translucent.
3. Add ground beef and cook until done and at least 165 F. Drain.
4. Add spaghetti sauce, garlic, italian seasonings, and dehydrated onions.
5. Chop half of pepperoni (8 oz.) and add to mixture.
6. Mix well. Heat for 5-10 minutes over low heat, or until temp reaches 165 F. Proceed immediately or cover and hold in warmer.

7. Bring water to boil in stockpot on stoveop.
 8. Boil noodles 8 minutes, or until al dente. DO NOT OVERCOOK.
 9. Drain noodles and place in 2" full size steamtable pan coated with cooking spray. Proceed immediately, or cover tightly and hold in warmer no more than 30 minutes.
- For 6.5 lbs noodles, use 4 pans (80 servings)
 For 3.25 lbs noodles, use 2 pans (40 servings)
10. Pour 7 cups spaghetti sauce mixture over each 2" full size steamtable pan of noodles. Stir to coat.
 11. Top with 1 lb mozzarella, 1/2 cup parmesan cheese, and .5 Tbsp garlic herb seasoning per pan.
 12. Place 2 oz pepperoni (approximately 30 pepperoni) evenly on top of each pan.
 13. Bake 15 minutes, or just until cheese is melted and heated through.
 14. Top evenly with .5 tbsp parsley per pan.
 15. Cut 4X5 per pan. Serve with 8 oz spoodle or spatula.

SLE Components

Amount Per Serving

Meat	4.96
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	413.46		
Fat	18.63g		
SaturatedFat	6.95g		
Trans Fat	1.49g		
Cholesterol	19.62mg		
Sodium	453.87mg		
Carbohydrates	39.00g		
Fiber	2.94g		
Sugar	8.78g		
Protein	24.15g		
Vitamin A	40.00IU	Vitamin C	0.00mg
Calcium	218.65mg	Iron	2.23mg

Cheesy Ham & Potato Soup

Servings:	337.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11644

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 GFS	15 Pound		316334
MILK WHT FF 4-1GAL RGNLBRND	12 Gallon		557862
SPICE PEPR WHITE GRND 17Z TRDE	2 Tablespoon		513776
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
ONION DEHY CHPD 15 P/L	2 Cup		263036
FLOUR H&R A/P 2-25 GFS	6 Pound		227528
MARGARINE GLDN SWT ZTF 30-1#	6 Pound		791630
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	10 Pound		100036
SOUR CREAM L/F 4-5 RGNLBRND	5 Pound		534331
Ham, Cubed Frozen	40 Pound		100188-H

Preparation Instructions

IN FLOOR SOUP KETTLE:

- 12 gallons milk
- 2 TBSP garlic Powder
- 2 TBSP white pepper
- 2 cups dried onion

MAKE A PASTE WITH: 6# flour & 6# melted margarine, add to hot milk to thicken -heat until 170 give it time to thicken- then add American cheese slices-when melted -gently stir in thawed hash brown potatoes & sour cream. Heat diced ham in steamer -then put 4# ham in each of 10 - ½ 10B pans then add soup to ½ 10B pans, stir and put in warmer.

SLE Components

Amount Per Serving

Meat	2.00
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: 337.00
Serving Size: 1.00 Cup

Amount Per Serving

Calories	229.48		
Fat	10.35g		
SaturatedFat	6.01g		
Trans Fat	0.07g		
Cholesterol	38.06mg		
Sodium	647.70mg		
Carbohydrates	17.13g		
Fiber	0.57g		
Sugar	9.61g		
Protein	15.96g		
Vitamin A	568.02IU	Vitamin C	3.51mg
Calcium	172.39mg	Iron	0.27mg

Meatballs & Sauce for spaghetti- HS

Servings:	533.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11773

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	120 Pound		135071
Tomato Sauce cnd	6 #10 CAN	BAKE	100334
SAUCE SPAGHETTI 6-10 P/L	9 #10 CAN	READY_TO_EAT None	744520
TOMATO PASTE CALIF 26 6-10 GCHC	3 #10 CAN		100196
JUICE TOMATO 100 12-46FLZ SACRM	5 #5 CAN	READY_TO_EAT None	302414
ONION DEHY SUPER TOPPER 6-2 P/L	3 Pound		223255
SPICE BASIL GRND 12Z TRDE	2 Cup		513636
SPICE OREGANO GRND 12Z TRDE	1 Cup		513725
SPICE GARLIC SALT NO MSG 37Z TRDE	2 1/2 Cup		224847
SPICE CELERY SALT 32Z TRDE	3/4 Cup		231517
SUGAR BEET GRANUL 25 GFS	1 1/2 Cup		108588

Preparation Instructions

1. Cook beef to 165 degrees and drain fat.
2. Add remaining ingredients and cook to 165 degrees.

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.63
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 533.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	271.38
Fat	13.06g
SaturatedFat	4.79g
Trans Fat	0.76g
Cholesterol	47.92mg
Sodium	1013.82mg
Carbohydrates	20.32g
Fiber	3.68g
Sugar	8.77g
Protein	19.06g
Vitamin A 300.13IU	Vitamin C 4.76mg
Calcium 63.75mg	Iron 3.46mg

BBQ Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12247

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	<p>CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>	152121
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
CORN & BLK BEAN FLME RSTD 6-2.5	3/4 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
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon		150250
CHEESE BLND CHED/MONTRY JK SHRD 4-5	2 Tablespoon		712131

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH 4-1GAL HVALL	2 Tablespoon	READY_TO_EAT Ready to use.	759082
SAUCE BBQ SWEET 4-1GAL GFS	2 Tablespoon		435170
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	Cut in half.	129631
CHIP TORTL TRI- COLOR STRIP 10-1 GFS	1/4 Cup		403573
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Bake breadsticks.

Layer all salad ingredients,

Cover.

Keep chilled.

SLE Components

Amount Per Serving

Meat	3.50
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.38
Legumes	0.13
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	894.10
Fat	37.30g
SaturatedFat	10.43g
Trans Fat	0.00g
Cholesterol	97.50mg
Sodium	1591.65mg
Carbohydrates	101.75g
Fiber	15.75g
Sugar	34.25g
Protein	46.40g
Vitamin A 1630.45IU	Vitamin C 26.61mg
Calcium 282.84mg	Iron 5.05mg

Sante Fe Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12249

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
SALSA 6-10 COMM	1/4 Cup		150570
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup		163760
TACO FILLING BEEF REDC FAT 6-5# COMM	2 1/2 Ounce	Weigh.	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CHIP TORTL TOP N GO WGRAIN 21-1.4Z	1 Package		865622
DRESSING RNCH 4-1GAL HVALL	2 Tablespoon		759082

Preparation Instructions

Layer all ingredients with the meat on the side.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.50
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	695.95		
Fat	35.96g		
SaturatedFat	10.44g		
Trans Fat	0.23g		
Cholesterol	67.60mg		
Sodium	1132.46mg		
Carbohydrates	68.69g		
Fiber	15.13g		
Sugar	13.83g		
Protein	28.49g		
Vitamin A	1812.90IU	Vitamin C	23.03mg

Calcium 334.15mg **Iron** 4.33mg

Breakfast Burrito

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12321

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	75 Each		690141
EGG SCRMBD CKD FZ 4-5 GFS	10 Pound		584584
PORK CRMBL CKD 120/Z W/TVP 10 PG	2 1/2 Pound		499595
CHEESE CHED MLD SHRD 4-5# COMM	1/2 Cup		150250

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.25
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: 75.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	298.25
Fat	12.74g
SaturatedFat	4.30g
Trans Fat	0.00g
Cholesterol	143.61mg
Sodium	627.52mg
Carbohydrates	30.90g
Fiber	3.53g
Sugar	3.08g
Protein	13.78g
Vitamin A 8.00IU	Vitamin C 0.00mg
Calcium 176.91mg	Iron 2.99mg

Scrambled Eggs with Sausage

Servings:	75.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12336

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	20 Pound		584584
PORK CRMBL CKD 120/Z W/TVP 10 PG	5 Pound		499595
CHEESE CHED MLD SHRD 4-5# COMM	4 Cup		150250

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
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: 75.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	254.10		
Fat	16.92g		
SaturatedFat	5.56g		
Trans Fat	0.00g		
Cholesterol	292.02mg		
Sodium	865.44mg		
Carbohydrates	3.96g		
Fiber	1.06g		
Sugar	2.16g		
Protein	18.68g		
Vitamin A	64.00IU	Vitamin C	0.00mg
Calcium	145.67mg	Iron	2.73mg

Tater Tot Casserole

Servings:	200.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12344

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	25 Pound		100158
SALT IODIZED 25 CARG	3 Teaspoon		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	3 Teaspoon		225061
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	5 #5 CAN		488259
CHEESE CHED MLD SHRD 4-5# COMM	12 1/2 Pound		150250
POTATO TATER TOTS 6-5 LMBSUPR	25 Pound		233404

Preparation Instructions

1. Cook ground beef.
2. Mix cooked ground beef with salt, pepper, and cream of mushroom soup.
3. Distribute mixture among steam table pans.
4. Top with tater tots and shredded cheese.

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.38

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	355.93		
Fat	24.40g		
SaturatedFat	10.26g		
Trans Fat	1.49g		
Cholesterol	69.69mg		
Sodium	557.68mg		
Carbohydrates	15.47g		
Fiber	1.76g		
Sugar	0.36g		
Protein	19.39g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	223.18mg	Iron	0.79mg

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12346

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun		5113

Preparation Instructions

Assemble sandwiches with 3 oz. weight ham and 1 slice of cheese.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving			
Calories	290.98		
Fat	9.92g		
SaturatedFat	3.96g		
Trans Fat	0.00g		
Cholesterol	51.76mg		
Sodium	910.49mg		
Carbohydrates	35.92g		
Fiber	2.00g		
Sugar	7.46g		
Protein	21.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Breaded Chicken Breast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12348

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD CRUMB PANKO COARSE 25 GFS	1/2 Gallon	UNPREPARED See Package Instructions	175691
CHEESE PARM SHRD FCY 10-2 PG	4 Cup		460095
CHEESE MOZZ SHRD 4-5 LOL	6 Cup		645170
SPICE GARLIC SALT NO MSG 37Z TRDE	1/4 Cup		224847
SPICE BASIL LEAF 26Z TRDE	1/8 Cup		518341
CHIX BRST BNLS SKNLS TRAY 48-4Z GFS	100 Each		268127

Preparation Instructions

1. Combine bread crumbs, cheeses, and spices.
2. Thaw chicken breasts 2 days before serving.
3. Spray pan with garlic spray.
4. Use 1.5 cups crumbs per 10 chicken breasts.
5. Bake at 300 degrees for 20-25 minutes or until temperature reaches 165 degrees.

SLE Components

Amount Per Serving

Meat	2.75
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	175.16
Fat	5.52g
SaturatedFat	2.08g
Trans Fat	0.00g
Cholesterol	80.80mg
Sodium	489.66mg
Carbohydrates	3.76g
Fiber	0.01g
Sugar	0.24g
Protein	27.25g

Vitamin A	64.19IU	Vitamin C	2.27mg
Calcium	88.16mg	Iron	2.29mg

Apple Crisp

Servings:	24.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12350

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD RED PLD IQF 4-5 GFS	7 1/2 Pound		818895
FLOUR H&R A/P 2-25 GFS	2 Cup		227528
SUGAR BEET GRANUL 50 GFS	1 3/4 Cup		224413
SPICE CINNAMON GRND 15Z TRDE	4 Teaspoon		224723
BAKING POWDER DBL ACTION 6-5 RDSTR	2 Teaspoon		683700
EGG SHL LRG A GRD 10-30CT GCHC	2 Each		505412
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	6 Tablespoon		299405

Preparation Instructions

1. Spray pans very well.
2. Place fruit in pans.
3. Combine flour, sugar, cinnamon, baking powder, and eggs. Crumble and sprinkle on tops of fruit.
4. Pour melted butter over the top.
5. Bake 30-40 minutes at 350 degrees.

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	187.89
Fat	3.25g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	132.02mg
Carbohydrates	40.37g
Fiber	2.25g
Sugar	29.90g
Protein	1.69g

Vitamin A	99.37IU	Vitamin C	119.25mg
Calcium	3.92mg	Iron	0.51mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12353

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving

Calories	286.20		
Fat	13.90g		
SaturatedFat	4.80g		
Trans Fat	0.77g		
Cholesterol	49.00mg		
Sodium	393.60mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	17.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	9.00mg

Asian Fried Brown Rice

Servings:	40.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12355

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	2 1/2 Pound	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
SAUCE MIX ASIAN STIR FRD RICE10-6.82Z	1 Package		149961
Tap Water for Recipes	3 1/2 Quart		000001WTR

Preparation Instructions

No Preparation Instructions available.

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	214.30		
Fat	1.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	309.02mg		
Carbohydrates	46.46g		
Fiber	2.40g		
Sugar	1.03g		
Protein	5.83g		
Vitamin A	309.02IU	Vitamin C	2.47mg
Calcium	0.00mg	Iron	0.86mg

Seasoned Rice

Servings:	32.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12419

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PERFECTED 25 UBEN	2 Pound	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
BASE CHIX 12-1 LEGO	1/3 Pound		106089
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/4 Pound		191205

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	136.59		
Fat	4.18g		
SaturatedFat	1.91g		
Trans Fat	0.00g		
Cholesterol	10.61mg		
Sodium	646.23mg		
Carbohydrates	22.02g		
Fiber	1.18g		
Sugar	0.78g		
Protein	3.06g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	11.80mg

Baked Beans- Middle School

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12420

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GFS	4 #10 CAN		298913
ONION VIDALIA SWT 10 P/L	1 Cup		558133
SUGAR BROWN LT 12-2 P/L	6 Cup		860311
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	4 Cup		100129

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	223.25		
Fat	0.54g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	573.80mg		
Carbohydrates	47.03g		
Fiber	5.41g		
Sugar	24.61g		
Protein	8.65g		
Vitamin A	66.69IU	Vitamin C	0.91mg
Calcium	69.05mg	Iron	2.25mg

Broccoli- Middle School

Servings:	43.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12421

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	8 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
BUTTER SUB 24-4Z BTRBUDS	2 Ounce		209810
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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: 43.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	27.95		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.53mg		
Carbohydrates	5.61g		
Fiber	3.05g		
Sugar	1.02g		
Protein	3.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Corn- Middle School

Servings:	44.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12422

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	8 Pound	STEAM Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours	100348
BUTTER SUB 24-4Z BTRBUDS	2 Ounce		209810
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993

Preparation Instructions

No Preparation Instructions available.

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	0.50

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	68.50		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.89mg		
Carbohydrates	16.52g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Taco Meat- Middle

Servings:	520.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12423

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	60 Pound		100158
TOMATO PASTE 6-10 HUNTS	2 #10 CAN		444707
TOMATO DCD PETITE 6-10 GFS	3 #10 CAN		498871
SAUCE TOMATO MW 6-10 GCHC	2 #10 CAN		306347
SEASONING TACO MIX 6-9Z LAWR	6 Cup		159204
Salsa, Low-Sodium, Canned	1 #10 CAN	READY_TO_EAT	100330
SALT IODIZED 25 CARG	1/2 Cup		108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/4 Cup		225037

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 520.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	143.92		
Fat	8.38g		
SaturatedFat	2.76g		
Trans Fat	1.38g		
Cholesterol	35.82mg		
Sodium	394.12mg		
Carbohydrates	6.03g		
Fiber	1.68g		
Sugar	2.84g		
Protein	10.41g		
Vitamin A	211.41IU	Vitamin C	1.82mg
Calcium	12.99mg	Iron	0.68mg

Refried Beans- Middle

Servings:	48.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12424

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	2 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
Salsa, Low-Sodium, Canned	6 Cup	READY_TO_EAT	100330
SEASONING TACO MIX 6-9Z LAWR	4 1/2 Ounce		159204
CHEESE CHED MLD SHRD 4-5# COMM	1/2 Cup		150250

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	141.91		
Fat	0.51g		
SaturatedFat	0.25g		
Trans Fat	0.01g		
Cholesterol	1.25mg		
Sodium	341.46mg		
Carbohydrates	24.93g		
Fiber	6.79g		
Sugar	2.08g		
Protein	8.10g		
Vitamin A	12.50IU	Vitamin C	0.00mg
Calcium	16.44mg	Iron	0.33mg

Oriental Vegetables- Middle School

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND FAR EAST 12-2 GFS	8 Pound		491209
BUTTER SUB 24-4Z BTRBUDS	2 Ounce		209810
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993

Preparation Instructions

No Preparation Instructions available.

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: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	42.75		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.68mg		
Carbohydrates	5.73g		
Fiber	2.05g		
Sugar	2.05g		
Protein	1.03g		
Vitamin A	768.94IU	Vitamin C	15.38mg
Calcium	20.51mg	Iron	0.37mg

Broccoli & Cheese- Middle School

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12426

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	30 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
SAUCE CHS CHED POUCH 6-106Z LOL	1 Package		135261

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	55.52		
Fat	2.07g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	5.91mg		
Sodium	140.17mg		
Carbohydrates	5.88g		
Fiber	3.00g		
Sugar	1.00g		
Protein	4.47g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.76mg	Iron	0.00mg

Strawberries & Bananas

Servings:	230.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12427

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY SLCD 4+1 30 GFS	45 Pound		278726
BANANA TURNING 40 P/L	69 Each	3 cases, sliced	200999
SUGAR BEET GRANUL 25 GFS	8 Cup		108588

Preparation Instructions

No Preparation Instructions available.

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: 230.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	136.27		
Fat	0.12g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.36mg		
Carbohydrates	34.98g		
Fiber	1.99g		
Sugar	28.42g		
Protein	0.39g		
Vitamin A	22.66IU	Vitamin C	28.59mg
Calcium	1.77mg	Iron	0.48mg

Chicken & Noodles-Middle

Servings:	320.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	40 Pound		100101
BASE CHIX 12-1 LEGO	4 Pound		106089
Tap Water for Recipes	10 Gallon		000001WTR
PASTA NOODL EGG 1/8 MED 2-5 GFS	20 Pound		270393

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	195.68		
Fat	4.16g		
SaturatedFat	0.69g		
Trans Fat	0.00g		
Cholesterol	73.27mg		
Sodium	819.54mg		
Carbohydrates	20.94g		
Fiber	0.50g		
Sugar	1.94g		
Protein	16.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.90mg

Ravioli with Meat Sauce

Servings:	650.00	Category:	Entree
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12430

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI BEEF MT SCE MINI 6-10 CHBOY	24 #10 CAN		195219
100158 - Beef, Find Ground, 85/15, Frozen	60 Pound		100158

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
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: 650.00

Serving Size: 0.66 Cup

Amount Per Serving

Calories	195.44		
Fat	9.96g		
SaturatedFat	3.64g		
Trans Fat	1.10g		
Cholesterol	4.78mg		
Sodium	385.71mg		
Carbohydrates	15.76g		
Fiber	1.91g		
Sugar	2.87g		
Protein	11.06g		
Vitamin A	95.51IU	Vitamin C	0.00mg
Calcium	9.55mg	Iron	0.86mg

Pizza Boat

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12471

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PIZZA 6-10 REDPK	1/8 Cup	READY_TO_EAT None	502141
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
PEPPERONI SLCD 14-16/Z 2-5 GFS	6 Each		729981
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113

Preparation Instructions

Put on a cookie sheet and bake at 350 degrees until cheese melts.

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 Each

Amount Per Serving

Calories	410.70		
Fat	19.64g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	41.25mg		
Sodium	758.90mg		
Carbohydrates	35.64g		
Fiber	2.52g		
Sugar	8.60g		
Protein	22.77g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	417.28mg	Iron	0.66mg

PB & J

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12517

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER CRMY 12-16Z JIF	1/4 Cup		331921
JELLY ASST 6-10 GFS	1 Tablespoon		100978
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	610.00		
Fat	34.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	606.70mg		
Carbohydrates	63.00g		
Fiber	8.00g		
Sugar	23.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	14.00mg

Canadian Grilled Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12521

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each		152121
SEASONING CHIX CANAD 20Z TRDE	1/4 Teaspoon		776963

Preparation Instructions

Sprinkle chicken breasts with Canadian seasoning before heating.

SLE Components

Amount Per Serving

Meat	2.50
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 Each

Amount Per Serving

Calories	120.00		
Fat	2.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	390.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Salisbury Steak

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12524

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	30 Each		451400
GRAVY MIX BROWN 12-15Z GCHC	7 1/2 Ounce		242450

Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

SLE Components

Amount Per Serving

Meat	3.00
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: 30.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	236.33		
Fat	17.13g		
SaturatedFat	7.00g		
Trans Fat	1.00g		
Cholesterol	70.00mg		
Sodium	458.61mg		
Carbohydrates	1.01g		
Fiber	0.00g		
Sugar	0.25g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.70mg	Iron	1.60mg

Lasagna Roll-Ups- HS

Servings:	470.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12548

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	470 Each		234041
SAUCE SPAGHETTI 6-10 P/L	7 #10 CAN		744520
CHEESE MOZZ SHRD 4-5 LOL	30 Cup		645170

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
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: 470.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	286.09		
Fat	7.92g		
SaturatedFat	4.39g		
Trans Fat	0.00g		
Cholesterol	23.83mg		
Sodium	489.89mg		
Carbohydrates	33.88g		
Fiber	2.77g		
Sugar	8.34g		
Protein	17.56g		
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	362.36mg	Iron	1.47mg

Pizza Burger- Milford

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12566

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
SAUCE SPAGHETTI 6-10 P/L	1 Tablespoon	READY_TO_EAT None	744520
PEPPERONI SLCD 14-16/Z 2-5 GFS	3 Each		729981
CHEESE MOZZ SHRD 4-5 LOL	1 1/2 Tablespoon		645170
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
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 Each

Amount Per Serving

Calories	353.70		
Fat	18.71g		
SaturatedFat	6.86g		
Trans Fat	0.77g		
Cholesterol	60.25mg		
Sodium	564.85mg		
Carbohydrates	23.88g		
Fiber	3.25g		
Sugar	4.38g		
Protein	21.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	105.13mg	Iron	9.19mg

Ham, Egg, & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12594

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each		462519
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice		271411
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each		172172

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.33		
Fat	18.64g		
SaturatedFat	8.32g		
Trans Fat	0.15g		
Cholesterol	107.25mg		
Sodium	755.16mg		
Carbohydrates	33.14g		
Fiber	2.00g		
Sugar	5.82g		
Protein	15.60g		
Vitamin A	200.00IU	Vitamin C	0.14mg
Calcium	112.14mg	Iron	1.80mg

Philly Steak & Cheese- WMS

Servings:	70.00	Category:	Entree
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12610

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Package		722110
BEEF STK PHLL SEAS CKD 2.92Z 6-5 JTM	1 1/2 Package		720861

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
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: 70.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving

Calories	152.77		
Fat	10.15g		
SaturatedFat	5.06g		
Trans Fat	0.31g		
Cholesterol	41.00mg		
Sodium	479.13mg		
Carbohydrates	2.93g		
Fiber	0.00g		
Sugar	1.19g		
Protein	11.69g		
Vitamin A	228.57IU	Vitamin C	0.00mg
Calcium	121.39mg	Iron	0.86mg

Peas & Carrots- Middle School

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12611

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GFS	14 Pound		285660
CARROT SLCD SMTH MED 30 GFS	6 Pound		285750
BUTTER SUB 24-4Z BTRBUDS	4 Ounce		209810
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993

Preparation Instructions

Spray 2 medium pans with vegeline.

Place 3 pounds carrots and 7 lbs. peas in each pan. Steam 8-10 minutes.

Temp at 135 degrees.

Steam as close to serving time as possible for best quality.

1 lb. peas & carrots = 4.8, 1/2 cup servings

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.38
Starch	0.00

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	39.08		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.70mg		
Carbohydrates	6.97g		
Fiber	2.20g		
Sugar	2.20g		
Protein	2.61g		
Vitamin A	547.62IU	Vitamin C	0.09mg
Calcium	0.76mg	Iron	0.59mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12612

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Slice	3 slices should weigh 1.5 oz.	100187
Turkey Breast Deli	1 3/4 Ounce	Adjust meat slicer to slice turkey breast to approximately 1.75 oz. (Anywhere from 1.59 oz. to 1.99 oz. is acceptable.)	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113

Preparation Instructions

Arrange turkey, ham , & cheese on sub bun.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving			
Calories	307.13		
Fat	9.66g		
SaturatedFat	3.83g		
Trans Fat	0.00g		
Cholesterol	60.45mg		
Sodium	921.32mg		
Carbohydrates	34.56g		
Fiber	2.00g		
Sugar	6.23g		
Protein	25.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

PB & J with Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12718

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER CRMY 12-16Z JIF	2 Tablespoon		331921
JELLY ASST 6-10 GFS	1 Tablespoon		100978
380 - Aunt Millie's WG Honey White Bread	2 Each		380
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Spread peanut butter on one slice of bread.

Spread jelly on other slice of bread.

Put slices together for sandwich.

Place in bag with cheese stick and seal.

*Take allergen precautions with peanut butter and assemble in separate area of kitchen.

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 Each

Amount Per Serving			
Calories	500.00		
Fat	24.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	666.70mg		
Carbohydrates	56.00g		
Fiber	6.00g		
Sugar	20.00g		
Protein	19.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	221.00mg	Iron	13.00mg

Field Trip Sack Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12730

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 IW 168-1Z LOL	1 Each		786580
CHIP HARV CHED 104-SSV SUNCHIP	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.	105260
APPLESAUCE CINN UNSWT CUP 96-4.5Z	1 Each		699180
JUICE BOX PNCH FRTABLES+ 36-6.75FLZ	1 Each		460602
COOKIE SFT CHOC CHIP IW 180-1.4Z DARL	1 Each		190497

Preparation Instructions

Place all items in paper bag.

Students can take 1 bag and milk.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.75
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	830.00
Fat	33.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	835.00mg
Carbohydrates	119.00g

Fiber	9.00g
Sugar	56.00g
Protein	20.00g
Vitamin A 700.00IU	Vitamin C 60.00mg
Calcium 280.00mg	Iron 2.86mg

Chef Salad- Middle School

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12731

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
CHEESE CHED MLD SHRD 4-5# COMM	1/4 Cup		150250
Turkey Breast Deli	1 4/5 Ounce	Weigh	100121
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CUCUMBER SDLSS 12-1CT P/L	1/8 Cup		532312
CAULIFLOWER BITE SIZE 2-3 RSS	1/8 Cup		732486

Preparation Instructions

Package nicely in salad container.

Students can take goldfish, cornbread, fruit, additional vegetables, and milk with salad.

Diced ham may be used in place of turkey. 2.3 oz. weight of commodity ham= 1.75 oz. meat/meat alternate

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	195.71		
Fat	11.36g		
SaturatedFat	7.17g		
Trans Fat	0.00g		
Cholesterol	61.70mg		
Sodium	499.73mg		
Carbohydrates	6.59g		
Fiber	1.97g		
Sugar	2.42g		
Protein	19.08g		
Vitamin A	502.02IU	Vitamin C	9.66mg
Calcium	223.26mg	Iron	0.64mg