

# **Cookbook for HPTS High**

**Created by HPS Menu Planner**

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# WG Waffles

NO IMAGE

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 waffle	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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 4.2 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

<b>Meat</b>	0.00
<b>Grain</b>	2.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	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

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
BREAD ULTRA LOCO SQUARED 12-12CT TFT	4 Each	<b>READY_TO_EAT</b> <b>HEATING INSTRUCTIONS:</b> Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen <b>THAW</b> <b>HEATING INSTRUCTIONS:</b> Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	220462

## 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

<b>Meat</b>	3.25
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

<b>Calories</b>	388.10		
<b>Fat</b>	19.40g		
<b>SaturatedFat</b>	6.90g		
<b>Trans Fat</b>	0.52g		
<b>Cholesterol</b>	127.50mg		
<b>Sodium</b>	838.50mg		
<b>Carbohydrates</b>	30.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	22.40g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	180.00mg	<b>Iron</b>	2.88mg



# Turkey and Cheese Sub

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	3.08
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	343.70
<b>Fat</b>	12.56g
<b>SaturatedFat</b>	6.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.64mg
<b>Sodium</b>	1098.49mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	29.74g

<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	230.00mg	<b>Iron</b>	1.80mg

# Chicken Tender Wrap



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Salad Meal	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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 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
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

<b>Meat</b>	4.00
<b>Grain</b>	4.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Salad Meal

#### Amount Per Serving

<b>Calories</b>	865.00
<b>Fat</b>	49.00g
<b>SaturatedFat</b>	10.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	1170.00mg
<b>Carbohydrates</b>	68.00g
<b>Fiber</b>	13.50g
<b>Sugar</b>	6.50g
<b>Protein</b>	36.00g
<b>Vitamin A</b> 11250.00IU	<b>Vitamin C</b> 31.50mg
<b>Calcium</b> 165.00mg	<b>Iron</b> 6.62mg

# Garden Salad



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Salad Meal	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	1 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

Description	Measurement	Prep Instructions	DistPart #
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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	2.00
<b>RedVeg</b>	1.03
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Salad Meal

#### Amount Per Serving

<b>Calories</b>	513.44
<b>Fat</b>	23.83g
<b>SaturatedFat</b>	11.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	693.31mg
<b>Carbohydrates</b>	54.48g
<b>Fiber</b>	6.91g
<b>Sugar</b>	19.63g
<b>Protein</b>	20.14g
<b>Vitamin A</b> 15980.53IU	<b>Vitamin C</b> 130.47mg
<b>Calcium</b> 403.50mg	<b>Iron</b> 4.46mg

# Chef Salad



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

Description	Measurement	Prep Instructions	DistPart #
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

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	2.00
<b>RedVeg</b>	1.33
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

Amount Per Serving	
<b>Calories</b>	481.31
<b>Fat</b>	19.49g
<b>SaturatedFat</b>	6.97g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	267.65mg
<b>Sodium</b>	714.49mg
<b>Carbohydrates</b>	53.31g
<b>Fiber</b>	5.96g
<b>Sugar</b>	17.88g
<b>Protein</b>	23.76g
<b>Vitamin A</b> 14755.74IU	<b>Vitamin C</b> 66.62mg
<b>Calcium</b> 316.44mg	<b>Iron</b> 5.60mg



# Cereal Grab and Go Lunch Box

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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
CHEESE STIX CHED MLD R/F IW 168- 1Z	1 Each		786830
YOGURT STRAWB L/F FOTB 12-5.3Z DANN	1 Each		827402
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

Prepare ahead in grab and go box: cereal (any bowlpack), cooks choice grain, and cooks choice protein.

(usually goldfish for grain and dannon yogurt and cheese stick for protein)

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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

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### Amount Per Serving

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**Calories** 430.00

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**Fat** 13.00g

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**SaturatedFat** 6.50g

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**Trans Fat** 0.00g

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**Cholesterol** 25.00mg

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**Sodium** 625.00mg

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**Carbohydrates** 62.00g

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**Fiber** 3.00g

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**Sugar** 32.00g

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**Protein** 17.00g

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**Vitamin A** 1000.00IU      **Vitamin C** 6.00mg

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**Calcium** 614.00mg      **Iron** 5.50mg

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# Cavatappi Mostaccioli with Beef Italian Meatballs



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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.

USDA Whole Grain-Rich Ounce Equivalency (OZ EQ) Requirements for School Meal Programs Group H 1oz equivalent = 1/2 cup cooked, or 1 ounce (28g) dry

1 Serving:

1 cup pasta

4 meatballs

1/2 cup sauce

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		431.00	
<b>Fat</b>		10.00g	
<b>SaturatedFat</b>		3.50g	
<b>Trans Fat</b>		0.60g	
<b>Cholesterol</b>		36.00mg	
<b>Sodium</b>		716.00mg	
<b>Carbohydrates</b>		61.00g	
<b>Fiber</b>		6.00g	
<b>Sugar</b>		13.00g	
<b>Protein</b>		21.00g	
<b>Vitamin A</b>	5.00IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	104.00mg	<b>Iron</b>	4.40mg

# BBQ Boneless Chicken Breast Sandwich

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ SWEET 4-1GAL GFS	2 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

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

**Calories** 353.80

**Fat** 4.50g

**SaturatedFat** 0.50g

**Trans Fat** 0.00g

**Cholesterol** 60.00mg

**Sodium** 900.00mg

**Carbohydrates** 52.00g

**Fiber** 3.40g

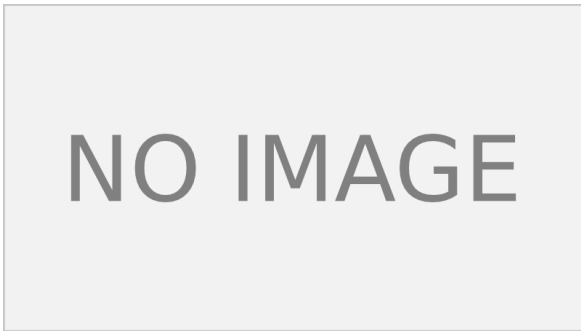
**Sugar** 23.00g

**Protein** 30.20g

**Vitamin A** 142.54IU      **Vitamin C** 1.06mg

**Calcium** 14.14mg      **Iron** 1.11mg

# Popcorn Chicken w/ WG Honey Roll and Mini Rice Krispie 6-12



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	READY_TO_EAT No baking necessary.	751701
TREAT RICE KRISPIE MINI WGRAIN 600CT	1 Each		565002

## 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, 1 dinner roll, and 1 rice krispie.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 10.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	390.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	685.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.88mg



# Popcorn Chicken Salad W/ Goldfish

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.79
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		440.00	
<b>Fat</b>		21.00g	
<b>SaturatedFat</b>		7.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		85.00mg	
<b>Sodium</b>		815.00mg	
<b>Carbohydrates</b>		36.50g	
<b>Fiber</b>		7.50g	
<b>Sugar</b>		1.50g	
<b>Protein</b>		27.50g	
<b>Vitamin A</b>	12100.00IU	<b>Vitamin C</b>	31.50mg
<b>Calcium</b>	274.50mg	<b>Iron</b>	4.02mg

# Egg Salad Sandwich

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.09
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

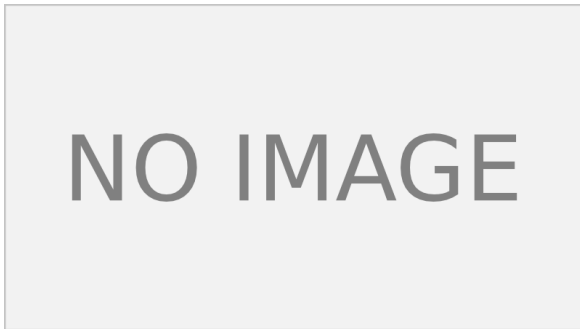
## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

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

# Beef for Fiesta Nachos



<b>Servings:</b>	59.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11207

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Seasoning Mix	1 Package	BAKE	5935879
BEEF GRND 40 COMM	10 Pound	85/15 10 lb roll	110520

## Preparation Instructions

USDA products information sheet 1.34 ounces of this beef (100158 USDA fine ground 85/15, frozen) credits as 1oz Meat/MA

Therefore 2.68 ounces = 2oz Meat/MA

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 59.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	182.23		
<b>Fat</b>	12.14g		
<b>SaturatedFat</b>	4.05g		
<b>Trans Fat</b>	2.02g		
<b>Cholesterol</b>	52.62mg		
<b>Sodium</b>	70.13mg		
<b>Carbohydrates</b>	2.17g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.09g		
<b>Protein</b>	14.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.00mg

# Chicken Sandwich

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	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.	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

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	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

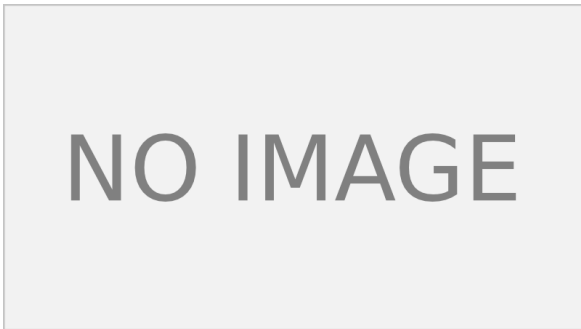
**Protein** 23.00g

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

**Calcium** 40.00mg **Iron** 1.80mg



# Teriyaki Chicken and Brown Rice



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>BOIL</b> 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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	826.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	163.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	31.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 20.00mg    **Iron** 3.96mg

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# Stir Fry Veggies

NO IMAGE

<b>Servings:</b>	64.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
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<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.34
<b>RedVeg</b>	0.05
<b>OtherVeg</b>	0.07
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 64.00  
Serving Size: 0.50 Cup

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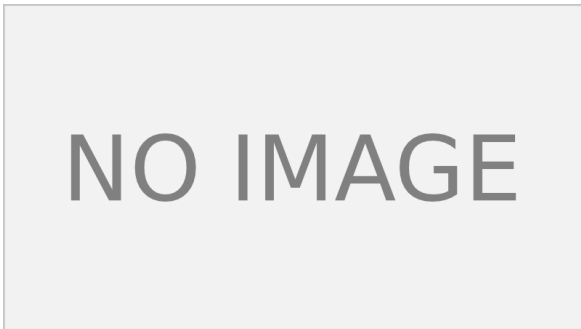
**Amount Per Serving**

<b>Calories</b>	13.43
<b>Fat</b>	0.14g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	28.25mg
<b>Carbohydrates</b>	3.01g
<b>Fiber</b>	0.92g
<b>Sugar</b>	1.06g
<b>Protein</b>	0.97g

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<b>Vitamin A</b>	418.21IU	<b>Vitamin C</b>	35.60mg
<b>Calcium</b>	17.25mg	<b>Iron</b>	0.31mg

# Romaine Spinach Mix



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

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

# Variety Oatmeal with Scooby Snacks



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	1.94
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# Deli Sub

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	3.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	385.22
<b>Fat</b>	19.79g
<b>SaturatedFat</b>	7.98g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	89.23mg
<b>Sodium</b>	1238.51mg
<b>Carbohydrates</b>	30.13g
<b>Fiber</b>	3.00g

<b>Sugar</b>	5.00g		
<b>Protein</b>	24.18g		
<b>Vitamin A</b>	337.56IU	<b>Vitamin C</b>	1.80mg
<b>Calcium</b>	290.10mg	<b>Iron</b>	3.15mg



# Ham & Cheese Sub

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Roast Beef Sandwich

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	2 Slice	READY_TO_EAT Open, pour and enjoy!	726567

## 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

<b>Meat</b>	2.83
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	290.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	400.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	3.00g

<b>Sugar</b>	4.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 380.00mg	<b>Iron</b> 1.80mg

# Chicken Caesar Salad



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CHEESE PARM SHRD FCY 10-2 PG	1/2 Ounce		460095

# Preparation Instructions

No Preparation Instructions available.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

### Amount Per Serving

<b>Calories</b>	418.10
<b>Fat</b>	24.60g
<b>SaturatedFat</b>	2.03g
<b>Trans Fat</b>	2.00g
<b>Cholesterol</b>	72.50mg
<b>Sodium</b>	762.25mg
<b>Carbohydrates</b>	49.75g
<b>Fiber</b>	5.55g
<b>Sugar</b>	16.25g
<b>Protein</b>	26.40g
<b>Vitamin A</b> 15924.85IU	<b>Vitamin C</b> 96.17mg
<b>Calcium</b> 222.50mg	<b>Iron</b> 8.28mg

# Pretzel and Cheese

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	5.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

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

# Sriracha Chicken Tender Meal with Fries

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR 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

Offer Goldfish to meet grain requirement

### SLE Components

Amount Per Serving

<b>Meat</b>	2.67
<b>Grain</b>	2.33
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

#### Amount Per Serving

<b>Calories</b>	566.67
<b>Fat</b>	29.50g
<b>SaturatedFat</b>	5.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.33mg
<b>Sodium</b>	990.00mg
<b>Carbohydrates</b>	51.67g

<b>Fiber</b>	7.00g		
<b>Sugar</b>	1.33g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	633.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	175.00mg	<b>Iron</b>	4.67mg



# Walking Taco (Regular Tortilla Chips)



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	4.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1 meal

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

# Walking Taco (Dorito Nacho Chips)



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

#### Amount Per Serving

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

# Mashed Potato Chicken Bowl w/ Goldfish Crackers



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## 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, offer goldfish crackers to meet grain requirement.

Snap the lid onto the bowl.

Label and date mark.

Keep hot.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	6.31

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving

<b>Calories</b>	1301.98
<b>Fat</b>	27.06g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	3012.02mg
<b>Carbohydrates</b>	220.70g
<b>Fiber</b>	17.12g
<b>Sugar</b>	5.50g
<b>Protein</b>	47.24g
<b>Vitamin A</b> 723.03IU	<b>Vitamin C</b> 121.70mg
<b>Calcium</b> 231.21mg	<b>Iron</b> 5.59mg

# Chicken and Cheese Crisпитos with Cheese Cup



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHS 72-2.75Z	2 Each	Barb's baking notes: from frozen stage cook 225 degrees for 10 mins 350 degrees for 8 mins heat to 165 degrees 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. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven 9 - 11 minutes at 350°F from frozen.	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

<b>Meat</b>	2.00
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<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 meal

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**Amount Per Serving**

<b>Calories</b>	550.00
<b>Fat</b>	24.00g
<b>SaturatedFat</b>	11.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	1130.00mg
<b>Carbohydrates</b>	58.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	28.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	477.00mg	<b>Iron</b>	2.00mg

# Whole Grain Cheese Breadstick



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

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

# Pepperoni WG Breadsticks



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	4.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

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



# Sriracha Chicken Chunk Meal with Fries



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>CONVECTION</b> 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

<b>Meat</b>	3.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

#### Amount Per Serving

<b>Calories</b>	505.00
<b>Fat</b>	23.00g
<b>SaturatedFat</b>	4.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	845.00mg
<b>Carbohydrates</b>	50.00g

<b>Fiber</b>	4.50g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	27.50g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	138.00mg	<b>Iron</b>	3.50mg

# Pizza Calzone

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving			
<b>Calories</b>			280.00
<b>Fat</b>			11.00g
<b>SaturatedFat</b>			6.00g
<b>Trans Fat</b>			0.00g
<b>Cholesterol</b>			25.00mg
<b>Sodium</b>			590.00mg
<b>Carbohydrates</b>			32.00g
<b>Fiber</b>			3.00g
<b>Sugar</b>			6.00g
<b>Protein</b>			19.00g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	361.00mg	<b>Iron</b>	2.00mg

# Spicy Chicken Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

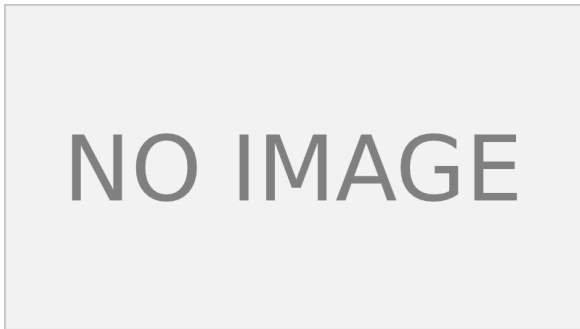
Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	430.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	600.00mg
<b>Carbohydrates</b>	48.00g

<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.70mg

# Beef Pasty with String Cheese



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

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

# Strawberry Spinach Salad



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

Description	Measurement	Prep Instructions	DistPart #
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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.44
<b>GreenVeg</b>	2.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving			
<b>Calories</b>	574.09		
<b>Fat</b>	36.90g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	2.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	830.50mg		
<b>Carbohydrates</b>	59.24g		
<b>Fiber</b>	10.92g		
<b>Sugar</b>	21.20g		
<b>Protein</b>	35.02g		
<b>Vitamin A</b>	513.61IU	<b>Vitamin C</b>	66.68mg
<b>Calcium</b>	318.32mg	<b>Iron</b>	11.40mg



# Poppy Seed Dressing for Strawberry Spinach Salad

NO IMAGE

<b>Servings:</b>	32.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	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



<b>Servings:</b>	13.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12441

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	9 Cup		119122
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	39 Ounce		275752
Fat Free Skim Milk	1 Carton		

## Preparation Instructions

Stir in one carton of skim milk per bag of macaroni; one bag is 13- 6oz servings.  
Serve 6oz of Macaroni and cheese on a tray with a dinner roll.  $2/3 \text{ cup} = .67 \text{ cup} = 67/100 \text{ cup} = 6\text{oz}$

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 13.00  
Serving Size: 1.00 meal

Amount Per Serving			
<b>Calories</b>	516.58		
<b>Fat</b>	21.37g		
<b>SaturatedFat</b>	7.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	71.38mg		
<b>Sodium</b>	1302.24mg		
<b>Carbohydrates</b>	54.03g		
<b>Fiber</b>	6.07g		
<b>Sugar</b>	8.12g		
<b>Protein</b>	27.26g		
<b>Vitamin A</b>	788.91IU	<b>Vitamin C</b>	0.44mg

**Calcium** 67.83mg **Iron** 2.75mg

# French Toast Sticks with Egg Patty MS/HS

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>BAKE</b> 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

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	370.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	310.00mg		
<b>Sodium</b>	660.00mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	132.00mg	<b>Iron</b>	2.36mg

# Breakfast Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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	<b>BAKE</b> 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

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	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

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.58
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving	
<b>Calories</b>	583.33
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	5.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	553.33mg
<b>Carbohydrates</b>	89.67g
<b>Fiber</b>	4.00g
<b>Sugar</b>	50.00g
<b>Protein</b>	15.33g
<b>Vitamin A</b>	100.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 390.00mg **Iron** 2.16mg

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



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 meal	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	5.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

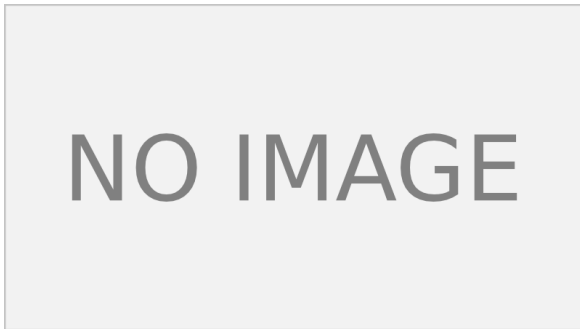
Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving	
<b>Calories</b>	440.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	380.00mg
<b>Sodium</b>	1050.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	28.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 148.00mg **Iron** 3.44mg

# Blueberry Smoothie



<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	1.60
<b>Grain</b>	0.00
<b>Fruit</b>	0.80
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

#### Amount Per Serving

<b>Calories</b>	242.00		
<b>Fat</b>	3.20g		
<b>SaturatedFat</b>	1.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.00mg		
<b>Sodium</b>	137.00mg		
<b>Carbohydrates</b>	43.40g		
<b>Fiber</b>	3.20g		
<b>Sugar</b>	38.40g		
<b>Protein</b>	9.80g		
<b>Vitamin A</b>	82.00IU	<b>Vitamin C</b>	3.68mg

<b>Calcium</b>	286.00mg	<b>Iron</b>	0.00mg
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# Mango Smoothie



<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	1.60
<b>Grain</b>	0.00
<b>Fruit</b>	0.80
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

#### Amount Per Serving

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

**Calcium** 286.00mg **Iron** 0.00mg



# Mixed Berry Smoothie

NO IMAGE

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	1.60
<b>Grain</b>	0.00
<b>Fruit</b>	0.80
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

#### Amount Per Serving

<b>Calories</b>	242.00		
<b>Fat</b>	3.20g		
<b>SaturatedFat</b>	1.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.00mg		
<b>Sodium</b>	137.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	5.60g		
<b>Sugar</b>	37.60g		
<b>Protein</b>	10.60g		
<b>Vitamin A</b>	82.00IU	<b>Vitamin C</b>	12.80mg

**Calcium** 302.00mg **Iron** 0.58mg

# Strawberry Smoothie



<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	1.60
<b>Grain</b>	0.00
<b>Fruit</b>	0.80
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00  
Serving Size: 12.00 Ounce

Amount Per Serving	
<b>Calories</b>	218.00
<b>Fat</b>	2.40g
<b>SaturatedFat</b>	1.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.00mg
<b>Sodium</b>	137.00mg
<b>Carbohydrates</b>	40.20g
<b>Fiber</b>	2.40g
<b>Sugar</b>	33.60g
<b>Protein</b>	10.60g
<b>Vitamin A</b>	82.00IU
<b>Vitamin C</b>	0.80mg

**Calcium** 302.00mg **Iron** 0.86mg

# Strawberry-Blueberry Smoothie

NO IMAGE

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	1.60
<b>Grain</b>	0.00
<b>Fruit</b>	0.80
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

#### Amount Per Serving

<b>Calories</b>	230.00
<b>Fat</b>	2.80g
<b>SaturatedFat</b>	1.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.00mg
<b>Sodium</b>	137.00mg
<b>Carbohydrates</b>	41.80g
<b>Fiber</b>	2.80g
<b>Sugar</b>	36.00g

<b>Protein</b>	10.20g		
<b>Vitamin A</b>	82.00IU	<b>Vitamin C</b>	2.24mg
<b>Calcium</b>	294.00mg	<b>Iron</b>	0.43mg

# Onion and Pepper (Burrito Topping)



<b>Servings:</b>	8.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.29
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	63.63		
<b>Fat</b>	3.61g		
<b>SaturatedFat</b>	0.55g		
<b>Trans Fat</b>	0.06g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.99mg		
<b>Carbohydrates</b>	7.64g		
<b>Fiber</b>	1.37g		
<b>Sugar</b>	3.79g		
<b>Protein</b>	0.93g		
<b>Vitamin A</b>	1001.07IU	<b>Vitamin C</b>	62.33mg

**Calcium** 16.07mg      **Iron** 0.28mg

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# Chicken Salad Sandwich

NO IMAGE

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.10
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

<b>Amount Per Serving</b>			
<b>Calories</b>	296.41		
<b>Fat</b>	6.45g		
<b>SaturatedFat</b>	1.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	51.20mg		
<b>Sodium</b>	302.05mg		
<b>Carbohydrates</b>	41.01g		
<b>Fiber</b>	4.20g		
<b>Sugar</b>	7.22g		
<b>Protein</b>	19.96g		
<b>Vitamin A</b>	55.68IU	<b>Vitamin C</b>	0.38mg
<b>Calcium</b>	85.04mg	<b>Iron</b>	4.96mg

# Fruit Parfait Ala Carte

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

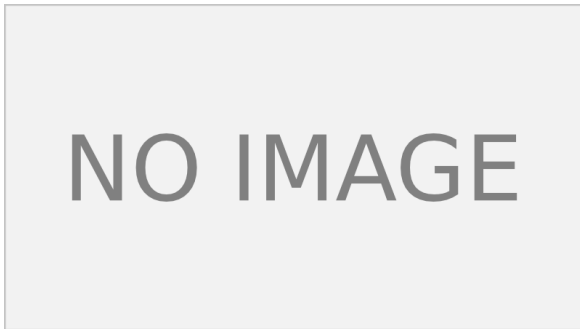
## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

# Dannon Yogurt Meal



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Each		736280
YOGURT STRAWB L/F FOTB 12-5.3Z DANN	1 Each		827402
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## 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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

<b>Amount Per Serving</b>	
<b>Calories</b>	470.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	66.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	36.00g

<b>Protein</b>	17.00g		
<b>Vitamin A</b>	700.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	524.00mg	<b>Iron</b>	2.00mg

# Cheese Nachos



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	4.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

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