

# **Cookbook for Houghton-Portage Twp. Schools**

**Created by HPS Menu Planner**

# **Cookbook for BHK**

**Created by HPS Menu Planner**

# Table of Contents

No Recipes found

# **Cookbook for HPTS ELE**

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# Table of Contents

[Trix Yogurt Meal](#)

[Grab and Go Lunch Box](#)

[Variety Oatmeal with Scooby Snacks](#)

# Trix Yogurt Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1825

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Each		736280

## Preparation Instructions

At service time place yogurt , cheese stick, muffin and goldfish crackers on tray. ( Or prep ahead in a Zip Lock, Box, etc.)

### SLE Components

Amount Per Serving

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

# Grab and Go Lunch Box

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1827

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CHEESE STIX CHED MLD R/F IW 168- 1Z	2 Each		786830

## Preparation Instructions

Prepare ahead in grab and go box: cereal, muffin and 2 cheese sticks.

### SLE Components

Amount Per Serving

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

# Variety Oatmeal with Scooby Snacks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11582

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATMEAL INST VAR PACK 52CT QUAK	1 Each		756511
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.94
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00



# **Cookbook for HPTS High**

**Created by HPS Menu Planner**

# Table of Contents

**WG Waffles**

**Philly Steak and Cheese Panini**

**Turkey and Cheese Sub**

**Chicken Tender Wrap**

**Grab and Go Lunch Box**

**Mostaccioli with Beef Italian Meatballs**

**BBQ Boneless Chicken Breast Sandwich**

**Popcorn Chicken w/ WG Honey Roll**

**Popcorn Chicken Salad W/ Goldfish**

**Egg Salad Sandwich**

**Build Your Own Fiesta Nachos**

**Chicken Sandwich**

**Teriyaki Chicken and Brown Rice**

**Stir Fry Veggies**

**Romaine Spinach Mix**

**Variety Oatmeal with Scooby Snacks**

**Greek Yogurt Meal**

**Deli Sub**

**Ham & Cheese Sub**

**Chicken Salad Sandwich**

**Roast Beef Sandwich**

**Fruit Parfait with Boiled Egg, 2 WG sides Cook's Choice HS/MS**

**Pretzel and Cheese**

**Sriracha Chicken Tender Meal with Fries**

**Walking Taco (Regular Tortilla Chips)**

**Walking Taco (Dorito Nacho Chips)**

**Mashed Potato Chicken Bowl w/ WG Roll**

**Chicken and Cheese Crisпитos with Cheese Cup**

**Whole Grain Cheese Breadstick**

**Pepperoni WG Breadsticks**

**Sriracha Chicken Chunk Meal with Fries**

**Pizza Calzone**

**Spicy Chicken Sandwich**

**Beef Pasty with String Cheese**

**Strawberry Spinach Salad**

**Poppy Seed Dressing for Strawberry Spinach Salad**

**Macaroni and Cheese with Shrimp Poppers**

**French Toast Sticks with Egg Patty MS/HS**

**Breakfast Sandwich**

**Yogurt served with Funnel Cake**

**Scrambled eggs served on two tortillas; offer onion, pepper, and cheese on the side**

**Blueberry Smoothie**

**Mango Smoothie**

**Mixed Berry Smoothie**

**Strawberry Smoothie**

**Strawberry-Blueberry Smoothie**

**Onion and Pepper (Burrito Topping)**

# WG Waffles

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 waffle	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1467

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MIX MULTI GRAIN 6-5 GFS	9 3/4 Cup	BAKE See Package Instructions	413210
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	2 1/2 Fluid Ounce		292702
Tap Water for Recipes	6 Cup	UNPREPARED	000001WTR

## Preparation Instructions

Read Package Instructions and prepare accordingly.

The following instructions are for a half batch yielding approximately 20 waffles.

1. Preheat waffle iron
2. Whip ingredients together, don't over mix
3. Spray iron with food release
3. Pour 4 ounces of batter into waffle iron, close lid, and flip.
4. Wait approximately 3 minutes or until the waffle is golden brown.

### SLE Components

Amount Per Serving

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

# Philly Steak and Cheese Panini

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1470

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD STN BKD 6x12 24CT SIENNA	2 Each		509251
BEEF STK PHLL SEAS CKD 2.92Z 6-5 JTM	4 Each		720861
EGG SCRMBD PTY RND 3.25 200-1Z GFS	4 Each		462519
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260

## Preparation Instructions

Heat Eggs and Meat according to manufacturer instructions, then assemble the sandwich. On a flat bread, put an egg on each quarter/corner, steak on each egg, then a slice of cheese over top. Put the second flat bread on top. Grill to melt the cheese. Cut into 4 sandwiches.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Turkey and Cheese Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1810

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

## Preparation Instructions

1. Place turkey and cheese on the bottom of the sub bun.
2. Place top of sub bun on the sandwich.
3. Put parchment paper on a 13x24 cookie sheet. place sandwiches on top.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.08
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Chicken Tender Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Salad Meal	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1813

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690
LETTUCE ROMN HRTS CHPD 6-2 TAYLR FRM	1 1/2 Cup		688853
SPINACH BABY CLND 2-2 RSS	1/2 Cup		560545
Grape Tomatoes	1/4 Cup		749041
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Package		554693

## Preparation Instructions

1. Place chicken tenders on 13x24 parchment lined cookie sheet.
2. Place in preheated 325 degree oven.
3. Bake for 20 minutes until internal temperature reaches 165 degrees for at least 15 seconds.
4. Cool to 70 degrees within 2 hrs and then to 41 degrees within 6 hrs.
5. Place tortilla in container, top with lettuce, and spinach, cheese, tomatoes, and chicken.
6. Serve with 1 pkg. of ranch dressing.
7. Label and date mark. Place in cooler until serving time.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13



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

# Grab and Go Lunch Box

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1827

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CHEESE STIX CHED MLD R/F IW 168- 1Z	2 Each		786830

## Preparation Instructions

Prepare ahead in grab and go box: cereal, muffin and 2 cheese sticks.

### SLE Components

Amount Per Serving

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

# Mostaccioli with Beef Italian Meatballs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1832

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1/2 Cup		315494
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SEASONING ITAL HRB 6Z TRDE	1/4 Teaspoon		428574
PASTA PENNE PLUS 2-10 BARILLA	2 Ounce	BOIL Cooking Time: 10 Minutes Pre-cooking time: 7 Minutes	551321

## Preparation Instructions

Prepare Pasta Separately

1. Put meatballs in steam table pan.
2. Mix sauce and Italian herbs together.
3. Cover meatballs with sauce.
4. Cook in steamer for 40 minutes.
5. At service time, place 4 meatballs and 1/2 cup sauce over 1 cup cooked pasta.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# BBQ Boneless Chicken Breast Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1837

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ SWEET 4-1GAL GFS	1 Tablespoon	Brush with sauce, bake a few minutes.	435170
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Put 1 chicken breast on a bun.	517810
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each		561331

## Preparation Instructions

1. Place 20 patties on a parchment lined 13x24 cookie sheet.
2. Place cookie sheet into a preheated 325 degree oven.
3. Bake for 20 minutes until internal temperature reaches 165 degrees for at least 15 seconds.
4. Brush with 1 Tbsp. BBQ sauce and return to oven for a few minutes.
5. At service time place one patty onto bun and serve.

### SLE Components

Amount Per Serving

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

# Popcorn Chicken w/ WG Honey Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2185

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each		751701

## Preparation Instructions

1. Place parchment paper on a 13X24 baking sheet.
2. Place pan into a preheated 325 degree oven and bake for 17 minutes until temperature reaches 135 degrees and held for at least 15 seconds.
3. At service time serve 10 pieces of popcorn chicken and 1 dinner roll.

### SLE Components

Amount Per Serving

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

# Popcorn Chicken Salad W/ Goldfish

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2685

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
LETTUCE ROMN HRTS CHPD 6-2 TAYLR FRM	1 1/2 Cup		688853
SPINACH BABY CLND 2-2 RSS	1/2 Cup		560545
Grape Tomatoes	1/4 Cup		749041
CHEESE CHED MLD SHRD 4- 5# COMM	1/2 Ounce		150250
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Each		736280

## Preparation Instructions

1. Place popcorn chicken on a parchment paper lined 13x24 cookie sheet.
2. Place in preheated 325 degree oven.
3. Bake for 20 minutes until internal temperature reaches 165 degrees for at least 15 seconds.
4. Cool to 70 degrees in 2 hrs. for less and then to 41 degrees in 6 hrs. or less.
5. Place romaine and spinach into container, top with cheese, tomatoes, and chicken.
6. Label and date mark, place into cooler until serving time. Serve with one package of goldfish.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.79
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

**Starch**

0.00

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# Egg Salad Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10781

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	1/3 Cup		695210
BREAD 7 GRAIN SLCD 3/4 7-2 GFS	2 Slice		230812

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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



# Build Your Own Fiesta Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11207

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Seasoning Mix	2 tsp.	BAKE	5935879
BEEF GRND 40 COMM	2 17/25 Ounce		110520
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	2 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
SAUCE CHS CHED MILD 6- 10 MI PUEBLO	1/4 Cup	READY_TO_EAT Ready to eat.	141931

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11296

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Teriyaki Chicken and Brown Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11332

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	2 17/20 Ounce		890911
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	<b>BOIL</b> 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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

# Stir Fry Veggies

<b>Servings:</b>	64.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11333

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	20 Cup		732478
Carrots, Baby 15/1	1 Cup		381413
ONION SPANISH JUMBO 10 P/L	2 Cup		109620
PEPPERS RED DOMESTIC 23 MRKN	2 Cup		560715
BOK CHOY BABY 10	2 Cup		139821
PEAS SGR SNAP STRINGLESS 10 P/L	2 Cup		778214
CAULIFLOWER BITE SIZE 2-3 RSS	2 Cup		732486
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GINGER GRND 16Z TRDE	1 Tablespoon		513695
SAUCE SOY 4-1GAL GFS	2 Tablespoon		124524

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.34
<b>RedVeg</b>	0.05
<b>OtherVeg</b>	0.07
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Romaine Spinach Mix

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11372

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	1/2 Cup		329401
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup		735787

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Variety Oatmeal with Scooby Snacks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11582

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATMEAL INST VAR PACK 52CT QUAK	1 Each		756511
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.94
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Greek Yogurt Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11750

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT GRK VAR PK FF 12-5.3Z OIKOS	1 Each		230822
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Each		736280

## Preparation Instructions

At service time place yogurt , cheese stick, muffin and goldfish crackers on tray. ( Or prep ahead in a Zip Lock, Box, etc.)

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Deli Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11751

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce		236012
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.24
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00



# Ham & Cheese Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11752

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	4 Slice		690041
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Chicken Salad Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11753

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD CHIX DELI STYL 2-5 GFS	1/3 Cup		167870
BREAD RYE SWRL SLCD 1/2 8-34Z GCHC	2 Slice		219690

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

# Roast Beef Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11754

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	2 Slice	READY_TO_EAT Open, pour and enjoy!	726567
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
Beef Round Roast, Top (Inside, Cap-Off)	4 Ounce		19864

## Preparation Instructions

4oz Roast Beef is 6 slices = 2oz credible M/Ma according to Formulation Document

### SLE Components

Amount Per Serving

<b>Meat</b>	3.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Fruit Parfait with Boiled Egg, 2 WG sides

## Cook's Choice HS/MS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12304

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	4 Ounce		541966
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1 3/10 Ounce		621420
STRAWBERRY SLCD 4+1 6-6.5 GFS	2 7/10 Ounce		293393
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Each	READY_TO_EAT Ready to Eat	893711
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800

### Preparation Instructions

1. Scoop 4 ounces of Vanilla Yogurt into clear plastic cup.
2. Put 1/2 cup strawberries on top of yogurt (combination of 2:1 frozen diced strawberries and tub of sliced strawberries in sugar)
3. Label and date mark.
4. Serve with hard boiled egg , muffin, and a bag of pretzels. (or cooks choice of 2oz grain components; may substitute muffin or pretzels for Granola GFS item: 649742)

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Pretzel and Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12329

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT KING SIZE 5Z 50CT J&J	1 Each	Place in pretzel warmer in the morning to thaw.	424714
SAUCE CHS CHED DIP CUP 140-3Z LOL	2 Each		528690

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	5.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Sriracha Chicken Tender Meal with Fries

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12330

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	4 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
FRIES TWISTER SEAS 6-5 LAMB	2 1/4 Ounce		182600
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.67
<b>Grain</b>	2.33
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

# Walking Taco (Regular Tortilla Chips)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12331

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND IND SRV 36-3Z GEHL	1 Package		861987
BEEF GRND 40 COMM	2 17/25 Ounce		110520
SAUCE CHS NACHO AMIGO 4-107Z ORTG	2 Ounce		263508

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	4.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Walking Taco (Dorito Nacho Chips)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12332

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	2 17/25 Ounce		110520
SAUCE CHS NACHO AMIGO 4-107Z ORTG	2 Ounce		263508
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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



# Mashed Potato Chicken Bowl w/ WG Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12356

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	4 Ounce		146581
Sysco Chicken Gravy Mix	1/4 Cup	Prepare gravy according to packaging. There are approximately 68- 1/4 cup servings per bag.	
CORN FZ 30 COMM	2 Ounce	Heat corn. Scoop 1/4 cup corn over the potatoes and gravy.	120490
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

## Preparation Instructions

- Prepare ingredients according to their packaging.
- Scoop 4oz of prepared potatoes into individual serving bowl.
- Ladle 2oz of prepared gravy over potatoes.
- Scoop 2oz of prepared corn over potatoes and gravy.
- Sprinkle 10 pieces of prepared popcorn chicken per bowl.
- On the side, serve a WG roll.
- Snap the lid onto the bowl.
- Label and date mark.
- Keep hot.

### SLE Components

Amount Per Serving

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

<b>Legumes</b>	0.00
<b>Starch</b>	0.75

# Chicken and Cheese Crisпитos with Cheese Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12357

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHS 72-2.75Z	2 Each	<b>BAKE</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. Conventional Oven 10 - 12 minutes at 375°F from frozen. 4 - 6 minutes at 375°F from thawed. <b>CONVECTION</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. Convection Oven 9 - 11 minutes at 350°F from frozen. <b>DEEP_FRY</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. Deep Fry 4 - 4 1 2 minutes at 350°F from frozen. 2 1 2 minutes at 350°F from thawed. <b>MICROWAVE</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. Microwave Wrap 2 pieces in a paper towel and heat for 2 1 2 minutes on High from frozen. Heat 1 1 2 minutes on High from thawed.	539635
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690

## Preparation Instructions

Bake crisпитos in servings of 2 each.

Label and date mark packaging.

Offer Cheese Cup.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00

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

# Whole Grain Cheese Breadstick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12358

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
BREADSTICK CHS STFD 108-3Z BOSC	2 Piece		432180

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Pepperoni WG Breadsticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12360

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PIZZA STFD PEPP 7 6-30CT	2 Each		193740

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	4.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Sriracha Chicken Chunk Meal with Fries

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12362

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES TWISTER SEAS 6-5 LAMB	2 1/4 Ounce		182600
CHIX BRST CHNK BRD SRIRACHA 4-7.12	6 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.	750892
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

# Pizza Calzone

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12364

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each		135191

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00



# Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12365

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Beef Pasty with String Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12366

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTIES BF BULK 36-6Z ALB	1 Each		504858
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

# Strawberry Spinach Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12369

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CLAMSHELL 8 MRKN	4 Ounce		212768
SPINACH LEAF FLAT CLND 4-2.5 RSS	4 Cup		329401
Chicken Fajita Breast Strips	3 Ounce	<b>HEAT_AND_SERVE</b> Fully Cooked; Reheat to 140°F Conventional Oven: 6-8 Minutes at 400°F Convection Oven: 5-7 Minutes at 375°F Microwave: 8-10 strips on high for 3 minutes	15632
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Each		736280
ALMOND SLIVERED BLNCHD 4-2.5 GFS	1 Ounce		134890

## Preparation Instructions

Prepare ahead: Poppy Seed Dressing (See recipe) and Roasted Almonds

To roast almonds, spread a thin layer on a baking sheet, bake for 10 minutes at 325, cool and batch into 1oz cups for storage.

1. Place fresh ingredients in salad container
2. Put a 2oz cup of homemade Poppy Seed Dressing in salad container
3. Close the salad container and bag or serve with the following sides: 1 muffin, 1 package of goldfish
4. Label and date, store in cooler until serving time

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.44
<b>GreenVeg</b>	2.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

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

# Poppy Seed Dressing for Strawberry Spinach Salad

<b>Servings:</b>	32.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12371

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL 25 GFS	1 Cup		108642
SPICE PAPRIKA SPANISH 16Z TRDE	2 Teaspoon		225002
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	1 Cup		292702
VINEGAR APPLE CIDER 5 4-1GAL GFS	2 Cup		430795
SPICE POPPY SEED WHOLE 20Z TRDE	1 Cup		225134
SAUCE WORCESTERSHIRE 24-5FLZ L&P	2 Teaspoon		109835

## Preparation Instructions

Mix Ingredients. Batch into 2oz cups. Makes approximately 32 servings.

### SLE Components

Amount Per Serving

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

# Macaroni and Cheese with Shrimp Poppers

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12441

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	67/100 Cup		119122
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	3 Ounce		275752

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# French Toast Sticks with Egg Patty MS/HS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12463

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	6 Each		646222
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	<b>BAKE</b> Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091

## Preparation Instructions

1. Place french toast sticks (65 per pan) on parchment lined 13x24 cookie sheet.
2. Place cookie sheet into a preheated 325 degree oven.
3. Bake for 8 - 10 minutes to 165 degrees for at least 15 seconds.
4. Place egg patties in 2 inch steam table pan. Steam for 20 minutes to 145 degrees for at least 15 seconds.
5. At service place 3 french toast sticks, 1 egg patty, and 1 syrup cup on tray.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Breakfast Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12628

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	<b>BAKE</b> Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each		462519
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

Thaw frozen ingredients overnight. Put one sausage, egg, then slice of cheese on the bagel and bake to temp.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00



# Yogurt served with Funnel Cake

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12631

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup		541966
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351
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

Offer bulk yogurt, funnel cake and granola.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.58
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Scrambled eggs served on two tortillas; offer onion, pepper, and cheese on the side

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12687

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND 6-5 GFS	1 Cup		465771
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690

## Preparation Instructions

Prepare eggs according to manufacturer instructions, serve on two tortillas.

### SLE Components

Amount Per Serving

<b>Meat</b>	5.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Blueberry Smoothie

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12712

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY IQF 4-5 GFS	32 Ounce		166720
YOGURT VAN L/F 6-32Z DANN	32 Ounce		541966
Fat Free Skim Milk	1 Half Pint- 236mL		

## Preparation Instructions

One batch makes 5 smoothies: Blend a full tub (32 oz) yogurt with 32oz blueberries (preferably thawed), blend, adding a carton of milk, give or take, as necessary for desired consistency. Divide between five 12 ounce cups (almost full), then lid and label.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.60
<b>Grain</b>	0.00
<b>Fruit</b>	0.80
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Mango Smoothie

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12713

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MANGO CHUNKS IQF 4-5 GFS	32 Ounce		120750
YOGURT VAN L/F 6-32Z DANN	32 Ounce		541966
Fat Free Skim Milk	1 Half Pint- 236mL		

## Preparation Instructions

One batch makes 5 smoothies: Blend a full tub (32 oz) yogurt with 32oz fruit (preferably thawed), blend, adding a carton of milk, give or take, as necessary for desired consistency. Divide between five 12 ounce cups (almost full), then lid and label.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.60
<b>Grain</b>	0.00
<b>Fruit</b>	0.80
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Mixed Berry Smoothie

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12714

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BERRIES THREE BLEND 4-5 GFS	32 Ounce		221020
YOGURT VAN L/F 6-32Z DANN	32 Ounce		541966
Fat Free Skim Milk	1 Half Pint- 236mL		

## Preparation Instructions

One batch makes 5 smoothies: Blend a full tub (32 oz) yogurt with 32oz fruit (preferably thawed), blend, adding a carton of milk, give or take, as necessary for desired consistency. Divide between five 12 ounce cups (almost full), then lid and label.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.60
<b>Grain</b>	0.00
<b>Fruit</b>	0.80
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Strawberry Smoothie

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12715

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	32 Ounce		621420
YOGURT VAN L/F 6-32Z DANN	32 Ounce		541966
Fat Free Skim Milk	1 Half Pint- 236mL		

## Preparation Instructions

One batch makes 5 smoothies: Blend a full tub (32 oz) yogurt with 32oz blueberries (preferably thawed), blend, adding a carton of milk, give or take, as necessary for desired consistency. Divide between five 12 ounce cups (almost full), then lid and label.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.60
<b>Grain</b>	0.00
<b>Fruit</b>	0.80
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Strawberry-Blueberry Smoothie

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12717

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	16 Ounce		621420
BLUEBERRY IQF 4-5 GFS	16 Ounce		166720
YOGURT VAN L/F 6-32Z DANN	32 Ounce		541966
Fat Free Skim Milk	1 Half Pint- 236mL		

## Preparation Instructions

One batch makes 5 smoothies: Blend a full tub (32 oz) yogurt with 32oz fruit, [half strawberries, half blueberries] (preferably thawed), blend, adding a carton of milk, give or take, as necessary for desired consistency. Divide between five 12 ounce cups (almost full), then lid and label.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.60
<b>Grain</b>	0.00
<b>Fruit</b>	0.80
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

# Onion and Pepper (Burrito Topping)

<b>Servings:</b>	8.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12729

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION SPANISH JUMBO 10 P/L	16 Ounce		109620
PEPPERS RED DOMESTIC 23 MRKN	2 Cup		560715
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	4 Tablespoon		292702

## Preparation Instructions

Dice onions and peppers, roast them in the oven with a drizzle of vegetable oil until they are tender-crisp and cooked to temp.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.29
<b>Legumes</b>	0.00
<b>Starch</b>	0.00



# **Cookbook for HPTS MS**

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# Table of Contents

No Recipes found