

Cookbook for Central Elementary School

Created by HPS Menu Planner

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Hamburger



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8240

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	205030
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Thaw and serve.	517810

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	260.00		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	375.00mg		
Carbohydrates	26.00g		
Fiber	6.00g		
Sugar	3.00g		
Protein	17.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg

Calcium 60.00mg **Iron** 2.88mg

Cheeseburger



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8241

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	205030
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1/2 Ounce	READY_TO_EAT	100018
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Ready To Eat	517810

Preparation Instructions

Hamburger-

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.

Bun-

Ready to eat

Cheese-

Ready to Eat

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: 0.00

Amount Per Serving

Calories	315.00
Fat	14.50g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	510.00mg
Carbohydrates	27.00g
Fiber	6.00g
Sugar	3.50g
Protein	19.50g

Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.88mg

Side Salad

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8242

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	READY_TO_EAT	15D44
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	18B19
Carrot CHL SHRD WHL 30/1 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16P70

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.27
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	15.76
Fat	0.10g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	24.02mg
Carbohydrates	3.16g
Fiber	1.46g
Sugar	0.53g
Protein	1.09g
Vitamin A	4611.75IU
Vitamin C	9.80mg

Calcium 12.63mg **Iron** 0.60mg

Sausage Biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8243

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY WHL HOG 2Z 12 GFS	1 Each	COOK THOROUGHLY IN OVEN OR GRIDDLE TO INTERNAL TEMPERATURE OF 165 DEGREES.	568724
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851

Preparation Instructions

Biscuit:

STANDARD PREP: PLACE WHITE BAKE-ABLE TRAY OF BISCUITS ONTO SHEET PAN. HEATING TIME 7-9 MINUTES FOR FULL SHEET PAN AT 325°F. SEE PACKAGE FOR COMPLETE HEATING INSTRUCTIONS.

Sausage

COOK THOROUGHLY IN OVEN OR GRIDDLE TO INTERNAL TEMPERATURE OF 165 DEGREES

SLE Components

Amount Per Serving

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

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

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	340.00
Fat	19.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	620.00mg
Carbohydrates	28.00g
Fiber	1.00g
Sugar	3.00g
Protein	14.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	2.16mg

Lucky Charms w/ Honey Oat Goldfish



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8363

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	Ready to eat	770960

Preparation Instructions

Ready to eat.

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 5.00g

SaturatedFat 1.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 295.00mg

Carbohydrates 42.00g

Fiber 3.00g

Sugar 15.00g

Protein 3.00g

Vitamin A 500.00IU **Vitamin C** 6.00mg

Calcium 320.00mg **Iron** 8.90mg

Maple Mini Pancakes



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8367

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package	Bake for 8 - 10 minutes at 350 degrees, or until internal temp is 165.	269220

Preparation Instructions

Bake for 8 - 10 minutes at 350 degrees, or until internal temp is 165.

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	210.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	38.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Mandarin Oranges



Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8369

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE 6-10 GFS	1/2 Cup	Ready to use.	612448

Preparation Instructions

Ready to 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: 0.50

Amount Per Serving

Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	11.00g

Protein	1.00g		
Vitamin A	400.00IU	Vitamin C	18.00mg
Calcium	20.00mg	Iron	0.36mg

Apple Juice



Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8370

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Juice- Graves County Schools	1/2 Cup	READY TO DRINK	4435

Preparation Instructions

READY TO DRINK

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: 0.50

Amount Per Serving

Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	16.00g
Fiber	0.00g
Sugar	14.00g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Toast



Servings:	1.00	Category:	Grain
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8373

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice		204822

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: 0.00

Amount Per Serving			
Calories	90.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	120.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Grape Jelly



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8393

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY GRP 200-.5Z GFS	1 Each	Ready to serve.	503233

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	36.40
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.60mg
Carbohydrates	9.00g
Fiber	0.00g
Sugar	6.00g

Protein		0.00g	
Vitamin A	0.14IU	Vitamin C	0.06mg
Calcium	0.78mg	Iron	0.04mg

Ketchup



Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8396

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD 1000-9GM REDG	2 Each	READY_TO_EAT None	634610

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: 2.00

Serving Size: 1.00

Amount Per Serving	
Calories	10.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	25.00mg
Carbohydrates	2.00g
Fiber	0.00g
Sugar	2.00g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mini Cinni



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8397

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW 72-2.29Z PILLS	1 Package	READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in oven-able pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load.	894291

Preparation Instructions

BAKE

Heat & Serve: Heat frozen Mini Cinnis in oven-able pouch. Convection Oven: Preheat oven to 325F. Place pouches flat on baking sheet and heat for 5-7 minutes.* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.00

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.00

Amount Per Serving

Calories	240.00
Fat	7.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.00mg
Carbohydrates	39.00g
Fiber	2.00g
Sugar	15.00g
Protein	5.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Pineapple



Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8401

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GFS	1/2 Cup	Drain and serve.	189952

Preparation Instructions

Drain and serve.

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: 0.50

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	12.00mg
Calcium	0.00mg	Iron	0.00mg

Biscuit & Gravy



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8403

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851
GRAVY MIX PEPR DRY 12-24Z GCHC	1 Tablespoon		701450

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: 0.00

Amount Per Serving

Calories	233.83
Fat	9.50g
SaturatedFat	5.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	597.97mg
Carbohydrates	32.51g
Fiber	1.00g
Sugar	3.75g

Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	206.02mg	Iron	1.44mg

Mustard



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8405

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT 500-5.5GM GFS	1 1ea=5.5gm	No prep required.	700051

Preparation Instructions

No prep required.

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	0.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	85.00mg
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

Banana



Servings:	1.00	Category:	Fruit
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8409

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA GREEN 40 P/L	1 Each	READY TO EAT	686503

Preparation Instructions

READY TO EAT

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: 0.00

Amount Per Serving

Calories	105.00
Fat	0.40g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.20mg
Carbohydrates	27.00g
Fiber	3.10g
Sugar	14.00g

Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

Cheesy Bread w/Marinara Sauce



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8431

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheesy Bread WG- Graves County Schools	1 4 oz.	PRODUCT SHOULD BE THOROUGHLY THAWED PRIOR TO COOKING. PLEASE LEAVE A SPACE BETWEEN EACH UNIT TO ENSURE PROPER BROWNING AND EVEN CHEESE MELT. PRE-HEAT OVEN TO 325-350 DEGREES AND COOK FOR 9-12 MINUTES OR UNTIL THE CHEESE IS PROPERLY AND EVENLY MELTED. THE PRODUCT HAS A 5 DAY SHELF LIFE AFTER THAWING.	150B
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT	677721

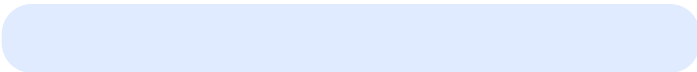
Preparation Instructions

Cheesy Bread-

PRODUCT SHOULD BE THOROUGHLY THAWED PRIOR TO COOKING. PLEASE LEAVE A SPACE BETWEEN EACH UNIT TO ENSURE PROPER BROWNING AND EVEN CHEESE MELT. PRE-HEAT OVEN TO 325-350 DEGREES AND COOK FOR 9-12 MINUTES OR UNTIL THE CHEESE IS PROPERLY AND EVENLY MELTED. THE PRODUCT HAS A 5 DAY SHELF LIFE AFTER THAWING.

Marinara-

Ready to Eat



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: 0.00

Amount Per Serving			
Calories	320.00		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	580.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	6.00g		
Protein	17.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	327.00mg	Iron	2.00mg

Mini Corn Dogs



Servings:	1.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8432

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG ALL BEEF MINI 240-.7Z STFAIR	6 Each	BAKE Heating times may vary with each oven. DEEP_FRY Heating times may vary with each oven. MICROWAVE Heating times may vary with each oven.	492447

Preparation Instructions

BAKE

Heating times may vary with each oven.

DEEP_FRY

Heating times may vary with each fryer.

MICROWAVE

Heating times may vary with each oven.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 6.00

Amount Per Serving

Calories	375.00
Fat	25.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	885.00mg
Carbohydrates	27.00g
Fiber	1.50g
Sugar	7.50g
Protein	10.50g

Vitamin A	0.00IU	Vitamin C	1.50mg
Calcium	25.50mg	Iron	1.50mg

Oranges



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8436

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oranges FR 138 CT 35 LB CS- Graves County Schools	1 Orange	READY_TO_EAT	14F09

Preparation Instructions

Ready to eat.

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	65.00
Fat	0.30g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	16.27g
Fiber	3.40g
Sugar	12.89g
Protein	0.99g
Vitamin A 317.00IU	Vitamin C 63.50mg

Calcium 61.00mg **Iron** 0.13mg

Roll



Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8444

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL DNNR WGRAIN 160-2.5Z RICH	1 Each	Proof dough for 40-50 minutes. Bake: Rack Oven at 375 degrees F for 12-14 minutes. Convection Oven at 325 degrees F for 10-12 minutes.	563332

Preparation Instructions

Proof dough for 40-50 minutes. Bake: Rack Oven at 375 degrees F for 12-14 minutes. Convection Oven at 325 degrees F for 10-12 minutes.

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	170.00
Fat	3.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	29.00g

Fiber		3.00g	
Sugar		4.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Carrots w/Ranch



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8446

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots CHL Baby WHL 30/1 LB BG- Graves County Schools	1/2 Cup	READY_TO_EAT	15014
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each	READY TO EAT	499521

Preparation Instructions

Ready to eat.

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: 1.00

Serving Size: 0.50

Amount Per Serving	
Calories	100.00
Fat	6.11g
SaturatedFat	1.02g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	191.00mg
Carbohydrates	12.00g
Fiber	2.50g
Sugar	7.05g
Protein	0.54g

Vitamin A	11722.00IU	Vitamin C	2.20mg
Calcium	47.00mg	Iron	0.76mg

Fuji Apples



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8447

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples FR Fuji 125 CT 40 LB CS- Graves County Schools	1 Apple	READY_TO_EAT	15PO9

Preparation Instructions

Ready to eat

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	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	22.01g
Fiber	4.90g
Sugar	16.00g

Protein		0.49g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.29mg

Chicken Smackers



Servings:	1.00	Category:	Entree
Serving Size:	10.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8450

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Piece	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. Deep fry at 350 degrees until it reaches 165 degrees	536620

Preparation Instructions

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350 F; CONVECTION OVEN FOR 6-8 MINUTES AT 350 F. Deep fry at 350 degrees until it reaches 165 degrees.

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: 10.00

Amount Per Serving	
Calories	260.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	550.00mg
Carbohydrates	17.00g
Fiber	3.00g

Sugar			0.00g
Protein			19.00g
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Mashed Potatoes



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8451

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES W/MLK 6-5.31 GFS	33/50 Ounce	<ol style="list-style-type: none">1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.)2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes).3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516

Preparation Instructions

1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.)
2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes).
3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.

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: 1.00			
Serving Size: 0.50			
Amount Per Serving			
Calories	67.13		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	14.95mg		
Carbohydrates	14.44g		
Fiber	1.44g		
Sugar	0.00g		
Protein	1.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.47mg	Iron	0.30mg

Green Beans



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	1/2 Cup	Heat to 165 degrees.	221990

Preparation Instructions

Heat to 165 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	20.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	4.00g
Fiber	2.00g
Sugar	2.00g

Protein	1.00g		
Vitamin A	4.00IU	Vitamin C	6.00mg
Calcium	2.00mg	Iron	4.00mg

Strawberries



Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8453

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries RF Clamshell 8/1 LB CO- Graves County Schools	1/2 Cup	READY_TO_EAT	17W87

Preparation Instructions

Ready to eat.

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: 0.50

Amount Per Serving	
Calories	23.00
Fat	21.50g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	5.53g
Fiber	1.45g
Sugar	3.52g
Protein	48.00g
Vitamin A 8.50IU	Vitamin C 42.35mg
Calcium 11.50mg	Iron 0.30mg

Gravy



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8454

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Ounce	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE	552050

Preparation Instructions

Basic Preparation

IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE

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	50.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
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

Honey Mustard Cup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8455

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HNY MSTRD LT DIP CUP 100-1Z	1 Each	Ready to serve.	499410

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	80.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	125.00mg
Carbohydrates	7.00g
Fiber	0.20g
Sugar	5.00g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

BBQ Cup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8456

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ LO SOD DIP CUP 100-1Z	1 Each	READY TO EAT	499402

Preparation Instructions

READY TO EAT

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	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	16.00g
Fiber	0.00g
Sugar	9.00g

Protein	0.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.00mg

Ranch Cup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8457

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each	Ready to serve.	499521

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	70.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	125.00mg
Carbohydrates	5.00g
Fiber	0.00g
Sugar	3.00g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

Ranch Dressing- SM



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8461

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH FF 200-12GM HNZ	1 Each	Ready to serve.	261432

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	9.30
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	126.40mg
Carbohydrates	2.00g
Fiber	0.00g
Sugar	1.00g

Protein	0.20g		
Vitamin A	2.32IU	Vitamin C	0.07mg
Calcium	6.66mg	Iron	0.02mg

Calzone



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8462

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Calzone- Graves County Schools	1 Calzone	From thawed state place on a sheet pan not touching in a preheated 350 degree oven for 10-12 minutes or until it reaches internal temperature of 165 degrees.	199B

Preparation Instructions

From thawed state place on a sheet pan not touching in a preheated 350 degree oven for 10-12 minutes or until it reaches internal temperature of 165 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	280.00
Fat	11.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	590.00mg
Carbohydrates	32.00g

Fiber		3.00g	
Sugar		6.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	361.00mg	Iron	2.00mg

Whole Grain Cookie



Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8465

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CHOC CHIP WGRAIN 384- 1Z	1 Each	BAKING TIMES: CONVECTION OVEN: PRE-SET FOR 15-17 MI NUTES. CONVECTION OVEN: HEAT TO 300°F FOR 9-11 MINUTES. ACTUAL BAKING TIME WILL DEPEND ON THE DOUGH TEMPERATURE, AND NUMBER OF COOKIES BAKED. PROPERLY BAKED BOOKIES SHOULD HAVE A GOLDEN BROWN COLOR, AND SHOULD BE FIRM ON THE OUTSIDE AND HAVE A SOFT, MOIST INTERIOR. Marketing Tips	243371

Preparation Instructions

BAKING TIMES: CONVECTION OVEN: PRE-SET FOR 15-17 MI NUTES. CONVECTION OVEN: HEAT TO 300°F FOR 9-11 MINUTES. ACTUAL BAKING TIME WILL DEPEND ON THE DOUGH TEMPERATURE, AND NUMBER OF COOKIES BAKED. PROPERLY BAKED BOOKIES SHOULD HAVE A GOLDEN BROWN COLOR, AND SHOULD BE FIRM ON THE OUTSIDE AND HAVE A SOFT, MOIST INTERIOR.

Marketing Tips

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	110.00
Fat	3.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	85.00mg
Carbohydrates	18.00g
Fiber	1.00g
Sugar	8.00g
Protein	1.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

Pickles



Servings:	1.00	Category:	Condiments or Other
Serving Size:	3.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8545

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE KOSH DILL CHIP C/C 5GAL GIEL	3 Slice	Ready to serve.	557846

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

Amount Per Serving

Calories	4.44
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	288.60mg
Carbohydrates	1.11g
Fiber	0.00g
Sugar	0.00g

Protein	0.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.21mg	Iron	0.19mg

Fries



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8551

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 C/C 6-5 KE	1/2 Cup	Cook from frozen state. Fill fryer basket half full, deep fry at 350 degrees for 3 - 3 1/2 minutes.	418450

Preparation Instructions

Cook from frozen state. Fill fryer basket half full, deep fry at 350 degrees for 3 - 3 1/2 minutes.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving	
Calories	173.33
Fat	5.33g
SaturatedFat	1.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.33mg
Carbohydrates	29.33g
Fiber	2.67g
Sugar	0.00g

Protein		2.67g	
Vitamin A	0.00IU	Vitamin C	8.00mg
Calcium	0.00mg	Iron	0.96mg

Walking Beef Taco



Servings:	1.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9238

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	Thaw product for 3 days. Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until it reaches 165 degrees.	722330
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Each		815803

Preparation Instructions

Thaw product for 3 days. Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until it reaches 165 degrees.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

Amount Per Serving

Calories	301.40
Fat	11.90g
SaturatedFat	2.80g
Trans Fat	0.29g
Cholesterol	35.00mg
Sodium	571.90mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	3.00g
Protein	15.80g
Vitamin A 650.00IU	Vitamin C 5.40mg
Calcium 90.00mg	Iron 2.38mg

Lettuce/Tomato Cup



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9241

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	15D44
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	18B19

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories		9.88	
Fat		0.10g	
SaturatedFat		0.13g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		21.63mg	
Carbohydrates		1.97g	
Fiber		0.70g	
Sugar		0.13g	
Protein		0.71g	
Vitamin A	1685.50IU	Vitamin C	8.45mg
Calcium	5.00mg	Iron	0.33mg

Shredded Cheese



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9246

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Ounce	Ready to serve.	191043

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	55.00
Fat	4.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	90.00mg
Carbohydrates	0.50g
Fiber	0.00g
Sugar	0.00g

Protein	3.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.00mg

Applesauce Cup



Servings:	1.00	Category:	Fruit
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9494

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Applesauce, Unsweetened, Cups- Graves County Schools	4 1/2 Ounce	READY TO EAT	110361

Preparation Instructions

READY TO EAT

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: 0.00

Amount Per Serving	
Calories	51.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	11.00g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Jammer



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9554

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 40-4.6Z	1 Each	Thaw and serve.	661222

Preparation Instructions

Thaw and serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	570.00
Fat	32.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	440.00mg
Carbohydrates	55.00g
Fiber	8.00g
Sugar	21.00g
Protein	19.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 150.00mg **Iron** 5.40mg

Maple Syrup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9926

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK POUCH 100-1Z MADEIRA FRM	1 Each	Ready to eat	241398

Preparation Instructions

Ready to eat

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

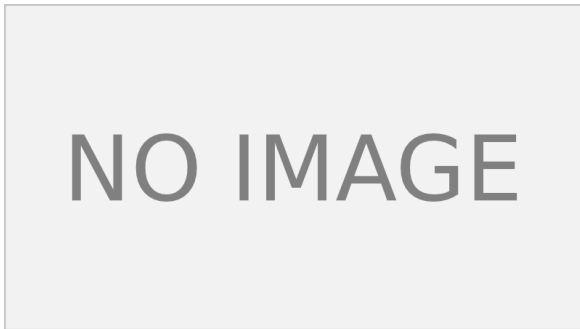
Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	20.00g
Fiber	0.00g
Sugar	14.00g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Donut Holes & Chicken Smackers



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10081

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	3 Each		839520

Preparation Instructions

Popcorn Chicken

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Donut Holes

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.10
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	262.00
Fat	13.70g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	419.00mg
Carbohydrates	22.90g

Fiber	2.70g		
Sugar	3.00g		
Protein	11.90g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	3.12mg

Bacon Tornado



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10082

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST BCN EGG&CHS 3-8CT RUIZ	1 Each		149311

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 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

Sausage Tornado



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10083

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST SAUS/EGG/CHS 3Z 8-3CT	1 Each	Place tornados on cooking sheet that has been lined with parchment paper or lightly coated with cooking spray. Place in preheated oven of 325 degrees for 15-20 minutes. Convection Oven: 325 degrees F fan High. 12 minutes	740072

Preparation Instructions

Place tornados on cooking sheet that has been lined with parchment paper or lightly coated with cooking spray. Place in preheated oven of 325 degrees for 15-20 minutes. Convection Oven: 325 degrees F fan High. 12 minutes

SLE Components

Amount Per Serving

Meat	0.75
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 180.00

Fat 7.00g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 280.00mg

Carbohydrates 22.00g

Fiber 2.00g

Sugar 1.00g

Protein 7.00g

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

Calcium 0.00mg **Iron** 0.00mg

Salsa



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10371

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Salsa, Low-Sodium, Canned	1/2 Cup	READY_TO_EAT	100330

Preparation Instructions

Ready to eat.

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: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	40.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	8.00g
Fiber	4.00g
Sugar	4.00g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Strawberry Cups



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10607

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each	THAW AND SERVE.	100256

Preparation Instructions

Thaw and serve.

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	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	22.00g
Fiber	2.00g
Sugar	18.00g
Protein	1.00g

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

Peach Cups



Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10608

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peach Cups 96-4.4Z	1 Each	Thaw and serve	100241

Preparation Instructions

Thaw and serve

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: 0.50

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Seasoned Potato Coins



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10662

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN 6-5 LAMB	2 27/50 Ounce	FRY 1.5 LBS AT 360 DEGREES FOR 1 MINUTE AND 30 SECONDS OVEN RECONSTITUTION: CONVECTION OVEN : BAKE 1.5 LBS AT 400 DEGREES F FOR 10 MINUTES. CONVENTIONAL OVEN : BAKE 1.5 LBS AT 450 DEGREES F FOR 15 MINUTES.	265632

Preparation Instructions

FRY 1.5 LBS AT 360 DEGREES FOR 1 MINUTE AND 30 SECONDS OVEN RECONSTITUTION: CONVECTION OVEN : BAKE 1.5 LBS AT 400 DEGREES F FOR 10 MINUTES. CONVENTIONAL OVEN : BAKE 1.5 LBS AT 450 DEGREES F FOR 15 MINUTES.

SLE Components

Amount Per Serving

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

Starch

0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	150.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	1.00mg

Fruit Punch



Servings:	1.00	Category:	Fruit
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10663

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fruit Punch- Graves County Schools	1 Each	READY_TO_EAT	4429

Preparation Instructions

READY_TO_EAT

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: 0.00

Amount Per Serving

Calories	60.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	15.00g
Fiber	1.00g
Sugar	14.00g

Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Pizza Crunchers w/Marinara Sauce



Servings:	1.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10730

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-12 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

Preparation Instructions

BAKE

Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-12 minutes (full tray). If baking more than one tray, longer cooking time may be required.

Marinara

READY_TO_EAT

None

SLE Components

Amount Per Serving

Meat	0.98
Grain	1.23
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: 4.00

Amount Per Serving

Calories	453.21		
Fat	19.68g		
SaturatedFat	8.85g		
Trans Fat	0.00g		
Cholesterol	29.52mg		
Sodium	859.17mg		
Carbohydrates	48.34g		
Fiber	7.90g		
Sugar	6.95g		
Protein	21.68g		
Vitamin A	362.10IU	Vitamin C	6.04mg
Calcium	14.44mg	Iron	0.10mg

Chicken & Dumplings



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10883

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DUMPLING DGH W/SEAS 2-2.25# PION	6 Each	Combine 6 quarts of water and seasoning packet in a 3 gallon sauce pot. Bring to boil. Add 1 bag of frozen dumpling dough and stir. Cover partially with a lid and simmer for 1 hour. Add 2 1/2 lbs cooked, diced chicken. Simmer for 15-30 minutes more until dumplings are tender.	538451
Chicken, Diced, Cooked, Frozen- Graves County Schools	1 Ounce	Put thawed chicken in a hotel pan and warm before placing in the dumplings.	100101

Preparation Instructions

Combine 6 quarts of water and seasoning packet in a 3 gallon sauce pot. Bring to boil. Add 1 bag of frozen dumpling dough and stir. Cover partially with a lid and simmer for 1 hour. Add 2 1/2 lbs cooked, diced chicken. Simmer for 15-30 minutes more until dumplings are tender.

Diced Chicken-

Put thawed chicken in a hotel pan and warm before placing in the dumplings.

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: 0.00

Amount Per Serving

Calories	156.00
Fat	4.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	31.00mg
Sodium	218.00mg
Carbohydrates	19.00g
Fiber	1.00g
Sugar	0.00g
Protein	9.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

Black-Eyed Peas



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS BLACK-EYED FCY 6-10	1/2 Cup	Standard Prep: Open can and pour in hotel pan. Heat at 350 degrees until it reaches 165 degrees.	202507

Preparation Instructions

Standard Prep: Open can and pour in hotel pan. Heat at 350 degrees until it reaches 165 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving	
Calories	100.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	470.00mg
Carbohydrates	19.00g
Fiber	4.00g
Sugar	0.00g

Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Golden Delicious Apples



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11396

Ingredients

Description	Measurement	Prep Instructions	DistPart #
	1 Apple	READY_TO_EAT	14F14

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	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	22.01g
Fiber	4.90g
Sugar	16.00g

Protein		0.49g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.29mg

Frosted Flakes w/ Honey Oat Goldfish



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11397

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	Product is shelf stable. Ready to serve.	388190
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	Product is shelf stable. Ready to serve.	770960

Preparation Instructions

Product is shelf stable. Ready to 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

Amount Per Serving

Calories 220.00

Fat 4.00g

SaturatedFat 1.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 275.00mg

Carbohydrates 43.00g

Fiber 4.00g

Sugar 12.00g

Protein 3.00g

Vitamin A 500.00IU **Vitamin C** 15.00mg

Calcium 220.00mg **Iron** 8.90mg

Mini Powdered Donuts



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11398

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package	Thaw and serve	738201

Preparation Instructions

Thaw and serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	270.00
Fat	11.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	230.00mg
Carbohydrates	41.00g
Fiber	2.00g
Sugar	21.00g

Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.72mg

Pizza Sub



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11721

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each	READY_TO_EAT	276142
SAUCE PIZZA W/BASL CALIF 6-10 GCHC	2 Ounce		100234
PEPPERONI SLCD 14-16/Z 2-5 GFS	1/2 Ounce		729981
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	1 1/2 Ounce		421812

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	7.13
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: 0.00

Amount Per Serving

Calories	165.00
Fat	11.00g
SaturatedFat	4.63g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	682.50mg
Carbohydrates	7.75g
Fiber	2.00g
Sugar	4.00g

Protein	9.50g
Vitamin A 550.00IU	Vitamin C 3.60mg
Calcium 165.00mg	Iron 1.26mg

Emoticon Fries



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11724

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SHPD EMOTICON 6-4 MCC	4 Piece	Cook frozen. Fill basket 1/3 full with product. Deep fry 350 degrees for 2 to 2 1/2 minutes.	538872

Preparation Instructions

basket 1/3 full with product. Deep fry 350 degrees for 2 to 2 1/2 minutes.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories	200.00		
Fat	6.67g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	133.33mg		
Carbohydrates	30.00g		
Fiber	3.33g		
Sugar	0.00g		
Protein	3.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mini Confetti Pancakes



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12876

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	<p>BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating CONVENTIONAL OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. CONVECTION OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes.</p> <p>*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.</p> <p>MICROWAVE: 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.</p>	395303

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	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

Mini Chocolate Donuts



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12877

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

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	320.00
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.00mg
Carbohydrates	41.00g
Fiber	2.00g
Sugar	19.00g

Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Green Eggs & Ham

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12942

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5# CARG	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
HAM SMKD RND W/A 2PC GFS	3 Ounce		179906

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	190.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	240.00mg
Sodium	1270.00mg
Carbohydrates	2.00g
Fiber	0.00g
Sugar	0.00g
Protein	21.00g

Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg