

Cookbook for FLAT ROCK-HAW CREEK SCHOOL

Created by HPS Menu Planner

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Toasted Cheese Sandwich

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

Ingredients

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

Preparation Instructions

Directions:

- 1: Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
- 2: Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
- 3: Top each slice of bread with 2 slices (2 oz) of cheese.
- 4: Cover with remaining bread slices.
- 5: Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
- 6: Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE
- 6: CCP: Heat to 140° F or higher.
- 7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Notes:

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

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 304.00

Fat 13.64g

SaturatedFat 6.68g

Trans Fat 0.00g

Cholesterol 32.20mg

Sodium 711.60mg

Carbohydrates 37.00g

Fiber 4.00g

Sugar 7.00g

Protein 11.00g

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

Calcium 230.00mg **Iron** 2.16mg

Taco Walking MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

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

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

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

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

3. Crush individual bags of chips and open.

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

4. Serve.

Child Nutrition: 1 Each provides=

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

OR

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

Updated October 2013

SLE Components

Amount Per Serving

Meat	0.25
Grain	1.25
Fruit	0.00
GreenVeg	0.00

RedVeg	0.19
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 1.00 Serving

Amount Per Serving

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

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

Sandwich Chicken Patty MTG

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

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	558061
4" Whole Grain Rich Hamburger Buns	2 Ounce	3475

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

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

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Protein		14.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.06mg	Iron	2.08mg

Salad Spinach Side MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

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

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

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

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

Updated October 2013

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Hot Dog on Bun

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

Ingredients

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

Preparation Instructions

WASH HANDS.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

Conventional oven: 400°F

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

2. Serve within 3 hours.

3. Serve with ketchup packet (optional).

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

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

Updated January 2016

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Calcium 0.40mg **Iron** 0.01mg

Hamburger Deluxe

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

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
4" Whole Grain Rich Hamburger Buns	1 Ounce	3475
BACON CKD RND 192CT HRML	1 Gram	433608
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	189071

Preparation Instructions

WASH HANDS.

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

Wrap and hold 135'

3. Serve.

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	2.49		
Fat	0.13g		
SaturatedFat	0.05g		
Trans Fat	0.01g		
Cholesterol	0.49mg		
Sodium	5.28mg		
Carbohydrates	0.16g		
Fiber	0.02g		
Sugar	0.03g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.22mg	Iron	0.05mg

Popcorn Chicken

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

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD CKD WGRAIN 20	103 Ounce	528840

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	4.13		
Fat	0.20g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.76mg		
Sodium	8.34mg		
Carbohydrates	0.24g		
Fiber	0.02g		
Sugar	0.00g		
Protein	0.35g		
Vitamin A	2.58IU	Vitamin C	0.00mg
Calcium	0.43mg	Iron	0.02mg

Broccoli Steamed

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

Ingredients

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

Preparation Instructions

Directions:

WASH HANDS.

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

Steam broccoli for 7 Minutes

Transfer Broccoli to solid steam pan, and

Mix all ingredients

Do not cover while holding at 135' or above

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

Notes:

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	13.81
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	84.18mg
Carbohydrates	2.43g
Fiber	0.72g
Sugar	0.71g

Protein		0.36g	
Vitamin A	0.00IU	Vitamin C	10.67mg
Calcium	7.21mg	Iron	0.00mg

Asian Rice

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Hot Ham and Cheese

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Seasoned Sweet Potato Fries

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

Ingredients

Description	Measurement	DistPart #
Sweet Potato Fries Tricut	1 Serving	409461

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Lucky Charm Cereal Kit

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

Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	525290

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 100.00

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

Coco Puff Cereal Kit

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

Ingredients

Description	Measurement	DistPart #
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	533130

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 100.00

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

Cinn Toast Crunch Cereal Kit

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

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	150471

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 100.00

Amount Per Serving

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

Multi Grain Cheerio Kit

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

Ingredients

Description	Measurement	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package	585321

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 100.00

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

Pop Tart

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

Ingredients

Description	Measurement	DistPart #
BREAKFAST KIT POP-TART FUDG 72CT	1 Package	787721

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 100.00

Amount Per Serving

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

Egg And Bacon Bagels

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

Pancake Wrap

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

Poptart- Frosted Cinn

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Strawberry Pop Tart

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

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	695890

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Cheese stick

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Donut

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

Ingredients

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

Preparation Instructions

Thaw in refrigerator overnight or at room temperature same day.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Breakfast Burrito

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

Breakfast Pizza

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

Ingredients

Description	Measurement	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	503640

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

Double Choc Oatmeal Breakfast Bar

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

Ingredients

Description	Measurement	DistPart #
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	262103

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Choc Chip Oatmeal Breakfast Bar

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

Ingredients

Description	Measurement	DistPart #
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	194031

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Banana Muffin

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Blueberry Muffin

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

Double Choc Muffin

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

Triple Cherry Yogurt

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

Ingredients

Description	Measurement	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911

Preparation Instructions

SERVE COLD IN READY TO EAT SINGLE SERVING

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Strawberry Bash Yogurt

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

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760

Preparation Instructions

SERVE COLD IN READY TO EAT SINGLE SERVING

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

Applesauce

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

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	1 Each	753911

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Prairie Farm Plain Milk

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Prairie Farm Choc Milk

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Prairie Farm Strawberry Milk

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Fresh Grapes

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

100% Apple Juice

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Fresh Apple Slices

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

100% Orange Juice

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Peanut Butter Cup

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

Ingredients

Description	Measurement	DistPart #
PEANUT BUTTER CUP 100-1.1Z	1 Each	651890

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Wow Butter Cup

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Raisins

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

100% Fruit Punch

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Baked Beans

Servings:	55.00	Category:	Vegetable
Serving Size:	1.00 55	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12785

Ingredients

Description	Measurement	DistPart #
BEAN VEGTAR 6-10 GFS	3 #10 CAN	298913
SUGAR BROWN MED 25 GFS	1/2 Cup	108626
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/2 #10 CAN	100129
SPICE ONION POWDER 19Z TRDE	1 Tablespoon	126993
HAM DCD W/A 1/4 3-4 GFS	1/2 Cup	199834
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Tablespoon	109843
SPICE GARLIC POWDER 21Z TRDE	1/2 Tablespoon	224839

Preparation Instructions

Wash hands

Clean lids before opening

Drain-Vegetarian Beans

Combine all ingredients

place in steam pans

Cook (uncovered) at 300' for 30 min or until product reaches 165

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 1.00 55

Amount Per Serving

Calories	256.43
Fat	0.72g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.14mg
Sodium	915.21mg
Carbohydrates	52.40g
Fiber	7.07g
Sugar	21.97g

Protein	11.35g
Vitamin A 188.22IU	Vitamin C 2.27mg
Calcium 76.26mg	Iron 2.83mg

Turkey Manhattan

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

Ingredients

Description	Measurement	DistPart #
24 oz. Whole Grain Rich Sandwich Bread	2 Slice	1292
TURKEY & GRAVY CKD 4-7 JENNO	5 Ounce	653171
POTATO PRLS EXCEL 12-28Z BAMER	3 Ounce	613738

Preparation Instructions

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

DISCLAIMER:

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

Turkey and Noodles

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

Ingredients

Description	Measurement	DistPart #
BASE CHIX RSTD NO ADDED MSG 6-1 GSIG	1 Cup	110601
PASTA NOODL KLUSKI 1/8 2-5 GFS	5 Pound	270385
ONION DEHY CHPD 15 P/L	2 1/2 Cup	263036
MARGARINE SLD 30-1 GCHC	1 Cup	733061
FLOUR A/P 25# WINGOLD	8 Ounce	357250
MILK PWD INST FF 50 MMPA	3 Quart	113336
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon	225037
TURKEY POT ROAST 2-5AVG JENNO	12 3/25 Pound	119812

Preparation Instructions

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

Pour into Med helf steamtable pans

Hold at 135 or higher

1 Cup per serving

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	252.29
Fat	5.07g
SaturatedFat	1.65g
Trans Fat	0.00g
Cholesterol	53.97mg
Sodium	448.49mg
Carbohydrates	32.91g
Fiber	0.81g
Sugar	8.59g

Protein	18.37g
Vitamin A 123.17IU	Vitamin C 2.14mg
Calcium 203.73mg	Iron 1.92mg

Chicken Fajita

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

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	150160
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	882690
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup	242489

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVENTIONAL OVEN: 25-30 MINUTES AT 350°F FROM FROZEN., CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM , FROZEN.

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

25-30 minutes at 350°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

5-8 minutes in a single layer at 400°F from frozen.

MICROWAVE

Appliances vary, adjust accordingly.

Microwave Oven

3 1

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

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 100

Amount Per Serving

Calories 2.28

Fat 0.10g

SaturatedFat 0.04g

Trans Fat 0.00g

Cholesterol 0.80mg

Sodium 4.10mg

Carbohydrates 0.19g

Fiber 0.03g

Sugar 0.02g

Protein 0.19g

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

Calcium 0.21mg **Iron** 0.02mg

Biscuit and gravy

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

Ingredients

Description	Measurement	DistPart #
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	2 Each	521782
GRAVY SAUS CNTRY 6-10 CHEFM	1/4 Cup	464694
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	344090

Preparation Instructions

READY_TO_EAT

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

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

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

BAKE

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	430.00
Fat	27.00g
SaturatedFat	12.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	1180.00mg
Carbohydrates	30.00g
Fiber	0.00g

Sugar	0.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	141.00mg	Iron	1.52mg

Deli Sub

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

Ingredients

Description	Measurement	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	2 Ounce	236012
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	2 Piece	189071
5" WG Hoagie Bun	1 Serving	3737
LETTUCE ROMAINE CLND 2-5 RSS	1 Piece	702609

Preparation Instructions

Place 2 oz of deli meat on bottom sub bun
Top with 1oz of cheese
lettuce
Place sub bun on top
Wrap or place in plastic container
Hold at 41' or below

SLE Components

Amount Per Serving

Meat	2.49
Grain	0.03
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	171.98		
Fat	9.85g		
SaturatedFat	4.14g		
Trans Fat	0.00g		
Cholesterol	57.54mg		
Sodium	618.92mg		
Carbohydrates	5.17g		
Fiber	1.03g		
Sugar	3.06g		
Protein	16.82g		
Vitamin A	24.87IU	Vitamin C	1.19mg
Calcium	252.80mg	Iron	1.26mg

Breaded steak and gravy

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

Ingredients

Description	Measurement	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85-3.85Z	1 Each	667202
GRAVY MIX PEPR DRY 12-24Z GCHC	1/4 Cup	701450

Preparation Instructions

BAKE

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

Prepare gravy, and serve with proper serving size utensels

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

Spicy Chicken Patty

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

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
4" Whole Grain Rich Hamburger Buns	2 Ounce	3475

Preparation Instructions

BAKE

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

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

Chicken Bacon Club

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

Ingredients

Description	Measurement	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each	185033
BACON CKD RND 192CT HRML	1 Gram	433608
5" WG Hoagie Bun	1 66g	3737
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	189071

Preparation Instructions

Cook all items using manufacturers instructions.

layer Chicken, Bacon, and cheese inside Hoagie bun

Wrap, and hold at 135' or above until serving

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

Seasoned Corn

Servings:	120.00	Category:	Vegetable
Serving Size:	1.00 120	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12808

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	6 Gallon	283730
BUTTER SUB 24-4Z BTRBUDS	1/2 Package	209810
SUGAR SUB POUZ 24-3.25Z SPLENDA	6 Tablespoon	136911
SALT IODIZED 24-26Z GFS	6 Tablespoon	108308
SPICE PEPR BLK COARSE GRND 16Z TRDE	1/2 Teaspoon	518322

Preparation Instructions

Wash Hands:

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

Transfer to solid hotel pan and combine all ingredients.

Hold, covered at 135' until served

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.60

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 120

Amount Per Serving

Calories	119.98		
Fat	1.19g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	362.31mg		
Carbohydrates	26.40g		
Fiber	2.39g		
Sugar	3.54g		
Protein	3.58g		
Vitamin A	119.48IU	Vitamin C	2.87mg
Calcium	0.33mg	Iron	0.43mg

Chili

Servings:	196.00	Category:	Entree
Serving Size:	1.00 196	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12809

Ingredients

Description	Measurement	DistPart #
BEEF CRUMBLES 8-5 COMM	30 Pound	581950
SAUCE TOMATO MW 6-10 GCHC	4 #10 CAN	306347
SPICE CHILI POWDER MILD 16Z TRDE	6 1/2 Cup	331473
BEAN CHILI HOT 6-10 BROOKS	4 #10 CAN	785024
SUGAR SUB POU 24-3.25Z SPLENDA	3 Ounce	136911
PASTA ELBOW MACAR 51 WGRAIN 2-10	75 Ounce	229941

Preparation Instructions

Cook in tilt kettle

Mix all ingredients together beef, sauce, water, chili powder, beans, spenda, & pasta

Heat to 165, and hold at 135

196 - 1 cup servings per batch

16 servings per metal gallon pitcher

SLE Components

Amount Per Serving

Meat	1.96
Grain	0.38
Fruit	0.00
GreenVeg	0.00
RedVeg	0.26
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 196.00

Serving Size: 1.00 196

Amount Per Serving

Calories	247.47		
Fat	7.41g		
SaturatedFat	2.94g		
Trans Fat	0.00g		
Cholesterol	29.39mg		
Sodium	1119.05mg		
Carbohydrates	26.36g		
Fiber	6.57g		
Sugar	5.25g		
Protein	17.24g		
Vitamin A	731.43IU	Vitamin C	2.53mg

Calcium 55.09mg **Iron** 3.82mg

Lasagna roll up

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

Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each	234041
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	1 Ounce	573201
CHEESE MOZZ SHRD 4-5 LOL	1 Tablespoon	645170
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

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

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

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

HACCP Process 2

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

Reheat to 165F and serve leftovers within 1 week

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	8.53		
Fat	0.24g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.63mg		
Sodium	11.83mg		
Carbohydrates	1.11g		
Fiber	0.10g		
Sugar	0.16g		
Protein	0.46g		
Vitamin A	9.73IU	Vitamin C	0.18mg

Calcium 7.12mg **Iron** 0.06mg

Breaded Chicken Leg

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

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	603391
CORBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each	159791

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 72

Amount Per Serving

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

Popcorn Chicken

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

Ingredients

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

Preparation Instructions

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

28 servings per bag

170 servings per box

11 pieces per serving

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 11.00 170

Amount Per Serving

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

Fish Shapes

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

Ingredients

Description	Measurement	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	5 Each	523291

Preparation Instructions

BAKE

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

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 1

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

Gilardi Pizza(turkey)

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 96

Amount Per Serving

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

Gilardi Pizza(cheese)

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 96

Amount Per Serving

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

Steamed Peas

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12818

Ingredients

Description	Measurement	DistPart #
PEAS GREEN IQF 30 KE	2 Gallon	283760
BUTTER SUB 24-4Z BTRBUDS	1 Package	209810
SUGAR SUB POUZ 24-3.25Z SPLENDA	1/2 Teaspoon	136911

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	57.90		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	98.30mg		
Carbohydrates	10.24g		
Fiber	3.18g		
Sugar	3.25g		
Protein	3.98g		
Vitamin A	318.41IU	Vitamin C	4.78mg
Calcium	0.00mg	Iron	0.00mg

Potato Wedges

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

Ingredients

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

Preparation Instructions

Bake at 425 for 19 Min

25 servings per bag

120 per box

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 4.00 120

Amount Per Serving

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

Mashed Potato

Servings:	156.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12820

Ingredients

Description	Measurement	DistPart #
POTATO PRLS XTRA RICH 6-3.56 BAMER	1 Carton	222585
BUTTER SUB 24-4Z BTRBUDS	1/2 Package	209810
SALT IODIZED 24-26Z GFS	1/8 Cup	108308
SPICE PEPR BLK REST GRIND 5 TRDE	1 Tablespoon	242179

Preparation Instructions

RECONSTITUTE

- 1: Pour 2 gallons boiling water in mixing bowl.
- 2: HAND MIX: Add 1 carton of potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve.
MACHINE MIX: Using whip attachment, mix on low; slowly add product.
3. Add Butter buds, Salt, and Pepper
4. Scrape bowl, whip on high until fluffy (2 minutes).
- 5: Ready to serve /Add more boiling water to make potatoes thinner, more potatoes to make thicker.

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: 156.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	1.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	97.53mg		
Carbohydrates	0.26g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.17mg	Iron	0.00mg

Beef n Noodle

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

Ingredients

Description	Measurement	DistPart #
BEEF STEW MEAT DCD 85 LEAN 4-5HALP	15 3/4 Pound	443689
BASE BEEF NO MSG LO SOD 6-1 MINR	2 1/4 Gallon	580562
PASTA NOODL KLUSKI 1/8 2-5 GFS	1 1/2 Cup	270385
SPICE SAGE GRND 8Z TRDE	3/4 Teaspoon	513911
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon	225061
SALT IODIZED 25 CARG	1 1/2 Teaspoon	108286
ONION DEHY CHPD 15 P/L	3/16 Cup	263036
BREAD PITA 7 WGRAIN 12-10CT OLYMP	1/2 Slice	320853

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 8.00 75

Amount Per Serving	
Calories	19.53
Fat	1.14g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.55mg
Sodium	51.63mg
Carbohydrates	0.53g
Fiber	0.03g
Sugar	0.03g

Protein		0.09g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.29mg	Iron	0.02mg

Chicken Nuggets

Servings:	162.00	Category:	Entree
Serving Size:	7.00 162	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13016

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	7 Each	281831

Preparation Instructions

Wash hands

Place liner on baking tray

arrange nuggets in single layer

18 servings per bag

7 pieces per serving

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

9 bags = 162 servings

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: 162.00

Serving Size: 7.00 162

Amount Per Serving

Calories	2.27		
Fat	0.13g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.22mg		
Sodium	3.46mg		
Carbohydrates	0.14g		
Fiber	0.02g		
Sugar	0.01g		
Protein	0.14g		
Vitamin A	1.08IU	Vitamin C	0.00mg
Calcium	0.22mg	Iron	0.02mg

Corn Dog

Servings:	120.00	Category:	Entree
Serving Size:	6.00 120	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13017

Ingredients

Description	Measurement	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each	722301

Preparation Instructions

From a frozen state open bag and place mini corn dogs on cooking tray with liner and cook at 350 degrees F. Heat for approximately 20 minutes or until product reaches serving temperature.

120 servings per box

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: 120.00

Serving Size: 6.00 120

Amount Per Serving

Calories	2.23		
Fat	0.09g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.28mg		
Sodium	3.04mg		
Carbohydrates	0.28g		
Fiber	0.03g		
Sugar	0.10g		
Protein	0.08g		
Vitamin A	0.95IU	Vitamin C	0.43mg
Calcium	0.55mg	Iron	0.01mg

Fiesta Corn

Servings:	195.00	Category:	Vegetable
Serving Size:	1.00 195	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13018

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	30 Pound	283730
PEPPERS RED & GREEN STRIPS 6-10 P/L	6 Cup	182550
SPICE PAPRIKA 16Z TRDE	1/4 Cup	518331
SPICE PEPR BLK REST GRIND 5 TRDE	2 Tablespoon	242179
BUTTER SUB 24-4Z BTRBUDS	1/2 Package	209810

Preparation Instructions

Wash hands

Steam vegetables for 15 min, and allow to sit in steamer additional 15 minutes- Temp 165'

Add seasonings, and hold at 135

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: 195.00

Serving Size: 1.00 195

Amount Per Serving

Calories	64.35		
Fat	0.66g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.28mg		
Carbohydrates	13.39g		
Fiber	1.34g		
Sugar	1.29g		
Protein	1.92g		
Vitamin A	147.48IU	Vitamin C	1.92mg
Calcium	0.41mg	Iron	0.26mg

Seasoned Green Beans

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13020

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	2 #10 CAN	221990
HAM DCD W/A 1/4 3-4 GFS	4 Tablespoon	199834
SPICE ONION POWDER 19Z TRDE	3 Teaspoon	126993
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon	224839
BUTTER SUB 24-4Z BTRBUDS	4 Tablespoon	209810
SALT IODIZED 24-26Z GFS	1 Tablespoon	108308

Preparation Instructions

Preparation Instructions

WASH HANDS.

1. Open can and drain in holey pan, add ham
2. Steam 15 min or till 165
3. Transfer to solid pan, and add seasoning
4. Hold at 135 until served

Each pan is 40-1/2 cup servings

Child Nutrition: 1/2 cup provides= 1/2 cup 'other' vegetable

SLE Components

Amount Per Serving

Meat	0.08
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: 40.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	30.33
Fat	0.13g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	1.50mg
Sodium	395.45mg
Carbohydrates	5.77g
Fiber	2.60g
Sugar	2.59g

Protein		1.85g	
Vitamin A	258.67IU	Vitamin C	4.72mg
Calcium	26.06mg	Iron	0.95mg

Jello

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13021

Ingredients

Description	Measurement	DistPart #
GELATIN MIX RASPB 12-24Z GFS	4 Package	524603
JUICE APPLE 100 8-64FLZ HV	2 Quart	175470

Preparation Instructions

DISSOLVE CONTENTS OF 24OZ PKG IN 2 QUARTS OF VERY HOT apple juice, stir .

ADD 2 QUARTS OF COLD apple juice AND STIR AGAIN.

POUR INTO INDIVIDUAL DISHES, MOLDS OR A SHALLOW PAN. CHILL UNTIL FIRM, 4 HOURS OR OVER NIGHT

100-1/2 cup servings

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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	1.70		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.79mg		
Carbohydrates	0.42g		
Fiber	0.00g		
Sugar	0.41g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.60mg
Calcium	0.00mg	Iron	0.00mg

Mac N Cheese

Servings:	80.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13022

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	6 Ounce	150731

Preparation Instructions

PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 45 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

80- 6oz servings per box

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	3.54		
Fat	0.14g		
SaturatedFat	0.08g		
Trans Fat	0.01g		
Cholesterol	0.46mg		
Sodium	8.10mg		
Carbohydrates	0.39g		
Fiber	0.02g		
Sugar	0.10g		
Protein	0.19g		
Vitamin A	6.16IU	Vitamin C	0.01mg
Calcium	4.64mg	Iron	0.00mg

Hummus

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13034

Ingredients

Description	Measurement	DistPart #
BEAN GARBANZO 6-10 GCHC	7 1/3 Cup	118753
JUICE LEMON 4-1GAL GFS	2/3 Cup	529191
SPICE PEPR BLK COARSE GRND 16Z TRDE	1 Teaspoon	518322
PASTE TAHINI PURE SESAME 12-32Z ROLN	1 1/8 Cup	661481
GARLIC CHPD IN OIL 6-32Z TULK	3 1/2 Teaspoon	195776

Preparation Instructions

Directions:

Combine all ingredients in a food processor and puree to a smooth consistency.

Spread into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

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

Portion with No. 8 scoop (1/2 cup).

Notes:

Serve with pita bread; or as Meat item on salad bar

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: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	65.31
Fat	3.66g
SaturatedFat	0.69g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	87.98mg
Carbohydrates	5.97g
Fiber	1.84g
Sugar	0.88g
Protein	2.85g

Vitamin A	0.35IU	Vitamin C	0.02mg
Calcium	23.53mg	Iron	0.82mg