

Cookbook for HPTS High

Created by HPS Menu Planner

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Yogurt served with Funnel Cake

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

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Mango Smoothie

Mixed Berry Smoothie

Strawberry Smoothie

Strawberry-Blueberry Smoothie

Onion and Pepper (Burrito Topping)

Chicken Salad Sandwich

Fruit Parfait

Dannon Yogurt Meal

Cheese Nachos

WG Waffles

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

Ingredients

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

Preparation Instructions

Read Package Instructions and prepare accordingly.

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

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

SLE Components

Amount Per Serving

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: 20.00

Serving Size: 1.00 waffle

Amount Per Serving			
Calories		236.25	
Fat		6.91g	
SaturatedFat		1.04g	
Trans Fat		0.06g	
Cholesterol		0.00mg	
Sodium		380.25mg	
Carbohydrates		39.00g	
Fiber		4.88g	
Sugar		7.80g	
Protein		5.85g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	224.25mg	Iron	1.95mg

Philly Steak and Cheese Panini

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD STN BKD 6x12 24CT SIENNA	2 Each		509251
EGG SCRMBD PTY RND 3.25 200-1Z GFS	4 Each		462519
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	4 Each		720861

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	3.25
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: 4.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	563.10
Fat	22.65g
SaturatedFat	6.90g
Trans Fat	0.52g
Cholesterol	127.50mg
Sodium	1378.50mg
Carbohydrates	62.00g
Fiber	2.50g
Sugar	5.00g
Protein	25.90g
Vitamin A 150.00IU	Vitamin C 3.00mg
Calcium 100.00mg	Iron 5.04mg

Turkey and Cheese Sub

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	3.08
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	343.70
Fat	12.56g
SaturatedFat	6.02g
Trans Fat	0.00g
Cholesterol	66.64mg
Sodium	1098.49mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	5.00g
Protein	29.74g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 1.80mg

Chicken Tender Wrap

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	6 Piece	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.	283951
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
LETTUCE ROMN HRYS CHPD 6-2 TAYLR FRM	1 1/2 Cup		688853
SPINACH BABY CLND 2-2 RSS	1/2 Cup		560545
Grape Tomatoes	1/4 Cup		749041
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Package		554693

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	4.00
Grain	4.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.13

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Salad Meal

Amount Per Serving

Calories	865.00
Fat	49.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1170.00mg
Carbohydrates	68.00g
Fiber	13.50g
Sugar	6.50g
Protein	36.00g

Vitamin A	11250.00IU	Vitamin C	31.50mg
Calcium	165.00mg	Iron	6.62mg

Garden Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Salad Meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1818

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 1/2 Cup		735787
SPINACH LEAF FLAT CLND 4-2.5 RSS	1/2 Cup		329401
CHEESE CHED SHRD 6-5 COMM	2 Ounce		199720
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
PEPPERS RED DOMESTIC 23 MRKN	1/4 Cup		560715
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Each		736280
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

1. Place romaine and spinach into container. Top with cheese, tomatoes, cucumbers, carrots, and broccoli.
2. Serve with muffin, string cheese, and goldfish.
3. Label and date, place in cooler until serving time.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	2.00
RedVeg	1.03
OtherVeg	0.25

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Salad Meal			
Amount Per Serving			
Calories	626.44		
Fat	32.83g		
SaturatedFat	17.53g		
Trans Fat	0.00g		
Cholesterol	95.00mg		
Sodium	883.31mg		
Carbohydrates	54.48g		
Fiber	6.91g		
Sugar	19.63g		
Protein	26.14g		
Vitamin A	15980.53IU	Vitamin C	130.47mg
Calcium	403.50mg	Iron	4.46mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1819

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 1/2 Cup		735787
SPINACH LEAF FLAT CLND 4-2.5 RSS	1/2 Cup		329401
Grape Tomatoes	1/4 Cup		749041
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451
CHEESE CHED MLD SHRD 4-5# COMM	1/2 Ounce		150250
TURKEY HAM DCD 2-5 JENNO	3/4 Ounce		202150
TURKEY BRST DCD 2-5	3/4 Ounce		451300
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
EGG SHL LRG A GRD PAST 6-30CT GFS	1 Each		265454
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Each		736280

Preparation Instructions

1. The morning before place raw eggs into a perforated steam table pan. Place in steamer and cook for 12 minutes.
2. Place on metal cart and place in cooler to cool overnight. Label and date mark.
3. The afternoon before pull diced chicken and ham, label and date mark and place into cooler to thaw.
4. Place lettuce and spinach into salad container, top with cheese, tomatoes, ham, turkey, egg, cucumber, broccoli.
5. Label and date mark and place into cooler until serving time.
6. Serve with muffin and goldfish crackers.

SLE Components

Amount Per Serving

Meat	3.63
Grain	2.00

Fruit	0.00
GreenVeg	2.00
RedVeg	1.33
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 1 meal

Amount Per Serving

Calories	481.31
Fat	19.49g
SaturatedFat	6.97g
Trans Fat	0.00g
Cholesterol	267.65mg
Sodium	714.49mg
Carbohydrates	53.31g
Fiber	5.96g
Sugar	17.88g
Protein	23.76g

Vitamin A	14755.74IU	Vitamin C	66.62mg
Calcium	316.44mg	Iron	5.60mg

Grab and Go Lunch Box

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

Ingredients

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

Preparation Instructions

Prepare ahead in grab and go box: cereal, muffin and 2 cheese sticks. Offer Fruit and Veg on the salad bar, or place in box for convenience. Students are required to take a half cup equivalent.

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 meal

Amount Per Serving

Calories	450.00		
Fat	20.00g		
SaturatedFat	9.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	675.00mg		
Carbohydrates	49.00g		
Fiber	3.00g		
Sugar	24.00g		
Protein	19.00g		
Vitamin A	500.00IU	Vitamin C	6.00mg
Calcium	522.00mg	Iron	5.50mg

Cavatappi Mostaccioli with Beef Italian Meatballs

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1/2 Cup		315494
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SEASONING ITAL HRB 6Z TRDE	1/4 Teaspoon		428574
PASTA CAVATAPPI 8-2.5 PG	2 Ounce		102938

Preparation Instructions

Prepare Pasta Separately

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

SLE Components

Amount Per Serving

Meat	2.00
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: 1.75 Cup

Amount Per Serving

Calories	431.00		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.60g		
Cholesterol	36.00mg		
Sodium	736.00mg		
Carbohydrates	59.00g		
Fiber	6.00g		
Sugar	13.00g		
Protein	21.00g		
Vitamin A	305.00IU	Vitamin C	7.00mg

Calcium 84.00mg **Iron** 4.88mg

BBQ Boneless Chicken Breast Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ SWEET 4-1GAL GFS	1 Tablespoon	Brush with sauce, bake a few minutes.	435170
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each	Barb's Baking notes: 325 degrees for 20mins	185033
R&I made Bimbo Bakeries whole grain hamburger buns 12ct 26oz	1 bun	READY_TO_EAT	78700-80021 RI 1

Preparation Instructions

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

SLE Components

Amount Per Serving

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 Sandwich

Amount Per Serving

Calories	316.90		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	745.00mg		
Carbohydrates	42.00g		
Fiber	3.20g		
Sugar	13.50g		
Protein	30.10g		
Vitamin A	71.27IU	Vitamin C	0.53mg
Calcium	13.57mg	Iron	1.06mg

Popcorn Chicken w/ WG Honey Roll

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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 meal

Amount Per Serving

Calories	340.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	640.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.52mg

Popcorn Chicken Salad W/ Goldfish

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.79
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 440.00

Fat 21.00g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 85.00mg

Sodium 815.00mg

Carbohydrates 36.50g

Fiber 7.50g

Sugar 1.50g

Protein 27.50g

Vitamin A 12100.00IU **Vitamin C** 31.50mg

Calcium 274.50mg **Iron** 4.02mg

Egg Salad Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10800

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD 6-30CT GCHC	50 Each		206539
ONION SPANISH JUMBO 10 P/L	8 Ounce		109620
CELERY JUMBO 16-24CT 40 MARKON	3 3/10 Cup		198536
SPICE PEPR BLK REST GRIND 5 TRDE	1 1/2 Teaspoon		242179
SPICE MUSTARD DRY 1 COLMANS	1 1/2 Ounce		400018
MAYONNAISE LT 4-1GAL GFS	1 3/4 Cup		429406
RELISH SWT PICKLE 4-1GAL GFS	1 Cup		517186
BREAD WGRAIN HNY WHT 16-24Z GFS	100 Slice		204822

Preparation Instructions

USDA Recipe # F-10

Directions:

Finely chop eggs.

Combine eggs, onions, celery, pepper, mustard, salad dressing or mayonnaise, and pickle relish. Mix lightly until well blended.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Cover. Refrigerate until ready to use.

Spread No. 12 scoop (1/3 cup) of egg salad onto 1 slice of bread. Top with second slice of bread. Cover. Refrigerate until ready to serve. Portion is 1 sandwich.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.09
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories		239.76	
Fat		5.47g	
SaturatedFat		0.90g	
Trans Fat		0.00g	
Cholesterol		122.27mg	
Sodium		356.26mg	
Carbohydrates		39.72g	
Fiber		4.21g	
Sugar		7.51g	
Protein		9.61g	
Vitamin A	36.84IU	Vitamin C	0.59mg
Calcium	96.23mg	Iron	2.69mg

Build Your Own Fiesta Nachos

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Seasoning Mix	2 tsp.	BAKE	5935879
BEEF GRND 40 COMM	3 8/25 Ounce		110520
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	2 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
SAUCE CHS CHED POUCH 6-106Z LOL	1/8 Cup		135261

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.98
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 Each

Amount Per Serving			
Calories	550.16		
Fat	30.51g		
SaturatedFat	9.30g		
Trans Fat	2.48g		
Cholesterol	74.82mg		
Sodium	517.94mg		
Carbohydrates	43.56g		
Fiber	4.00g		
Sugar	1.00g		
Protein	23.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	148.68mg	Iron	0.72mg

Chicken Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	<p>Barb's baking notes: 325 degrees for 20mins Manufacturer's 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.</p>	281622
R&I made Bimbo Bakeries whole grain hamburger buns 12ct 26oz	1 bun	READY_TO_EAT	78700-80021 RI 1

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	430.00		
Fat	17.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	600.00mg		
Carbohydrates	47.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Teriyaki Chicken and Brown Rice

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	2 17/20 Ounce		890911
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	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 Each

Amount Per Serving	
Calories	826.00
Fat	7.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	480.00mg
Carbohydrates	163.00g
Fiber	8.00g
Sugar	15.00g
Protein	31.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 3.96mg

Stir Fry Veggies

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.34
RedVeg	0.05
OtherVeg	0.07
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	13.43
Fat	0.14g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	28.25mg
Carbohydrates	3.01g
Fiber	0.92g

Sugar	1.06g
Protein	0.97g
Vitamin A 418.21IU	Vitamin C 35.60mg
Calcium 17.25mg	Iron 0.31mg

Romaine Spinach Mix

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	7.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	1.50g		
Fiber	1.00g		
Sugar	0.00g		
Protein	0.50g		
Vitamin A	2500.00IU	Vitamin C	15.00mg
Calcium	25.00mg	Iron	0.86mg

Variety Oatmeal with Scooby Snacks

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.94
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	5.68g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	335.00mg		
Carbohydrates	53.25g		
Fiber	4.33g		
Sugar	19.25g		
Protein	6.00g		
Vitamin A	1083.33IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	3.18mg

Deli Sub

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 1/50 Ounce		236012
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

Preparation Instructions

According to PFS:

- 6 .51oz slices of ham = 2oz m/ma SO 2 slices = .667m/ma
- 6 .5oz slices of salami= 2oz m/ma SO 2 slices = .667m/ma
- 4 .5oz sloces of bologna= 2oz m/ma SO 2 slices= 1m/ma
- 2 slices of each flavor =2.33m/ma (rounds down to 2.25m/ma)

SLE Components

Amount Per Serving

Meat	3.25
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 Each

Amount Per Serving			
Calories	385.22		
Fat	19.79g		
SaturatedFat	7.98g		
Trans Fat	0.00g		
Cholesterol	89.23mg		
Sodium	1238.51mg		
Carbohydrates	30.13g		
Fiber	3.00g		
Sugar	5.00g		
Protein	24.18g		
Vitamin A	337.56IU	Vitamin C	1.80mg
Calcium	290.10mg	Iron	3.15mg

Ham & Cheese Sub

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	370.00		
Fat	17.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	85.00mg		
Sodium	990.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	7.00g		
Protein	24.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	230.00mg	Iron	2.52mg

Roast Beef Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	2 Slice	READY_TO_EAT	726567
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
Beef Round Roast, Top (Inside, Cap-Off)	2 33/50 Ounce	2 33/50 ounces = 2.66 ounces = 4 slices	19864

Preparation Instructions

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

Use this amount 2.66oz Roast Beef is 4 slices = 1.33oz credible M/Ma

2oz Roast Beef is 3 slices = 1oz credible M/Ma

SLE Components

Amount Per Serving

Meat	2.83
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00		
Fat	12.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	400.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	380.00mg	Iron	1.80mg

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12305

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
Chicken Fajita Breast Strips	3 Ounce	HEAT_AND_SERVE Fully Cooked; Reheat to 140°F Conventional Oven: 6-8 Minutes at 400°F Convection Oven: 5-7 Minutes at 375°F Microwave: 8-10 strips on high for 3 minutes	15632
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CHEESE PARM SHRD FCY 10-2 PG	1/2 Ounce		460095
Newman's Own Creamy Caesar Dressing	1 Packet	READY_TO_EAT ready to serve	4593554
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.42
Grain	2.00
Fruit	0.00
GreenVeg	3.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

Amount Per Serving	
Calories	618.13
Fat	45.94g
SaturatedFat	7.03g
Trans Fat	2.00g
Cholesterol	104.17mg
Sodium	1239.03mg
Carbohydrates	50.42g
Fiber	5.55g
Sugar	16.25g

Protein	31.74g
Vitamin A 16158.34IU	Vitamin C 96.17mg
Calcium 362.60mg	Iron 8.28mg

Pretzel and Cheese

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

Ingredients

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

Preparation Instructions

Wrap pretzel in plastic wrap, date and label. Hang in pretzel warmer the morning of service to thaw.

SLE Components

Amount Per Serving

Meat	2.00
Grain	5.00
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 meal

Amount Per Serving

Calories	720.00		
Fat	22.00g		
SaturatedFat	12.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	1440.00mg		
Carbohydrates	104.00g		
Fiber	2.00g		
Sugar	22.00g		
Protein	32.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	666.00mg	Iron	3.60mg

Sriracha Chicken Tender Meal with Fries

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.67
Grain	2.33
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: 1.00 1 meal

Amount Per Serving			
Calories		566.67	
Fat		29.50g	
SaturatedFat		5.83g	
Trans Fat		0.00g	
Cholesterol		33.33mg	
Sodium		990.00mg	
Carbohydrates		51.67g	
Fiber		7.00g	
Sugar		1.33g	
Protein		25.00g	
Vitamin A	633.33IU	Vitamin C	0.00mg
Calcium	176.33mg	Iron	4.40mg

Walking Taco (Regular Tortilla Chips)

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND IND SRV 36-3Z GEHL	1 Package		861987
BEEF GRND 40 COMM	2 17/25 Ounce	2 17/25 ounce = 2.68 ounces	110520
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	4.50
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 1 meal

Amount Per Serving

Calories	494.00		
Fat	28.00g		
SaturatedFat	11.00g		
Trans Fat	2.00g		
Cholesterol	82.00mg		
Sodium	750.00mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	353.00mg	Iron	0.36mg

Walking Taco (Dorito Nacho Chips)

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	2 17/25 Ounce	2 17/25 ounce = 2.68 ounces	110520
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
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 meal

Amount Per Serving

Calories	544.00		
Fat	29.00g		
SaturatedFat	11.00g		
Trans Fat	2.00g		
Cholesterol	82.00mg		
Sodium	900.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	383.00mg	Iron	0.40mg

Mashed Potato Chicken Bowl w/ WG Roll

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	8 Ounce	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
Sysco Chicken Gravy Mix	1/4 Cup	Prepare gravy according to packaging. There are approximately 68- 1/4 cup servings per bag.	
CORN FZ 30 COMM	2 Ounce	Heat corn. Scoop 1/4 cup corn over the potatoes and gravy.	120490
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	Barb's Baking notes: 325 degrees for 20 mins Manufacturer's baking notes: BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	6.31

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 meal

Amount Per Serving

Calories	1281.98
Fat	24.56g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	2952.02mg
Carbohydrates	219.70g
Fiber	17.12g
Sugar	8.50g
Protein	47.24g

Vitamin A	223.03IU	Vitamin C	121.70mg
Calcium	141.21mg	Iron	5.67mg

Chicken and Cheese Crisпитos with Cheese Cup

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHS 72-2.75Z	2 Each	<p>Barb's baking notes: from frozen stage cook 225 degrees for 10 mins 350 degrees for 8 mins heat to 165 degrees</p> <p>Manufacturer's baking instructions: BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven 10 - 12 minutes at 375°F from frozen. 4 - 6 minutes at 375°F from thawed.</p> <p>CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven 9 - 11 minutes at 350°F from frozen.</p>	539635
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690

Preparation Instructions

Bake crisпитos in servings of 2 each.

Label and date mark packaging.

Offer Cheese Cup.

SLE Components

Amount Per Serving

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 meal

Amount Per Serving	
Calories	550.00
Fat	24.00g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1130.00mg
Carbohydrates	58.00g

Fiber		2.00g	
Sugar		18.00g	
Protein		28.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	477.00mg	Iron	2.00mg

Whole Grain Cheese Breadstick

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

Amount Per Serving

Calories	460.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	840.00mg		
Carbohydrates	50.00g		
Fiber	6.00g		
Sugar	8.00g		
Protein	30.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	14.00mg	Iron	0.00mg

Pepperoni WG Breadsticks

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	4.00
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 meal

Amount Per Serving

Calories	500.00		
Fat	20.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	800.00mg		
Carbohydrates	64.00g		
Fiber	6.00g		
Sugar	6.00g		
Protein	22.00g		
Vitamin A	400.00IU	Vitamin C	2.40mg
Calcium	200.00mg	Iron	3.60mg

Sriracha Chicken Chunk Meal with Fries

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.50
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: 1.00 1 meal

Amount Per Serving			
Calories	505.00		
Fat	23.00g		
SaturatedFat	4.75g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	845.00mg		
Carbohydrates	50.00g		
Fiber	4.50g		
Sugar	3.00g		
Protein	27.50g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	138.00mg	Iron	3.50mg

Pizza Calzone

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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 meal

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

Spicy Chicken Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
R&I made Bimbo Bakeries whole grain hamburger buns 12ct 26oz	1 bun	READY_TO_EAT	78700-80021 RI 1

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	600.00mg		
Carbohydrates	48.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	22.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.70mg

Beef Pasty with String Cheese

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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 meal

Amount Per Serving

Calories	553.00		
Fat	35.00g		
SaturatedFat	16.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	995.00mg		
Carbohydrates	41.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	19.00g		
Vitamin A	350.00IU	Vitamin C	9.60mg
Calcium	220.00mg	Iron	3.96mg

Strawberry Spinach Salad

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

Ingredients

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

Preparation Instructions

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

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

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

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.44
GreenVeg	2.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 meal			
Amount Per Serving			
Calories	574.09		
Fat	36.90g		
SaturatedFat	1.50g		
Trans Fat	2.00g		
Cholesterol	70.00mg		
Sodium	830.50mg		
Carbohydrates	59.24g		
Fiber	10.92g		
Sugar	21.20g		
Protein	35.02g		
Vitamin A	513.61IU	Vitamin C	66.68mg
Calcium	318.32mg	Iron	11.40mg

Poppy Seed Dressing for Strawberry Spinach Salad

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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: 32.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	342.33		
Fat	28.00g		
SaturatedFat	4.40g		
Trans Fat	0.48g		
Cholesterol	0.00mg		
Sodium	4.06mg		
Carbohydrates	24.07g		
Fiber	0.00g		
Sugar	24.07g		
Protein	0.00g		
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Macaroni and Cheese with Shrimp Poppers

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	67/100 Cup		119122
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	3 Ounce		275752
Fat Free Skim Milk	1 Carton		

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.25
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 1 meal

Amount Per Serving

Calories	590.00		
Fat	21.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	75.00mg		
Sodium	1385.00mg		
Carbohydrates	65.00g		
Fiber	6.00g		
Sugar	19.00g		
Protein	35.00g		
Vitamin A	773.17IU	Vitamin C	4.13mg
Calcium	94.19mg	Iron	2.71mg

French Toast Sticks with Egg Patty MS/HS

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	3.00
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 Serving

Amount Per Serving	
Calories	370.00
Fat	10.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	310.00mg
Sodium	660.00mg
Carbohydrates	47.00g
Fiber	4.00g
Sugar	16.00g
Protein	19.00g
Vitamin A	100.00IU
Vitamin C	0.00mg

Calcium 132.00mg **Iron** 2.36mg

Breakfast Sandwich

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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 Each

Amount Per Serving			
Calories	305.00		
Fat	14.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	112.50mg		
Sodium	755.00mg		
Carbohydrates	30.50g		
Fiber	4.00g		
Sugar	5.50g		
Protein	18.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	2.16mg

Yogurt served with Funnel Cake

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup		541966
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

Preparation Instructions

Offer bulk yogurt, funnel cake and granola.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.58
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 meal

Amount Per Serving			
Calories	583.33		
Fat	19.00g		
SaturatedFat	5.33g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	553.33mg		
Carbohydrates	89.67g		
Fiber	4.00g		
Sugar	50.00g		
Protein	15.33g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	390.00mg	Iron	2.16mg

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

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	5.00
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 meal

Amount Per Serving

Calories	440.00		
Fat	19.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	380.00mg		
Sodium	1050.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	28.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	148.00mg	Iron	3.44mg

Blueberry Smoothie

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	1.60
Grain	0.00
Fruit	0.80
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	242.00		
Fat	3.20g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	13.00mg		
Sodium	137.00mg		
Carbohydrates	43.40g		
Fiber	3.20g		
Sugar	38.40g		
Protein	9.80g		
Vitamin A	82.00IU	Vitamin C	3.68mg
Calcium	286.00mg	Iron	0.00mg

Mango Smoothie

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	1.60
Grain	0.00
Fruit	0.80
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	274.00		
Fat	2.40g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	13.00mg		
Sodium	137.00mg		
Carbohydrates	55.40g		
Fiber	3.20g		
Sugar	51.20g		
Protein	9.80g		
Vitamin A	1148.67IU	Vitamin C	39.20mg
Calcium	286.00mg	Iron	0.00mg

Mixed Berry Smoothie

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	1.60
Grain	0.00
Fruit	0.80
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	242.00
Fat	3.20g
SaturatedFat	1.60g
Trans Fat	0.00g
Cholesterol	13.00mg
Sodium	137.00mg
Carbohydrates	45.00g
Fiber	5.60g
Sugar	37.60g
Protein	10.60g
Vitamin A 82.00IU	Vitamin C 12.80mg
Calcium 302.00mg	Iron 0.58mg

Strawberry Smoothie

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	1.60
Grain	0.00
Fruit	0.80
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	218.00		
Fat	2.40g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	13.00mg		
Sodium	137.00mg		
Carbohydrates	40.20g		
Fiber	2.40g		
Sugar	33.60g		
Protein	10.60g		
Vitamin A	82.00IU	Vitamin C	0.80mg
Calcium	302.00mg	Iron	0.86mg

Strawberry-Blueberry Smoothie

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	1.60
Grain	0.00
Fruit	0.80
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	230.00		
Fat	2.80g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	13.00mg		
Sodium	137.00mg		
Carbohydrates	41.80g		
Fiber	2.80g		
Sugar	36.00g		
Protein	10.20g		
Vitamin A	82.00IU	Vitamin C	2.24mg
Calcium	294.00mg	Iron	0.43mg

Onion and Pepper (Burrito Topping)

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.29
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	63.63		
Fat	3.61g		
SaturatedFat	0.55g		
Trans Fat	0.06g		
Cholesterol	0.00mg		
Sodium	2.99mg		
Carbohydrates	7.64g		
Fiber	1.37g		
Sugar	3.79g		
Protein	0.93g		
Vitamin A	1001.07IU	Vitamin C	62.33mg
Calcium	16.07mg	Iron	0.28mg

Chicken Salad Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12849

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	3 1/4 Pound	Fully cooked. Thaw in refrigerator according to manufacturer instructions.	467802
CELERY DCD 1/2 2-5 RSS	2 1/2 Cup		503924
RELISH SWT PICKLE 4-1GAL GFS	3/4 Tablespoon		517186
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061
SPICE MUSTARD DRY 1 COLMANS	2 1/4 Teaspoon		400018
MAYONNAISE LT 4-1GAL GFS	1 1/2 Cup		429406
BREAD WGRAIN HNY WHT 16-24Z GFS	50 Slice		204822

Preparation Instructions

USDA Recipe # E-07

1. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. Add salad dressing or mayonnaise. Mix lightly until well blended. Refrigerate.
2. CCP Cool to 70 degrees within 2 hours and from 70 degrees to 41 degrees, or lower within an additional 4 hours.
3. Mix lightly before serving.

Portion with No. 8 scoop (1/2 cup) onto a slice of bread. 1/2 cup portion of this product, ready for serving provides 2oz M/MA of cooked poultry.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories 296.41

Fat 6.45g

SaturatedFat 1.05g

Trans Fat 0.00g

Cholesterol 51.20mg

Sodium 302.05mg

Carbohydrates 41.01g

Fiber 4.20g

Sugar 7.22g

Protein 19.96g

Vitamin A 55.68IU **Vitamin C** 0.38mg

Calcium 85.04mg **Iron** 4.96mg

Fruit Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12888

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	8 Ounce		541966
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1 3/10 Ounce		621420
STRAWBERRY SLCD 4+1 6-6.5 GFS	2 7/10 Ounce		293393
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830

Preparation Instructions

1. Scoop 8 ounces of Vanilla Yogurt into clear plastic cup.
2. Put 1/2 cup strawberries on top of yogurt (combination of 2:1 frozen diced strawberries and tub of sliced strawberries in sugar)
3. Label and date mark.
4. Serve with granola packet, muffin, and cheese stick.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
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 Serving

Amount Per Serving

Calories	663.68
Fat	18.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	515.00mg
Carbohydrates	104.25g
Fiber	4.49g
Sugar	71.60g
Protein	23.16g
Vitamin A 100.00IU	Vitamin C 24.18mg
Calcium 572.25mg	Iron 2.26mg

Dannon Yogurt Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12987

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Each		736280
YOGURT STRAWB L/F FOTB 12-5.3Z DANN	1 Each		827402

Preparation Instructions

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

SLE Components

Amount Per Serving

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 meal

Amount Per Serving			
Calories	480.00		
Fat	17.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	540.00mg		
Carbohydrates	65.00g		
Fiber	2.00g		
Sugar	36.00g		
Protein	18.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	528.00mg	Iron	2.00mg

Cheese Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13082

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND IND SRV 36-3Z GEHL	1 Package		861987
SAUCE CHS CHED DIP CUP 140-3Z LOL	2 Each		528690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	4.50
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 1 meal

Amount Per Serving

Calories	520.00		
Fat	26.00g		
SaturatedFat	13.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	1270.00mg		
Carbohydrates	47.00g		
Fiber	2.00g		
Sugar	20.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	686.00mg	Iron	0.36mg