

Cookbook for FLAT ROCK-HAW CREEK SCHOOL

Created by HPS Menu Planner

Table of Contents

Toasted Cheese Sandwich

Taco Walking MTG

Sandwich Chicken Patty MTG

Salad Spinach Side MTG

Salad Mixed Green MTG

Pancakes with Sausage

Hot Dog on Bun

Hamburger Deluxe

Fruit & Cheese Kabob MTG

Fries Sweet Potato Crinkle MTG

Calzone Three Cheese MTG

Popcorn Chicken

Broccoli Steamed

Asian Rice

Hot Ham and Cheese

Seasoned Sweet Potato Fries

Lucky Charm Cereal Kit

Coco Puff Cereal Kit

Cinn Toast Crunch Cereal Kit

Multi Grain Cheerio Kit

Pop Tart

Egg And Bacon Bagels

Pancake Wrap

Poptart- Frosted Cinn

Strawberry Pop Tart

Cheese stick

Donut

Breakfast Burrito

Breakfast Pizza

Double Choc Oatmeal Breakfast Bar

Choc Chip Oatmeal Breakfast Bar

Banana Muffin

Blueberry Muffin

Double Choc Muffin

Triple Cherry Yogurt

Strawberry Bash Yogurt

Applesauce

Prairie Farm Plain Milk

Prairie Farm Choc Milk

Prairie Farm Strawberry Milk

Fresh Grapes

100% Apple Juice

Fresh Apple Slices

100% Orange Juice

Peanut Butter Cup

Wow Butter Cup

Raisins

100% Fruit Punch

Baked Beans

Turkey Manhattan

Turkey and Noodles

Chicken Fajita

Biscuit and gravy

Deli Sub

Breaded steak and gravy

Spicy Chicken Patty

Chicken Bacon Club

Seasoned Corn

Chili

Lasagna roll up

Breaded Chicken Leg

Popcorn Chicken

Fish Shapes

Gilardi Pizza(turkey)

Gilardi Pizza(cheese)

Steamed Peas

Potato Wedges

Mashed Potato

Beef n Noodle

Toasted Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-426

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 1/2 Cup		191205
BREAD WGRAIN HNY WHT 16-24Z GFS	200 Slice		204822
CHEESE AMER 160CT SLCD 6-5 COMM	200 Slice		150260

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 2 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
- 6: CCP: Heat to 140° F or higher.
- 7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Notes:

- 1: Comments:
- 2: *See Marketing Guide.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 304.00

Fat 13.64g

SaturatedFat 6.68g

Trans Fat 0.00g

Cholesterol 32.20mg

Sodium 711.60mg

Carbohydrates 37.00g

Fiber 4.00g

Sugar 7.00g

Protein 11.00g

Vitamin A 396.00IU **Vitamin C** 0.00mg

Calcium 230.00mg **Iron** 2.16mg

Taco Walking MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-427

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Package		696871
TACO FILLING BEEF 4-5 GFS	12 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Cup		191043
SALSA 103Z 6-10 REDG	7 Pound	READY_TO_EAT	452841
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 3/5 Ounce		242489

Preparation Instructions

WASH HANDS.

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

1. In a tilt-skillet, cook beef and drain fat.

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

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

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

OR

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

Updated October 2013

SLE Components

Amount Per Serving

Meat	0.25
Grain	1.25
Fruit	0.00

GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	248.86
Fat	11.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	437.73mg
Carbohydrates	24.52g
Fiber	3.02g
Sugar	1.76g
Protein	10.75g

Vitamin A	207.91IU	Vitamin C	1.49mg
Calcium	123.85mg	Iron	1.30mg

Sandwich Chicken Patty MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
4" Whole Grain Rich Hamburger Buns	2 Ounce	READY_TO_EAT	3475

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

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

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable Updated October 2013

SLE Components

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	241.40
Fat	13.02g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	462.30mg
Carbohydrates	15.25g
Fiber	3.02g
Sugar	1.03g
Protein	14.05g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.06mg	Iron	2.08mg

Salad Spinach Side MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-430

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	6 1/4 Gallon		560545
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	+/- 7 lbs	199001
CUCUMBER SELECT 6CT MRKN	30 Cup	+/- 10 lbs	592323

Preparation Instructions

WASH HANDS.

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

1. Place spinach into a mixing bowl.
2. Core and dice tomatoes.
3. Chop cucumbers.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

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

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

Updated October 2013

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.15
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	10.09
Fat	0.06g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.07mg
Carbohydrates	2.20g
Fiber	1.28g
Sugar	0.73g

Protein	1.23g		
Vitamin A	143.83IU	Vitamin C	2.53mg
Calcium	34.03mg	Iron	1.09mg

Salad Mixed Green MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-432

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	10 1/2 Pound	+/- 100 Shredded Cups	305812
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	+/- 7 lbs	199001
CUCUMBER SELECT SUPER 45 MRKN	30 Cup	+/- 10 lbs	198587

Preparation Instructions

WASH HANDS.

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

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

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

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	21.89
Fat	0.06g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.07mg
Carbohydrates	4.56g
Fiber	1.96g
Sugar	2.41g
Protein	1.91g

Vitamin A	143.83IU	Vitamin C	2.53mg
Calcium	30.91mg	Iron	0.69mg

Pancakes with Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-434

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN 144CT 1.14Z AJ	2 Ounce		617650
SYRUP PANCK CUP 200-1.5Z GFS	1 Each		160090
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	2 Each		184970

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.13
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	393.33		
Fat	12.00g		
SaturatedFat	2.67g		
Trans Fat	0.00g		
Cholesterol	66.67mg		
Sodium	400.00mg		
Carbohydrates	58.33g		
Fiber	2.00g		
Sugar	22.33g		
Protein	15.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.92mg

Hot Dog on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-435

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
6" Whole Grain Rich Hot Dog Bun	1 Each		3709

Preparation Instructions

WASH HANDS.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

Conventional oven: 400°F

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

2. Serve within 3 hours.

3. Serve with ketchup packet (optional).

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

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

Updated January 2016

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 Serving

Amount Per Serving

Calories	2.80		
Fat	0.18g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.45mg		
Sodium	7.70mg		
Carbohydrates	0.21g		
Fiber	0.00g		
Sugar	0.04g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.40mg **Iron** 0.01mg

Hamburger Deluxe

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-436

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
4" Whole Grain Rich Hamburger Buns	1 Ounce	READY_TO_EAT	3475
BACON CKD RND 192CT HRML	1 Gram		433608
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071

Preparation Instructions

WASH HANDS.

1. Cook beef patty as directed on package.
2. Layer patty, bacon, & Cheese. Top with remaining half of roll.

Wrap and hold 135'

3. Serve.

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

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	2.49
Fat	0.13g
SaturatedFat	0.05g
Trans Fat	0.01g
Cholesterol	0.49mg
Sodium	5.28mg
Carbohydrates	0.16g
Fiber	0.02g

Sugar	0.03g
Protein	0.18g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1.22mg	Iron 0.05mg

Fruit & Cheese Kabob MTG

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-437

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CLAMSHELL 8 MRKN	1 3/4 Gallon		212768
GRAPE RED SDLSS 5 P/L	1 3/5 Gallon		596914
MELON MUSK CANTALOUPE 12CT MFC	25 Cup		200565
CHEESE COLBY JK CUBED 6-1 GCHC	6 1/4 Pound		471461

Preparation Instructions

WASH HANDS.

WASH FRESH PRODUCE UNDER COOL RUNNING WATER. SCRUB OUTSIDE OF MELONS. RINSE & DRAIN WELL.

1. Trim strawberries and Melon. Cut melon into bite size chunks using a melon baller or knife (make sure they are large enough to fit onto the skewer).
2. Using medium-size kabob skewers, place 1/4 cup of each fruit as well as 1 ounce of cheese onto skewers in an alternating pattern. This may take 2-3 skewers.
3. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE, MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

1 Serving provides: 1 oz. Meat/Meat Alternate, and 3/4 cup fruit

Updated October 2013

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.28
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 Serving

Amount Per Serving

Calories	46.07
Fat	0.30g
SaturatedFat	0.11g
Trans Fat	0.00g
Cholesterol	0.47mg
Sodium	9.59mg
Carbohydrates	11.65g
Fiber	0.79g

Sugar	10.45g
Protein	0.69g
Vitamin A 48.65IU	Vitamin C 132.39mg
Calcium 12.92mg	Iron 0.16mg

Fries Sweet Potato Crinkle MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-438

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	19 3/4 Pound		628100

Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3: 17 oz svg = 1/2 c. red/orange vegetable

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	119.62		
Fat	4.49g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	179.43mg		
Carbohydrates	16.95g		
Fiber	2.99g		
Sugar	4.98g		
Protein	1.99g		
Vitamin A	3488.96IU	Vitamin C	2.39mg
Calcium	19.94mg	Iron	0.36mg

Calzone Three Cheese MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-440

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN 60-4.69Z GILARDI	100 Each		658591

Preparation Instructions

Directions:

0: Wash hands.

1: 1. Thaw under refrigeration.

2: 2. Spray with non-stick cooking spray before baking for a softer crust.

3: 3. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

Notes:

SLE Components

Amount Per Serving

Meat	4.00
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.26
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.00		
Fat	5.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	430.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	410.00mg	Iron	2.70mg

Popcorn Chicken

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-442

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD CKD WGRAIN 20	103 Ounce	bake conventional 350' for 10-14 min/convectional 350' 8-10 min Internal temp must be 165'	528840

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	4.61		
Fat	0.21g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.81mg		
Sodium	10.03mg		
Carbohydrates	0.31g		
Fiber	0.05g		
Sugar	0.00g		
Protein	0.36g		
Vitamin A	2.58IU	Vitamin C	0.00mg
Calcium	0.36mg	Iron	0.05mg

Broccoli Steamed

Servings:	45.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-443

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	1 Package	mix with 1 package of water	209810
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993
SALT IODIZED 24-26Z GFS	1 Teaspoon		108308
BROCCOLI CUTS IQF 30 KE	1 Gallon	45 servings	359010

Preparation Instructions

Directions:

WASH HANDS.

Use 2 slotted steam pans, and add 1.5 Gal Frozen Broccoli

Steam broccoli for 7 Minutes

Transfer Broccoli to solid steam pan, and

Mix all ingredients

Do not cover while holding at 135' or above

Child Nutrition: 4 oz spoon provides= 1/2 cup dark green vegetable

Notes:

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: 45.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	13.58
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	84.14mg
Carbohydrates	2.34g
Fiber	0.71g
Sugar	0.71g

Protein		0.36g	
Vitamin A	0.00IU	Vitamin C	10.67mg
Calcium	7.15mg	Iron	0.00mg

Asian Rice

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-444

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6-25.6Z RICE BROWN ASIAN LO SOD 45533	1 Ounce		238491

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	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Hot Ham and Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-445

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POCKET TKY HAM & CHS 80-4.8Z S&F FDS	1 Each		549632

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	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	2.80		
Fat	0.11g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	5.90mg		
Carbohydrates	0.31g		
Fiber	0.03g		
Sugar	0.04g		
Protein	0.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.37mg	Iron	0.02mg

Seasoned Sweet Potato Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-446

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sweet Potato Fries Tricut	1 Serving		409461

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	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Lucky Charm Cereal Kit

Servings:	1.00	Category:	Entree
Serving Size:	100.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12734

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525290

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 100.00

Amount Per Serving

Calories	290.00
Fat	5.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	325.00mg
Carbohydrates	57.00g
Fiber	3.00g
Sugar	29.00g
Protein	4.00g
Vitamin A 700.00IU	Vitamin C 67.20mg
Calcium 200.00mg	Iron 5.94mg

Coco Puff Cereal Kit

Servings:	1.00	Category:	Entree
Serving Size:	100.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12735

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	READY_TO_EAT Ready-to-eat	533130

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: 100.00

Amount Per Serving

Calories	100.00		
Fat	4.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Cinn Toast Crunch Cereal Kit

Servings:	1.00	Category:	Entree
Serving Size:	100.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12736

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	READY_TO_EAT Ready-to-eat	150471

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 100.00

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

Multi Grain Cheerio Kit

Servings:	1.00	Category:	Entree
Serving Size:	100.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package	READY_TO_EAT Ready to eat.	585321

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 100.00

Amount Per Serving			
Calories	260.00		
Fat	4.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	275.00mg		
Carbohydrates	52.00g		
Fiber	3.00g		
Sugar	18.00g		
Protein	4.00g		
Vitamin A	1000.00IU	Vitamin C	64.80mg
Calcium	180.00mg	Iron	7.92mg

Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	100.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12738

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAKFAST KIT POP-TART FUDG 72CT	1 Package	READY_TO_EAT Ready to Eat	787721

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 100.00

Amount Per Serving

Calories	340.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	340.00mg
Carbohydrates	71.00g
Fiber	4.00g
Sugar	33.00g
Protein	4.00g
Vitamin A 800.00IU	Vitamin C 63.60mg
Calcium 120.00mg	Iron 3.60mg

Egg And Bacon Bagels

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12739

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA EGG/TKY BCN WGRAIN 96-3.09Z	1 Each		552690

Preparation Instructions

Cook from frozen state. Convection Oven: Preheat to 375. Place unopened wrapper with pizza on a pan. Bake 15-17 minutes or until internal temp reaches a minimum 165 degree. Conventional Oven: Preheat to 400. Place unopened wrapper with pizza on pan. Bake 18-20 minutes or until internal temp reaches minimum 165 degree.

SLE Components

Amount Per Serving

Meat	1.00
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

Amount Per Serving

Calories	210.00		
Fat	9.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	360.00mg		
Carbohydrates	25.00g		
Fiber	0.00g		
Sugar	3.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.44mg

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12740

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202

Preparation Instructions

CONVENTIONAL OVEN: 350 DEGREE F. FROZEN, 32 MINUTES. THAWED, 24 MINUTES. CONVECTION OVEN: 350 DEGREES F. FROZEN, 20 MINUTES. THAWED 13 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING. HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	240.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	360.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Poptart- Frosted Cinn

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12741

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	190.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	16.00g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Strawberry Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12742

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	180.00		
Fat	2.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Cheese stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12743

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	60.00		
Fat	3.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	200.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	198.00mg	Iron	0.00mg

Donut

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12745

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RING WGRAIN GLZ IW 80-2.5Z	1 Each		668181

Preparation Instructions

Thaw in refrigerator overnight or at room temperature same day.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	230.00		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	6.00mg
Calcium	100.00mg	Iron	1.44mg

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12747

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO SAUS/BN/EGG/CHS WGRAIN 96-3.5	1 Each		497510

Preparation Instructions

REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED. MICROWAVE AND DEEP FRYING ARE NOT RECOMMENDED. CONVENTIONAL OVEN: 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN: 280 DEGREES F FOR 10-15 MINUTES

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	220.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	310.00mg
Carbohydrates	25.00g
Fiber	4.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 500.00IU	Vitamin C 15.00mg
Calcium 100.00mg	Iron 1.80mg

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12748

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	503640

Preparation Instructions

PREHEAT OVEN. CONVECTION OVEN: 350 DEGREES F, 11-14 MINUTES. CONVENTIONAL OVEN: 400 DEGREES F, 16-18 MINUTES. FOR FOOD SAFETY AND QUALITY HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F. APPLIANCES MAY VARY, ADJUST ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

SLE Components

Amount Per Serving

Meat	1.00
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

Amount Per Serving			
Calories		210.00	
Fat		7.00g	
SaturatedFat		2.00g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		330.00mg	
Carbohydrates		25.00g	
Fiber		3.00g	
Sugar		5.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	168.00mg	Iron	1.80mg

Double Choc Oatmeal Breakfast Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12749

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	262103

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

Amount Per Serving			
Calories	150.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

Choc Chip Oatmeal Breakfast Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12750

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194031

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

Amount Per Serving			
Calories	150.00		
Fat	4.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	105.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

Banana Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12751

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each		262362

Preparation Instructions

STORE FROZEN UNTIL READY TO USE. THAW OVERNIGHT UNDER REFRIGERATION. ONCE THAWED PRODUCT HAS A 21 DAY SHELF LIFE.

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

Amount Per Serving			
Calories	200.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.10g		
Cholesterol	10.00mg		
Sodium	110.00mg		
Carbohydrates	31.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.26mg	Iron	0.81mg

Blueberry Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12752

Ingredients

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

Preparation Instructions

STORE FROZEN UNTIL READY TO USE. THAW OVERNIGHT UNDER REFRIGERATION. ONCE THAWED PRODUCT HAS A 21 DAY SHELF LIFE.

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

Amount Per Serving			
Calories	190.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.10g		
Cholesterol	10.00mg		
Sodium	135.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.27mg	Iron	0.80mg

Double Choc Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12753

Ingredients

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

Preparation Instructions

STORE FROZEN UNTIL READY TO USE. THAW OVERNIGHT UNDER REFRIGERATION. ONCE THAWED PRODUCT HAS A 21 DAY SHELF LIFE.

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

Amount Per Serving			
Calories	180.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	105.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	3.00g		
Vitamin A	14.41IU	Vitamin C	0.05mg
Calcium	12.76mg	Iron	1.33mg

Triple Cherry Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12755

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911

Preparation Instructions

SERVE COLD IN READY TO EAT SINGLE SERVING

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	80.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	60.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	9.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	0.00mg

Strawberry Bash Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12756

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

Preparation Instructions

SERVE COLD IN READY TO EAT SINGLE SERVING

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	80.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	60.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	9.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	0.00mg

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12758

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	1 Each	Ready to eat	753911

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

Prairie Farm Plain Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12759

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Prairie Farms 1% Low Fat White Milk	1		

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	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	100.00		
Fat	2.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	120.00mg		
Carbohydrates	11.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Prairie Farm Choc Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12760

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Prairie Farms 1% Lowfat Chocolate Milk	1 Half Pint	READY_TO_DRINK	1555

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	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	150.00		
Fat	2.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	230.00mg		
Carbohydrates	24.00g		
Fiber	0.00g		
Sugar	22.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Prairie Farm Strawberry Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12761

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Prairie Farms Fat Free Strawberry Milk	1 fl. oz.		

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	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	15.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	2.75g		
Fiber	0.00g		
Sugar	2.75g		
Protein	1.00g		
Vitamin A	1.25IU	Vitamin C	0.25mg
Calcium	3.75mg	Iron	0.00mg

Fresh Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12762

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895

Preparation Instructions

PACKAGING: BULK PACK IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. STORE IN ORIGINAL CONTAINER. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE.

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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	55.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	0.50g		
Sugar	12.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.50mg	Iron	0.50mg

100% Apple Juice

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12763

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

Preparation Instructions

Chill prior to serving. Remove attached straw and insert in marked opening.

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	0.00mg

Fresh Apple Slices

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12764

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 4-3	1/2 Cup		792382

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
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

Amount Per Serving			
Calories	66.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	4.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	100.00IU	Vitamin C	4.80mg
Calcium	0.00mg	Iron	0.36mg

100% Orange Juice

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12765

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.00mg	Iron	0.00mg

Peanut Butter Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12766

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER CUP 100-1.1Z	1 Each	READY_TO_EAT Ready to Eat: Best if thawed at room temperature or in refrigerator overnight prior to eating.	651890

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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	180.00		
Fat	15.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	8.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Wow Butter Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12767

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOY BUTTER NUTFR 100-1.12Z WOWBUTTER	1 Each		154042

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	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	200.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	100.00mg		
Carbohydrates	8.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	1.30mg

Raisins

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1/4 Cup		544426

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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	126.00		
Fat	0.30g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.80mg		
Carbohydrates	31.00g		
Fiber	2.30g		
Sugar	29.00g		
Protein	1.20g		
Vitamin A	3.70IU	Vitamin C	0.10mg
Calcium	15.90mg	Iron	1.17mg

100% Fruit Punch

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX FRT PNCH 100 40-4.23FLZ	4 Fluid Ounce		698240

Preparation Instructions

Chill prior to serving. Remove attached straw and insert in marked opening.

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	240.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	60.00g		
Fiber	0.00g		
Sugar	56.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	520.00mg	Iron	0.00mg

Baked Beans

Servings:	200.00	Category:	Vegetable
Serving Size:	1.00 200	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12785

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GFS	10 #10 CAN	Clean lid before opening, Drain & add 4 cans per full length pan	298913
ONION DEHY CHPD 15 P/L	1 1/2 Cup	Add Onion	263036
SUGAR BROWN MED 25 GFS	4 Cup	Add Brown Sugar	108626
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	5 Cup	Add 1/2 Can of Ketchup	100129

Preparation Instructions

Clean lids before opening

Drain-12 Cans of Vegetarian Beans

Combine all ingredients

place in 8 steam pans

Cover and cook at 350' for 445 min or until product reaches 165

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: 200.00

Serving Size: 1.00 200

Amount Per Serving

Calories	217.82		
Fat	0.65g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	620.61mg		
Carbohydrates	43.71g		
Fiber	6.51g		
Sugar	17.11g		
Protein	10.39g		
Vitamin A	40.00IU	Vitamin C	0.48mg
Calcium	70.41mg	Iron	2.60mg

Turkey Manhattan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12786

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 oz. Whole Grain Rich Sandwich Bread	2 Slice	Layer items onto 2 slices of bread	1292
TURKEY & GRAVY CKD 4-7 JENNO	5 Ounce	COOK ACCORDING TO DIRECTIONS	653171
POTATO PRLS EXCEL 12-28Z BAMER	3 Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738

Preparation Instructions

ASSEMBLE: 2 bread down, place potatoes on bread, ladle turkey over all.

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

SLE Components

Amount Per Serving

Meat	2.40
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	2.14

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	584.23		
Fat	11.69g		
SaturatedFat	1.80g		
Trans Fat	0.00g		
Cholesterol	54.09mg		
Sodium	2242.14mg		
Carbohydrates	86.40g		
Fiber	6.29g		
Sugar	2.00g		
Protein	36.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.86mg	Iron	9.72mg

Turkey and Noodles

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12787

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX RSTD NO ADDED MSG 6-1 GSIG	1 Cup	Add 1 Cup of base to 5 gallons of water. Bring to a boil. Stir in Noodles, & Onions. Boil uncovered for 6 minutes. DO NOT DRAIN	110601
PASTA NOODL KLUSKI 1/8 2-5 GFS	5 Pound		270385
ONION DEHY CHPD 15 P/L	2 1/2 Cup		263036
MARGARINE SLD 30-1 GCHC	1 Cup	Melt Butter, add flour and stir till smooth	733061
FLOUR A/P 25# WINGOLD	8 Ounce		357250
MILK PWD INST FF 50 MMPA	3 Quart		113336
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
TURKEY POT ROAST 2-5AVG JENNO	12 3/25 Pound		119812

Preparation Instructions

Stir occasioanlly until thickened: Heat to 165 or higher for at least 15 seconds.

Pour into Med helf steamtable pans

Hold at 135 or higher

1 Cup per serving

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: 8.00 Ounce

Amount Per Serving

Calories 252.29

Fat 5.07g

SaturatedFat 1.65g

Trans Fat 0.00g

Cholesterol 53.97mg

Sodium 448.49mg

Carbohydrates 32.91g

Fiber 0.81g

Sugar 8.59g

Protein 18.37g

Vitamin A 123.17IU **Vitamin C** 2.14mg

Calcium 203.73mg **Iron** 1.92mg

Chicken Fajita

Servings:	100.00	Category:	Entree
Serving Size:	1.00 100	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12792

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	<p>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVENTIONAL OVEN: 25-30 MINUTES AT 350°F FROM FROZEN.,CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM ,FROZEN. BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	150160
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	<p>1 each K-5 2 each 6-12</p>	882690
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup		242489

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVENTIONAL OVEN: 25-30 MINUTES AT 350°F FROM FROZEN.,CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM ,FROZEN.
 BAKE
 Appliances vary, adjust accordingly.
 Conventional Oven
 25-30 minutes at 350°F from frozen.
 CONVECTION
 Appliances vary, adjust accordingly.
 Convection Oven
 5-8 minutes in a single layer at 400°F from frozen.
 MICROWAVE
 Appliances vary, adjust accordingly.
 Microwave Oven

3 1

2 to 4 minutes on HIGH power from frozen; hold 1 minute.

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: 1.00 100

Amount Per Serving

Calories	2.28		
Fat	0.10g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.80mg		
Sodium	4.10mg		
Carbohydrates	0.19g		
Fiber	0.03g		
Sugar	0.02g		
Protein	0.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.21mg	Iron	0.02mg

Biscuit and gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12794

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	2 Each	READY_TO_EAT For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.	521782
GRAVY SAUS CNTRY 6-10 CHEFM	1/4 Cup		464694
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	BAKE Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

Preparation Instructions

READY_TO_EAT

For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard

reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.

WARM IN HEAVY SAUCEPAN OR DOUBLE BOILER 10-12 MIN OVER MEDIUM HEAT, STIR OCCASIONALLY. SERVE 2 - 4Z SERVINGS OVER WARM SPLIT BISCUITS, TOAST, CORNBREAD, EGGS, WAFFLES, CREPES OR BAKED POTATOES...

BAKE

Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories		430.00	
Fat		27.00g	
SaturatedFat		12.00g	
Trans Fat		0.00g	
Cholesterol		65.00mg	
Sodium		1180.00mg	
Carbohydrates		30.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	141.00mg	Iron	1.52mg

Deli Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12797

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	2 Ounce	Ready to eat	236012
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	Ready To eat	189071
5" WG Hoagie Bun	2 17/81 Ounce	1 each	3737

Preparation Instructions

Place 2 oz of deli meat on bottom sub bun

Top with 1 slice of cheese

Place sub bun on top

Wrap

Hold at 41' or below

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	129.91		
Fat	7.89g		
SaturatedFat	2.89g		
Trans Fat	0.00g		
Cholesterol	50.04mg		
Sodium	516.69mg		
Carbohydrates	2.68g		
Fiber	0.07g		
Sugar	1.13g		
Protein	12.43g		
Vitamin A	24.87IU	Vitamin C	1.19mg
Calcium	138.30mg	Iron	0.90mg

Breaded steak and gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12798

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85- 3.85Z	1 Each	DEEP_FRY Deep fryer: preheat oil to 350 degrees f. Cook product for 2-3 minutes. Conventional oven: from frozen state, bake in a preheated oven at 350 degrees f for 14 minutes. Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes. Microwave: heat on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	667202
GRAVY MIX PEPR DRY 12-24Z GCHC	1/4 Cup		701450

Preparation Instructions

BAKE

Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.

Prepare gravy, and serve with proper serving size utensils

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	435.34		
Fat	23.02g		
SaturatedFat	8.01g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	1211.88mg		
Carbohydrates	36.05g		
Fiber	2.00g		
Sugar	3.01g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	64.06mg	Iron	2.70mg

Spicy Chicken Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12799

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
4" Whole Grain Rich Hamburger Buns	2 Ounce	READY_TO_EAT	3475

Preparation Instructions

BAKE

Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.

Layer on bun, wrap, and hold at 135' or higher for serving

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	410.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	630.00mg		
Carbohydrates	42.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	10.70mg

Chicken Bacon Club

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12800

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each	Appliances vary, adjust accordingly. Convection Oven: From frozen, place the breast fillets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350 degrees F convection oven for approximately 17-21 minutes.	185033
BACON CKD RND 192CT HRML	1 Gram	FULLY COOKED, NEEDS ONLY TO BE WARMED TO SERVING TEMP. MAY BE PREPARED ON GRILL, IN OVEN OR MICROWAVE.	433608
5" WG Hoagie Bun	1 66g		3737
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071

Preparation Instructions

Cook all items using manufacturers instructions.

layer Chicken, Bacon, and cheese inside Hoagie bun

Wrap, and hold at 135' or above until serving

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 1

Amount Per Serving

Calories	161.59
Fat	4.86g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	68.75mg
Sodium	516.44mg
Carbohydrates	2.42g
Fiber	0.03g
Sugar	1.06g
Protein	26.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 1.00mg

Seasoned Corn

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00 20	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12808

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	2 Gallon	2 Gal per slotted steam pan	283730
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
SUGAR SUB POUK 24-3.25Z SPLENDA	1 Tablespoon		136911
SALT IODIZED 24-26Z GFS	1 Tablespoon		108308

Preparation Instructions

Wash Hands:

Place 2 Gallon corn in each slotted steam pan and steam for 15 minutes (allow to sit inside steamer another 5 minutes)

Transfer to solid hotel pan and combine all ingredients.

Hold, covered at 135' until served

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	1.19

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 20

Amount Per Serving

Calories	245.35		
Fat	2.39g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	419.70mg		
Carbohydrates	53.17g		
Fiber	4.78g		
Sugar	5.93g		
Protein	7.16g		
Vitamin A	238.81IU	Vitamin C	5.73mg
Calcium	0.27mg	Iron	0.86mg

Chili

Servings:	100.00	Category:	Entree
Serving Size:	8.00 100	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12809

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	13 2/5 Pound		581950
ONION DEHY CHPD 15 P/L	1 Cup		263036
SPICE CHILI POWDER MILD 16Z TRDE	5 Ounce		331473
SPICE CUMIN GRND 15Z TRDE	2 1/2 Teaspoon		273945
SPICE GARLIC POWDER 21Z TRDE	1 1/2 Teaspoon		224839
TOMATO PUREE 1.045 6-10 GFS	1 1/2 #10 CAN		100242
BEAN PINTO 6-10 GCHC	5 1/2 #10 CAN		261475
JUICE TOMATO 100 8-46FLZ HV	3 Quart		893930
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Tablespoon		225088

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.50
Legumes	0.71
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 100

Amount Per Serving

Calories	266.63
Fat	6.72g
SaturatedFat	2.57g
Trans Fat	0.00g
Cholesterol	25.73mg
Sodium	596.34mg
Carbohydrates	29.44g
Fiber	13.65g
Sugar	2.39g
Protein	19.09g

Vitamin A	743.51IU	Vitamin C	3.76mg
Calcium	103.34mg	Iron	5.28mg

Lasagna roll up

Servings:	53.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12812

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each	IN A PAN LAYER SAUCE ON BOTTOM OF FULL OR 1/2 STEAM PAN, THEN PLACE LASAGNA IN PAN COVER WITH SAUCE. SEAL PAN WITH FOIL BAKE IN OVEN AT 375°F FOR 35-40 MINUTES FROZEN OR 25-30 MINUTES.	234041
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	1 Ounce		573201
CHEESE MOZZ SHRD 4- 5 LOL	1 Tablespoon	sprinkle over top before putting in warmer	645170
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

line shallow pan with sauce, place cheese roll ups in sauce lined pan. cover with more sauce, be careful not to add too much sauce to reduce waste.

Cover with foil and bake for 35 minutes on 350 F or until 165 internal temp, sprinkle with mozz cheese

Cover with foil and bake for 55 minutes on 350 or until 165 internal temp

HACCP Process 2

keep products frozen until ready to cook. Only take out the number you need per day. Allow leftovers to cool to 70F within 2 hours. Then move to fridge (41F) and store overnight

Reheat to 165F and serve leftovers within 1 week

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: 53.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	8.53
Fat	0.24g
SaturatedFat	0.12g
Trans Fat	0.00g
Cholesterol	0.63mg
Sodium	11.83mg
Carbohydrates	1.11g
Fiber	0.10g

Sugar	0.16g		
Protein	0.46g		
Vitamin A	9.73IU	Vitamin C	0.18mg
Calcium	7.12mg	Iron	0.06mg

Breaded Chicken Leg

Servings:	72.00	Category:	Entree
Serving Size:	1.00 72	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12813

Ingredients

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

Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140 degrees F in a dry heat environment. Appliances vary, adjust accordingly.

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: 72.00

Serving Size: 1.00 72

Amount Per Serving

Calories	5.14		
Fat	0.24g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.90mg		
Sodium	7.50mg		
Carbohydrates	0.46g		
Fiber	0.03g		
Sugar	0.21g		
Protein	0.26g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.58mg	Iron	0.03mg

Popcorn Chicken

Servings:	170.00	Category:	Entree
Serving Size:	11.00 170	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12814

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	13 1/13 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.	327120

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

28 servings per bag

170 servings per box

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: 170.00

Serving Size: 11.00 170

Amount Per Serving

Calories	1.44		
Fat	0.08g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.13mg		
Sodium	0.00mg		
Carbohydrates	0.09g		
Fiber	0.02g		
Sugar	0.01g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Fish Shapes

Servings:	1.00	Category:	Entree
Serving Size:	5.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12815

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	5 Each	BAKE CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes. CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.	523291

Preparation Instructions

BAKE

CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes. CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.

SLE Components

Amount Per Serving

Meat	2.50
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: 1.00

Serving Size: 5.00 1

Amount Per Serving

Calories	275.00		
Fat	12.50g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	31.25mg		
Sodium	962.50mg		
Carbohydrates	26.25g		
Fiber	2.50g		
Sugar	1.25g		
Protein	16.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.50mg	Iron	2.25mg

Gilardi Pizza(turkey)

Servings:	96.00	Category:	Entree
Serving Size:	1.00 96	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12816

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP WGRAIN STFD 96-4.5Z	1 Each		572910

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. BREAK APART SLICES BEFORE BAKING. BAKE ON PARCHMENT LINE PAN FOR 16-19 MINUTES OR UTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 185 DEGREES F. CONVENTIONAL OVEN: PREHEAT OVEN TO 400 DEGREES F. BREAK APART SLICES BEFORE BAKING. BAKE ON PARCHMENT LINED PAN FOR 18-20 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 185 DEGREES F. OVENS VARY, ADJUST TIMES ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 96

Amount Per Serving

Calories	3.33		
Fat	0.13g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.31mg		
Sodium	7.71mg		
Carbohydrates	0.34g		
Fiber	0.04g		
Sugar	0.04g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.54mg	Iron	0.03mg

Gilardi Pizza(cheese)

Servings:	96.00	Category:	Entree
Serving Size:	1.00 96	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12817

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN STFD CRST 96-4.5Z	1 Each		572902

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. BREAK APART SLICES BEFORE BAKING. BAKE ON PARCHMENT LINE PAN FOR 16-19 MINUTES OR UTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 185 DEGREES F. CONVENTIONAL OVEN: PREHEAT OVEN TO 400 DEGREES F. BREAK APART SLICES BEFORE BAKING. BAKE ON PARCHMENT LINED PAN FOR 18-20 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 185 DEGREES F. OVENS VARY, ADJUST TIMES ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

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: 96.00

Serving Size: 1.00 96

Amount Per Serving

Calories	3.02		
Fat	0.11g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.36mg		
Sodium	7.19mg		
Carbohydrates	0.34g		
Fiber	0.03g		
Sugar	0.04g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.96mg	Iron	0.03mg

Steamed Peas

Servings:	30.00	Category:	Vegetable
Serving Size:	1.00 30	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12818

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 KE	3 Gallon	30 1/2 cup servings per gallon	283760
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
SUGAR SUB POU 24-3.25Z SPLENDA	1 Teaspoon		136911

Preparation Instructions

Steam peas for 10 minutes in holey pan
transfer to solid pan, and add seasonings
Hold at 135' or higher

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	1.19

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 30

Amount Per Serving			
Calories	171.53		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	276.20mg		
Carbohydrates	30.16g		
Fiber	9.55g		
Sugar	9.81g		
Protein	11.94g		
Vitamin A	955.22IU	Vitamin C	14.33mg
Calcium	0.00mg	Iron	0.00mg

Potato Wedges

Servings:	120.00	Category:	Vegetable
Serving Size:	4.00 120	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12819

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE SEAS 6-5 LAMB	4 Ounce		457558

Preparation Instructions

Bake at 425 for 19 Min

25 servings per bag

120 per box

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: 120.00

Serving Size: 4.00 120

Amount Per Serving

Calories	1.51		
Fat	0.07g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.14mg		
Carbohydrates	0.20g		
Fiber	0.02g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.19mg	Iron	0.01mg

Mashed Potato

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 100	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12820

Ingredients

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

Preparation Instructions

RECONSTITUTE

1: Pour 2 gallons boiling water in mixing bowl.

2: **HAND MIX:** Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve

. **MACHINE MIX:** Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes).

3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.

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	0.03

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 100

Amount Per Serving

Calories	4.12		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.88mg		
Carbohydrates	0.88g		
Fiber	0.06g		
Sugar	0.00g		
Protein	0.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.59mg **Iron** 0.01mg

Beef n Noodle

Servings:	75.00	Category:	Entree
Serving Size:	8.00 75	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12833

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STEW MEAT DCD 85 LEAN 4-5HALP	15 3/4 Pound	SAUTE Thaw under refrigeration Saute in jackknife kettel until no longer pink, add stew ingredients	443689
BASE BEEF NO MSG LO SOD 6-1 MINR	2 1/4 Gallon		580562
PASTA NOODL KLUSKI 1/8 2-5 GFS	1 1/2 Cup		270385
SPICE SAGE GRND 8Z TRDE	3/4 Teaspoon		513911
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon		225061
SALT IODIZED 25 CARG	1 1/2 Teaspoon		108286
ONION DEHY CHPD 15 P/L	3/16 Cup		263036
BREAD PITA 7 WGRAIN 12-10CT OLYMP	1/2 Slice		320853

Preparation Instructions

Cook Beef in tilt skillet to 145 or higher 2.Add Broth (reserve 1 quart) for step 5. 3.Place sage, pepper and onion into stock pot. Bring to simmer4. Add noodles and cool until slightly tender. Noodle will continue to cook as they are held.5. Mix Flous in small amount of reserved broth and add to meat/broth mixture to thicken. Adjust amout of flour to make the desired consistency. Cinner till thick. Add additional broth, and cook down to 18 qt + 3 cups for every 75 servings. 7. Pour into steam pans and hold 135' or higher

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.75
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: 8.00 75			
Amount Per Serving			
Calories	19.53		
Fat	1.14g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.55mg		
Sodium	51.63mg		
Carbohydrates	0.53g		
Fiber	0.03g		
Sugar	0.03g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.29mg	Iron	0.02mg