

Cookbook for Ieland School

Created by HPS Menu Planner

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asst cereal

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1% Milk

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chicken on a bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1248

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Serving	READY_TO_EAT	
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	350.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	500.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.00mg	Iron	3.08mg

Beef Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4731

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6- 5# COMM	4 Ounce	4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5# COMM	1/50 Tablespoon	1/5# bags use scoop #30	150250
LETTUCE BLND ROMAINE MXD 4- 5 RSS	0 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8 2-5 RSS	1/25 Tablespoon	Use scoop # 30 1 oz. of diced tomatoes per taco	786543
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	2 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690120

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

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

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

SLE Components

Amount Per Serving

Meat	2.53
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.16
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		321.31	
Fat		11.23g	
SaturatedFat		3.30g	
Trans Fat		0.37g	
Cholesterol		44.31mg	
Sodium		619.36mg	
Carbohydrates		34.35g	
Fiber		4.53g	
Sugar		4.55g	
Protein		22.20g	
Vitamin A	815.38IU	Vitamin C	6.31mg
Calcium	172.91mg	Iron	3.96mg

grilled cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
BREAD WGRAIN SLCD 1/2 7-32Z GFS	200 Slice		231053

Preparation Instructions

4 slices of cheese 2 slices bread per sandwich . grill till golden

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00		
Fat	7.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	565.00mg		
Carbohydrates	40.50g		
Fiber	4.00g		
Sugar	4.50g		
Protein	8.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	155.00mg	Iron	2.16mg

Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4753

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
3.5" Whole Grain White Hamburger Bun Small Barb	1 Each	Pre-packaged, ready to serve	1589
CHEESE SLCD YEL 6-5 COMM	1/2 Slice	Pre-packaged, cut into 1/2 slices	334450

Preparation Instructions

No Preparation Instructions available.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		2.68	
Fat		0.22g	
SaturatedFat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.41mg	
Sodium		5.88mg	
Carbohydrates		0.26g	
Fiber		0.03g	
Sugar		0.04g	
Protein		0.20g	
Vitamin A	1.00IU	Vitamin C	0.00mg

Calcium 0.20mg **Iron** 0.02mg

Tangerine stir fry

Servings:	175.00	Category:	Entree
Serving Size:	1.00 4 ounces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4757

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	4 Ounce		791710
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.51
Grain	1.27
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 175.00

Serving Size: 1.00 4 ounces

Amount Per Serving

Calories	437.29		
Fat	3.31g		
SaturatedFat	0.26g		
Trans Fat	0.00g		
Cholesterol	11.54mg		
Sodium	97.44mg		
Carbohydrates	90.98g		
Fiber	5.08g		
Sugar	3.33g		
Protein	12.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.01mg

chicken drum stick

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4762

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.90		
Fat	0.11g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.50mg		
Sodium	4.50mg		
Carbohydrates	0.05g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.20mg **Iron** 0.01mg

Bagel and Cream Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-4769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	Keep frozen until ready to use. Thaw at room temp	217911
BAGEL BLUEB WGRAIN IW SLCD 72-2.25Z	1 Each	thaw at room temp	739631
CHEESE CREAM STRAWB CUP 100-1Z GCHC	1 Each	Keep in refrigerator	863106
CHEESE CREAM LT CUP 100-1Z GCHC	1 Each	Keep in refrigerator	549762

Preparation Instructions

thaw bagels at room temp and place on serving line. Place cream cheese cups on ice pack and place on serving line

SLE Components

Amount Per Serving

Meat	0.00
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: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	2.90		
Fat	0.13g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.35mg		
Sodium	3.45mg		
Carbohydrates	0.33g		
Fiber	0.04g		
Sugar	0.06g		
Protein	0.09g		
Vitamin A	6.00IU	Vitamin C	0.01mg
Calcium	0.80mg	Iron	0.02mg

Daily Fruit & Veggie bar

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4775

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1 Cup		510637
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CELERY STIX 4-3 RSS	1 Cup		781592
TOMATO GRAPE SWT 10 MRKN	1 Cup		129631
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 Cup		732451
BEAN GARBANZO 6-10 GCHC	1 Cup		118753
PEAS GREEN 6-4 GFS	1 Cup		610802
CUCUMBER SDLSS 12-1CT P/L	1 Cup		532312
APPLESAUCE STRAWB BAN CUP 96-4.5Z	1 Each		726560
APPLE GALA MI 100CT MRKN	1 Each		197718

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.50
GreenVeg	2.00
RedVeg	3.67
OtherVeg	1.50
Legumes	1.00
Starch	1.49

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	640.54
Fat	5.57g
SaturatedFat	1.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1065.55mg
Carbohydrates	128.58g
Fiber	34.44g
Sugar	59.64g

Protein	26.30g
Vitamin A 39600.31IU	Vitamin C 159.20mg
Calcium 342.55mg	Iron 7.48mg

bagel monday

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5443

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each		217911
CHEESE CREAM LT CUP 100-1Z GCHC	1 Each		549762

Preparation Instructions

no prep thaw & serve

SLE Components

Amount Per Serving

Meat	0.00
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.00		
Fat	0.06g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	2.55mg		
Carbohydrates	0.29g		
Fiber	0.04g		
Sugar	0.04g		
Protein	0.08g		
Vitamin A	3.00IU	Vitamin C	0.00mg
Calcium	0.60mg	Iron	0.02mg

bagel monday

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8612

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1/100 Each	thaw & serve	217911
CHEESE CREAM LT CUP 100-1Z GCHC	1/100 Each		549762

Preparation Instructions

thaw & Serve

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12333

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH 2Z 12-12CT GCHC	1/100 Each		208640
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1/100 Each		462519
SAUSAGE PTY CKD CN 1.5Z 10 JDF	1/100 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1/2 - 4 minutes if frozen, 3 - 3 1/2 minutes if thawed.	466891
CHEESE AMER 160CT SLCD 6-5 COMM	1/100 Slice		150260

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.03
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 Serving

Amount Per Serving			
Calories	3.90		
Fat	0.26g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	1.18mg		
Sodium	8.14mg		
Carbohydrates	0.25g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.16g		
Vitamin A	1.51IU	Vitamin C	0.01mg
Calcium	1.27mg	Iron	0.02mg

Chicken Tacos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12334

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5# COMM	3 Tablespoon		150250
SALSA 103Z 6-10 REDG	1/4 Cup	#16 Scoop	452841
TORTILLA FLOUR 10 ULTRGR 12- 12CT	2 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141
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

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. 1 pound of meat: Add 3/4 cup water and 3-1/2 tablespoons Taco Seasoning per one pound of chicken meat
3. Portion half #12 scoop of meat, #20 scoop of cheese on top of each 6" tortilla
4. Offer with lettuce, salsa, taco sauce & sour cream

SLE Components

Amount Per Serving

Meat	2.75
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.33
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		592.50	
Fat		23.75g	
SaturatedFat		10.50g	
Trans Fat		0.00g	
Cholesterol		102.50mg	
Sodium		1031.17mg	
Carbohydrates		64.75g	
Fiber		6.00g	
Sugar		5.33g	
Protein		31.25g	
Vitamin A	462.33IU	Vitamin C	2.67mg
Calcium	411.92mg	Iron	3.60mg

pre-made Grilled cheese

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12339

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN BULK 72-4.19Z	1 Each	prepare according to directions	158141
SOUP TOMATO 12-5 CAMP	1 Cup		101427

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	282.80		
Fat	9.90g		
SaturatedFat	5.60g		
Trans Fat	0.00g		
Cholesterol	32.00mg		
Sodium	594.13mg		
Carbohydrates	31.56g		
Fiber	3.03g		
Sugar	6.33g		
Protein	18.56g		
Vitamin A	535.07IU	Vitamin C	0.17mg
Calcium	465.89mg	Iron	1.66mg

bean taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12341

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	3 Ounce	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753
TORTILLA FLOUR 10 ULTRGR 12- 12CT	2 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.93
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	674.81		
Fat	12.78g		
SaturatedFat	4.93g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1549.63mg		
Carbohydrates	113.56g		
Fiber	24.52g		
Sugar	4.00g		
Protein	28.52g		
Vitamin A	0.00IU	Vitamin C	1.63mg
Calcium	334.22mg	Iron	7.48mg

Asian noodles

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12343

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE GEN TSO 4-.5GAL ASIAN	1 Tablespoon		802850
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
PASTA SPAG 51 WGRAIN 2-10	2 Ounce		221460

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	375.00		
Fat	8.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	500.00mg		
Carbohydrates	51.00g		
Fiber	4.00g		
Sugar	9.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 20.00mg **Iron** 2.16mg

wowbutter sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12359

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOY BUTTER NUT FREE 2-4.41 WOWBTR	2 Tablespoon		544231
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822
PRESERVE STRAWB 6-4 GFS	1 Tablespoon		531850

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: 1.00

Amount Per Serving

Calories	430.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	340.00mg		
Carbohydrates	57.00g		
Fiber	7.00g		
Sugar	20.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	3.16mg

Egg salad Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12361

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD BIB 4-2.5 GFS	2 Each		229431
MAYONNAISE LT 4-1GAL HELM	1 Tablespoon		659932
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	375.00		
Fat	15.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	375.00mg		
Sodium	480.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	4.16mg

Turkey & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12363

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Ounce		689541
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN SUB SLCD WGRAIN 8 10-6CT	1 Each		406343

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.55
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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	347.47		
Fat	6.54g		
SaturatedFat	2.26g		
Trans Fat	0.00g		
Cholesterol	48.60mg		
Sodium	892.33mg		
Carbohydrates	41.00g		
Fiber	3.00g		
Sugar	6.50g		
Protein	29.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	196.00mg	Iron	2.70mg

cheese bread stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12367

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none">1. Preheat oven to 400° F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none">1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks may be thawed in packaging.4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p>READY_TO_EAT None</p>	677721

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories	340.00		
Fat	10.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	640.00mg		
Carbohydrates	42.00g		
Fiber	6.00g		
Sugar	6.00g		
Protein	22.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	458.00mg	Iron	2.00mg

7" Pepperoni bread stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12368

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PEPP&CHSSTFD WGRAIN48-3.1Z	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, high fan. Arrange pizza strips in a single layer on baking sheet. Bake for 14-16 minutes. Rotate product half way through baking time. Conventional Preheat oven to 350°F. Arrange pizza strips in a single layer on baking sheet. Bake for 17-19 minutes. Microwave (1100W) Place one pizza strip on a microwave safe plate. Cook for 1:00 - 1:30 minutes on HIGH power. Note: Increased cooking time is needed for additional product. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	504630
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	480.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	980.00mg
Carbohydrates	62.00g
Fiber	8.00g
Sugar	10.00g
Protein	26.00g
Vitamin A	362.00IU
Vitamin C	6.00mg

Calcium 214.00mg **Iron** 3.60mg

chicken Nuggets with bread stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12370

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	10 Each		394053
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	340.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	480.00mg		
Carbohydrates	38.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.48mg	Iron	1.60mg

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12373

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	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 prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	503660

Preparation Instructions

No Preparation Instructions available.

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	4.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	340.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	1.50mg

scrambled egg

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12374

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	53/3976 Gram		827021
EGG SHL LRG A GRD CAGE FR BRN 15-12CT	2 Each		812321

Preparation Instructions

Toast: Place slices of WG honey bread on sheet pans and spray with butter pan spray. Place in 300 degree convection oven and cook to personal state of browning.

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

Amount Per Serving

Calories	322.09		
Fat	12.41g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	420.00mg		
Sodium	378.04mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	18.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	3.96mg

Parfait W/ Yogurt & Fruit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12375

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z YOPL	4 Ounce	READY_TO_EAT Ready to eat	704310
CEREAL GRANOLA HNY OATS 4-44Z	1/2 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	818961
Blueberries, Frozen	1 Cup	THAW Thaw and use	110624
Strawberries, Whole	1 Cup	THAW For parfaits - slice 2 or 3 strawberries and place on top of yogurt	100253

Preparation Instructions

Place 1 cup of yogurt in parfait cup. Top with 1/4 cup of strawberries and blueberries.

Top off with 2 Tablespoons of granola.

Cover with lid and refrigerate.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.49
Fruit	2.00
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 cup

Amount Per Serving			
Calories	405.57		
Fat	7.97g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	91.31mg		
Carbohydrates	81.59g		
Fiber	8.24g		
Sugar	43.20g		
Protein	7.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	114.93mg	Iron	1.07mg

breakfast bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12377

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671

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: 1.00

Amount Per Serving			
Calories	290.00		
Fat	9.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	240.00mg		
Carbohydrates	48.00g		
Fiber	3.00g		
Sugar	22.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12378

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

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	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

asst cereal

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12379

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265803

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	120.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	9.00g
Protein	2.00g
Vitamin A 500.00IU	Vitamin C 6.00mg
Calcium 100.00mg	Iron 4.50mg

Choc Skim Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12380

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK CHOC FF 40-8FLZ TRUMOO	1 Cup		152681

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	120.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	180.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	18.00g		
Protein	8.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	250.00mg	Iron	0.00mg

1% Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT 1 40-8FLZ RGNLBRND	1 Each		224881

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	110.00
Fat	2.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	130.00mg
Carbohydrates	13.00g
Fiber	0.00g
Sugar	12.00g
Protein	8.00g
Vitamin A 500.00IU	Vitamin C 2.40mg
Calcium 300.00mg	Iron 0.00mg

Apple Sauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12384

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINNAMON 96-4.5Z COMM	1 Each	READY_TO_EAT Chill for 2 hours prior to serving.	645060

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	0.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	0.00mg

orange juice

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12385

Ingredients

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

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	0.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	0.00mg	Iron	0.00mg